

INNER VOICE

Newsletter of New Freedom Intergroup of OA



NOVEMBER 2019

Step 11

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

- **Spiritual Principle: Spiritual awareness**

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

- **Spiritual Principle: Anonymity**

Concept 11

Trustee administration of the WSO Office should always be assisted by the best standing committees, executives, staffs and consultants.

Promise 11

We will intuitively know how to handle situations which used to baffle us.



November Meeting Highlights:

- Elect new Chair and Vice-Chair
- Review and approve 2020 Budget

Marywood Retreat "Surrender: The Key to Willingness"

Please join us at Marywood December 13-15 for an NFI Retreat: "Surrender: The Key to Willingness." The registration information and brochure is attached as the last page of this newsletter.

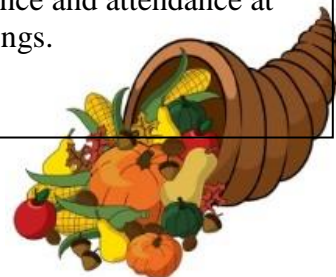
Please also consider giving service by donating a basket. See you there!

HELP WANTED

New Freedom Intergroup is looking for representatives to attend the NFI monthly meetings, and to chair the following committees:

- Website
- *Inner Voice* (newsletter)
- Public Information/Professional Outreach (PIPO)
- Ways and Means

Requirements: Desire to perform service! Six months abstinence and attendance at monthly NFI meetings.



TRUSTED SERVANTS AND COMMITTEE CHAIRS

| | | | |
|------------------------------|---------------|--------------|---------------------------------|
| Chair | Barbara C. | 352.472.9924 | bcarter337@att.net |
| Vice Chair | Georgette P. | 352.870.4454 | ghabanero56@yahoo.com |
| Treasurer | Nancy K. | 516.286.1888 | nfitreasury@gmail.com |
| Secretary | Augusta L. | 912.508.4777 | augustalivingston1985@gmail.com |
| Delegate | Cora W. | 912.424.5959 | empowerone@att.net |
| Newsletter/Meeting List | VACANT | | innervoicenfi@gmail.com |
| Public Info/Prof Outreach | VACANT | | |
| 12 th Step Within | Carly B. | 303.710.0589 | eastcoastgirl1020@yahoo.com |
| Young Persons | Wendy I. | 904.710.5555 | wrirwin32246@yahoo.com |
| Website | Lori L. | 904.964.9991 | ljville@yahoo.com |
| We Care List | Jack W. | 904.477.3110 | nfiwecare@yahoo.com |
| Ways and Means | VACANT | | |
| Florida State Convention | Barbara C. | 352.472.9924 | bcarter337@att.net |
| 2019 Marywood Retreat | Carly B. | 303.710.0589 | eastcoastgirl1020@yahoo.com |
| | Georgette P. | 352.870.4454 | ghabanero56@yahoo.com |

Strong Abstinence Checklist

Use this valuable checklist every day to support keeping your abstinence strong and intact.

- Have I been abstinent today?
- Did I pray and meditate today?
- Am I maintaining or working toward a healthy body weight?
- Did I rely on my Higher Power to get or stay abstinent today?
- Is what I am currently doing working for me to remain abstinent?
- If I am having problems, have I asked someone else what they are doing?
- Have I made an OA call today?
- Did I have an attitude of gratitude today?
- Did I plan my food today?
- Have I helped someone else today?
- Did I have an action plan in place to stay abstinent today?
- Do I have a sponsor and am I working the Steps with that person?

Theme: Sunshine of the Spirit: 60 Years Around the Sun!

Dates: August 20-22, 2020

Renaissance Orlando at Sea World®
6677 Sea Harbor Drive
Orlando, FL 32821 USA
Phone: 407-351-5555

Hotel Reservations
Reservations will open January 2020.



| DONATIONS REPORT 2019 | | OCT | YTD TOTAL |
|--|-------------|-----------------|-------------------|
| Jacksonville Groups | Grp# | | |
| Mon: Serenity By the Sea Beaches | 47664 | | - |
| Mon: Shepherd of the Woods Church | 00774 | \$50.00 | \$150.00 |
| Mon: Orange Park Newcomers 7pm | 52038 | | - |
| Tue: Orange Park-10am Presb Church | 03654 | \$40.00 | \$440.00 |
| Tue: Lakewood United Meth Church | 36763 | | \$290.00 |
| Wed: Step Study Mandarin | 51223 | | \$243.35 |
| Wed: JAX Beach-Wisdom at the Beaches | 54507 | | \$400.00 |
| Thur: Newcomer, Lakeview Health | 47756 | | \$70.00 |
| Fri: Orange Park - 10am | 49119 | \$40.00 | \$436.50 |
| Sat: Saturday Steppers-Ponte Vedra Bch | 51693 | | \$600.00 |
| Sat: Super Saturday Lakeview | 20025 | | \$55.00 |
| Sat: Believe in Recovery First, Mandarin | 32773 | \$60.00 | \$540.86 |
| Sat: Serenity Saturday OP NFI | | \$11.00 | \$78.00 |
| Gainesville Groups | | | |
| Mon: Big Book Study (Alachua) | 51137 | | \$400.00 |
| Thu: Unity Church(Acceptance) | 50421 | | \$150.00 |
| Sat: 9:30 AM Welcome Home | 48324 | \$131.00 | \$430.00 |
| Sun: United Church of Gainesville | 52879 | \$50.00 | \$75.00 |
| Other Florida Groups | | | |
| Mon: Lifesaver - Palatka | 38464 | | \$60.00 |
| Mon: Palm Coast-St Mark by the Sea | 38320 | | \$176.00 |
| Mon: St Augustine- BB pm | (UnReg) | | \$368.00 |
| Wed: Palm Coast - 5:45pm | 56604 | \$25.00 | \$165.00 |
| Thu: Fernandina Beach | 49101 | | \$40.00 |
| Thu: Flagler Beach | 15171 | \$50.00 | \$460.00 |
| Sat: St. Augustine Serenity | 00235 | | \$871.76 |
| Sun: Palm Coast/Flagler Beach | 56072 | | \$129.00 |
| Southern Georgia Groups | | | |
| Tue: Jesup | 54175 | \$25.00 | \$450.00 |
| Tue: 7pm St Simons by The Sea | 38311 | | - |
| Thur: Brunswick | 51988 | \$15.00 | \$135.00 |
| Sun: Cumming - 7pm | 48278 | | \$19.51 |
| Savannah | 50301 | | \$101.00 |
| Totals | | \$497.00 | \$7,333.98 |

LIFELINE: Your last opportunity to [buy a one-year, print subscription](#) to *Lifeline* magazine is December 17, 2019. Similarly, OA will stop selling [online subscriptions](#) to oallifeline.org after December 31, 2019. Both the print and online versions of **Lifeline will continue to be published for a full year**, ending publication in December 2020. Members with print subscriptions that end mid-year in 2020 will have the **opportunity to purchase a prorated extension** to their subscription so they will continue to receive every last issue of *Lifeline*. Look for instructions on page 2 of the November/December 2019 issue. Members with active multi-year subscriptions will be offered a prorated refund at the end of 2020. Lifetime subscriptions will end with the cessation of publication.

A Vision 4 You

OA Big Book Study

Listen and/or download podcasts of the daily meeting and the Special Editions meetings. Read AA's Big Book online.

Live Meetings Call
712-432-5210
Conference ID: 876148#
9 am (unrecorded)
10-11 am (recorded)

Sunday Special Edition
Meeting
8:30 am
Check the calendar online
to view Special Editions.
www.avision4you.info

Archived meetings call:
712-432-5203
Conference ID: 876148#
(0# accesses the most
recent recordings)



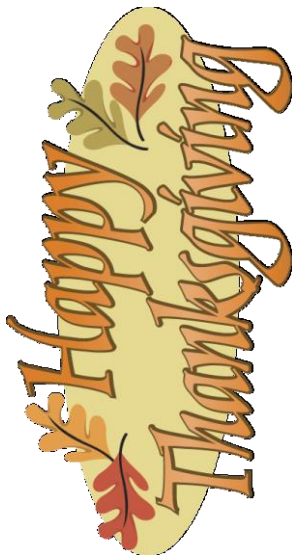
Articles printed in this newsletter reflect the opinion of each individual OA member and do not represent OA as a whole. The deadline to submit articles is the 20th of the month before the Intergroup meeting. Intergroup meets on the 2nd Saturday of each month. Articles may be edited. When submitting articles, please include your name and phone number and whether or not you would like your name printed. *Please e-mail articles and/or comments to the Newsletter Chair at innervoicenfi@gmail.com.* This newsletter may be reproduced and enjoyed by other 12-steppers without written permission.

The Promises Workshop

Approximately thirty members attended The Promises Workshop in Jacksonville, Saturday OCT 19th. Although the day was rainy, there was sunlight in the room. Speakers highlighted the promises found in Steps 3, 5, 9 and 10; and we learned about the more than 145 Promises of the Big Book. Thank you to the Lakeview Health Saturday morning meeting of OA.



Welcome Back: Suggestions for Members in Relapse and for Those Who Care. Relapse is often the most difficult challenge in a recovery journey, but now OA has **a great tool, offering the best perspectives and suggestions**, to help OA members overcome the grip of our disease.



NFI FUTURE EVENTS (Clip and save)

DEC 12 Twelfth Step Within Day
DEC 13-15 Marywood Retreat "Surrender"
(There will be no NFI Meeting in DEC)

JAN 11 NFI Meeting Orange Park
FEB 8 NFI Meeting Orange Park
MAR 14 NFI Meeting Orange Park
APR 14 NFI Meeting Orange Park
MAR 14 NFI Meeting Orange Park

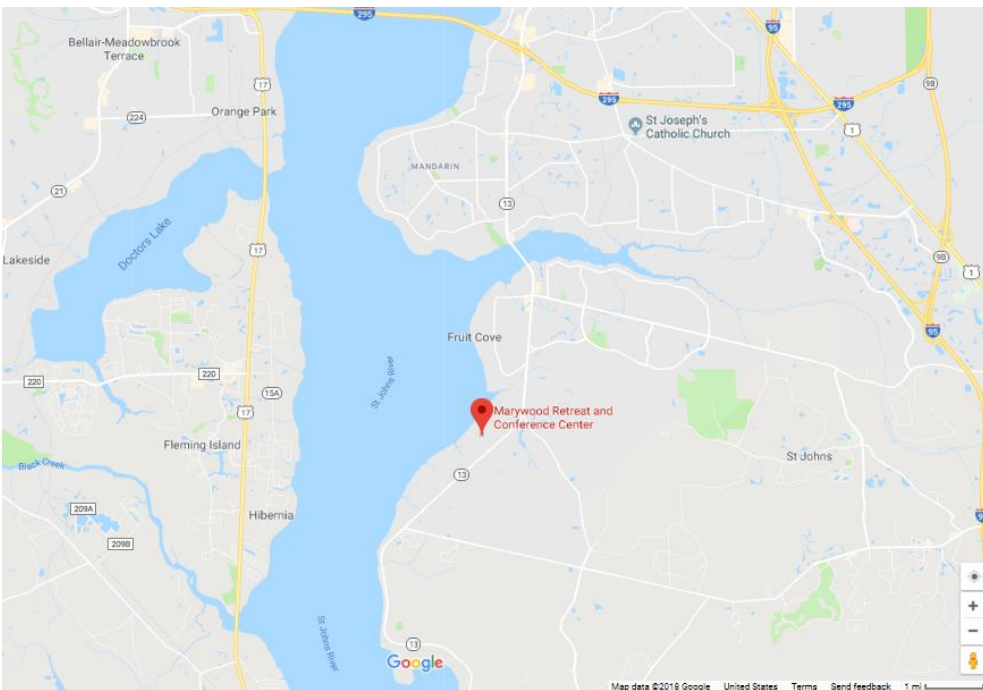
AUG 20-22 World Service Recovery Convention



New Freedom Intergroup #09089
FACE TO FACE MEETINGS
Updated: AUG 2019

| Day | Time | Number | Name | Address 1 | Address 2 | City | Contact | Phone | Special Topic |
|---------------|----------|--------|--|----------------------------|---------------------------|--------------------|-----------|--------------|----------------------------------|
| Sunday | 10:00 AM | 56072 | Florida Hospital Flagler | 60 Memorial Medical Pkwy | Education Room D | Palm Coast | Vicki | 386-441-2968 | Varies |
| Sunday | 7:00 PM | 54362 | Lutheran Church of The Redeemer | 51 Wilmington Island Rd | | Savannah, GA | Augusta | 912-508-4777 | Big Book |
| Sunday* | 7:00 PM | 52879 | United Church of Gainesville | 1624 NW 5th Ave | West Wing, Room 9 | Gainesville | Jean | 352-281-7490 | Literature, Abstinence |
| Monday | 12:00 PM | 51137 | First Baptist Church | 14005 NW 146 Ave | Room 210 | Alachua | Barbara | 352-472-9924 | 12&12 Workbook |
| Monday | 4:30 PM | 38464 | Palatka Public Library | 601 College Rd | | Palatka | Martha P | 386-325-3673 | Varies |
| Monday | 5:45 PM | 38320 | St Mark by The Sea Church | 303 Palm Coast Pkwy NE | Preschool entrance | Palm Coast | Nancy | 617-680-4834 | 12&12; or Diane 386.852.8021 |
| Monday | 6:00 PM | 54934 | Fernandina - Downtown 3 | 32 N 3rd St | 3rd & Alachua | Fernandina Beach | Lorrie | 904-343-4771 | Literature |
| Monday | 6:00 PM | 00774 | Shepherd of the Woods Lutheran Church | 7860 Southside Blvd | | Jacksonville | Wendy | 904-710-5555 | Literature |
| Tuesday | 10:00 AM | 03654 | Orange Park Presbyterian Church | 1905 Park Ave | Basement | Orange Park | Jack W | 904-477-3110 | None |
| Tuesday | 6:00 PM | 54175 | Saint Paul Episcopal Church | 745 S Palm St | Fellowship Hall | Jesup, GA | Cora | 912-424-5959 | Literature |
| Tuesday | 7:00 PM | 36763 | Lakewood United Methodist Church | 6133 San Jose Blvd | Lakewood UMC (rear) | Jacksonville | Karen J | 904-422-3659 | None |
| Tuesday | 7:00 PM | 54975 | St Michael & All Angels Episcopal Church | 3101 Waters Ave | Crn Washington & Water | Savannah, GA | Nicole | 912-308-6684 | OA Steps and/or Traditions Study |
| Wednesday | 12:00 PM | 54507 | Palms Presbyterian Church | 3410 S Third St | Room 204 | Jacksonville Beach | Ginny M | 904-234-4245 | None |
| Wednesday | 5:30 PM | 50301 | First Presbyterian Church | 520 Washington Ave | Paulsen & Washington A | Savannah, GA | Kathryn | 215-840-3978 | OA Steps and/or Traditions Study |
| Wednesday | 5:45 PM | 56604 | St Mark's by the Sea Lutheran Church | 303 Palm Coast Pky NE | School Library | Palm Coast | Nancy | 617-680-4834 | Steps and Traditions |
| Wednesday | 7:00 PM | 51223 | Mandarin Presbyterian (West Campus) | 2501 Loretto Rd | Room 9 | Jacksonville | Carl | 323-304-9287 | Steps |
| Thursday | 10:00 AM | 15171 | Santa Maria Del Mar | 915 N Central Ave | Classroom Bldg "Mark" | Flagler Beach | Dottie | 631 626 6296 | Literature, Varies |
| Thursday | 1:00 PM | 49101 | St. Peter's Episcopal Church | 801 Atlantic Avenue | Parlor | Fernandina Beach | Ilona | 904-261-9361 | Literature - For Today |
| Thursday | 6:00 PM | 47756 | Lakeview Health Center | 1900 Corporate Square Blvd | | Jacksonville | Wendy | 904-710-5555 | Abstinence |
| Thursday | 7:00 PM | 50421 | Unity of Gainesville | 8801 NW 39th Ave | Y.O.U. Room | Gainesville | Barbara C | 352-472-9924 | Topic, Varies |
| Thursday | 7:00 PM | 51988 | Southeast Georgia Health System | 2415 Parkwood Dr | Conference Room 4 | Brunswick | Gail O | 912-506-5675 | None |
| Friday | 10:00 AM | 49119 | Orange Park Presbyterian Church | 1905 Park Ave | Basement, Meeting Room | Orange Park | Barbara | 904-291-5233 | Literature, Topic |
| Friday | 10:00 AM | 56386 | YMCA Healthy Living Center | 500 Sterhaus St | | Ormond Beach | Mary Anne | 386-212-6260 | Teen Friendly, Varies |
| Saturday | 9:00 AM | 00235 | Flagler Hospital | 400 Health Park Blvd | Osceola Room | Saint Augustine | Jeff | 904-322-3453 | Varies |
| Saturday | 9:30 AM | 20025 | Lakeview Health Center | 1900 Corporate Square Blvd | | Jacksonville | Ethel | 904-477-6313 | Varies |
| Saturday | 9:30 AM | 32773 | Mandarin Presbyterian Church | 2501 Loretto Rd | West Campus, Room 9 | Jacksonville | Carly | 303-710-0589 | Spirituality, Recovery 1st |
| Saturday | 9:30 AM | 48324 | Parkview Baptist Church | 3403 NW 13th St | Large Meeting Area, Whi | Gainesville | Angela | 386-209-1470 | OA Steps and/or Traditions Study |
| Saturday | 10:00 AM | | JC Lewis Health Center | 125 Fahm Street | | Savannah, GA | Augusta | 912-508-4777 | Varies: 1st and 3rd SATs only |
| Saturday | 10:30 AM | 51693 | Christ Episcopal Church | 400 San Juan Dr. | Parish Live Center, 2nd F | Ponte Vedra Beach | Judy K | 904-704-7004 | Book study |
| Saturday | 11:30 AM | | Orange Park Presbyterian Church | 1905 Park Ave | Basement | Orange Park | | | Speaker; 2nd SAT ONLY |
| Major Holiday | 9:00 AM | | Jacksonville Beach (on the beach) | 6th Ave South | Bring towel or chair | Jacksonville Beach | Patty W | 770-634-5738 | Varied |

* Closed meeting -- all others are open meetings



New Freedom Intergroup
Winter Retreat
Surrender:
The Key to Willingness
Marywood, December 13-15,
2019



MARYWOOD RETREAT AND CONFERENCE CENTER

235 Marywood Dr
St. Johns, FL 32259

www.marywoodcenter.org

904.287-2525

Mail in registration or register online by 11/1/2019 for early bird prices.

Eventbrite Online Registration:

<https://2019-oa-nfi-convention.eventbrite.com>

Note: Eventbrite adds on a convenience fee

No one will be turned away for lack of funds. Scholarships are available to cover the registration fee. Contact Retreat Chairs for more information.

Retreat Chairs:

Carly B. 303-710-0589, eastcoastgirl1020@yahoo.com

Georgette P. 352-870-4454, ghabanero56@yahoo.com

PROGRAM

Join us at Marywood, on the banks of the St. Johns River, as we learn more about Surrender. Speakers will share how they leave things in HP's hands, let go of the food, work with others, maintain their recovery and live in spiritual abundance. There will be group sharing activities and plenty of time for fellowship, reflection and relaxation.

Program begins at 7:00 pm Friday evening and ends at 12:00 pm Sunday.

| Mail-in Registration Form | | |
|--|----------------------------------|----------------------------------|
| Name | | |
| Name on Badge | | |
| Address | | |
| City State Zip | | |
| Phone | | |
| Email | | |
| | Postmarked by 11/1/2019 | Postmarked 11/2/2019 or after |
| Single Room * | \$259.00 | \$274.00 |
| Double Room (per person)* | \$172.00 | \$187.00 |
| *Includes; Registration / 2 nights lodging / 3 meals Sat / Breakfast Sun | | |
| I will share a room with: | | |
| <input type="checkbox"/> I need a roommate | | |
| Registration Only - Weekend | \$30.00 | \$45.00 |
| Add Sat 3 meal deal | \$45.00 | \$45.00 |
| Purchase Indiv Meals (circle) Sat Breakfast \$10 / Lunch \$15 / Dinner \$20 / Sun Brekafast \$10 | | |
| Donation | \$ | |
| Total Enclosed | \$ | |
| I would like to give service: | | |
| <input type="checkbox"/> Help where needed | <input type="checkbox"/> Speaker | <input type="checkbox"/> Set up |
| <input type="checkbox"/> Registration table | <input type="checkbox"/> Timer | |
| Make Checks payable to: New Freedom Intergroup (NFI) | | |
| Mail registration form and check to: | | |
| NFI | | |
| PO Box 550842 | | |
| Jacksonville, FL 32255 | | |