NFI Newsletter Article - April 2022

NFI’s Professional Outreach/Public Information (PIPO) Committee Announcement:

The PIPO Committee is happy to report that our Public Information Subcommittee (plus a few additional OA members) participated in a Health Fair event on Sat, Feb 19th, at the Renaissance Hotel, located in the World Golf Village, St Augustine. Displayed was NFI’s 6 foot banner which includes an enlarged version of WSO’s poster, “Is Eating Overwhelming You?”. Our table displayed an array of (9) various OA pamphlets; copies of our Overeaters Anonymous 3rd Edition book; NFI’s business cards; Zoom/Hybrid/Face to Face meeting lists; WSO’s advertising posters with the tear off’s at the bottom with WSO’s website for, ”Take the Quiz” at [www.oaquiz.org](http://www.oaquiz.org); large print out of OA’s 15 Questions; etc.

The (5) five of us doing service at the Health Fair took turns answering questions from folks that stopped by our table. We think about 20 folks stopped to chat with us and from those, we spoke to about (5) five in greater detail. Some of the others who stopped seemed to be more curious than anything.

However, we truly believe the seed was planted in at least a few who stopped by our table. For example:

* One gentleman in particular had tried OA in 2015, but unfortunately, did not have a good experience. He shared with us that at one time he was over 500 lbs and was advised by his physicians he needed to undergo Bariatric Surgery, which he did. He’s currently just under 300 lbs but the urge to eat has not gone away…. so his physicians put him on appetite suppressants. I heard him say that finding us at this health fair was definitely a power outside of himself because he’s been suffering greatly. He admitted that he’s an emotional eater and that he needs help. We gave him a copy of our meeting lists and he gave us his contact info, which I’ve passed on to a recovering gentleman in our fellowship.
* One gal became so very emotional shortly after stopping by our table. It happened very suddenly and she burst into tears. It was the moment it struck her that there is a 12 step program for her eating disorder and she was unable to stop crying. I felt like we were witnessing her spiritual awakening…… and in between her sobbing, she admitted to us that she was an overeater and bulimic; and that she had never said that out loud to anyone ever before. She’s been struggling alone her whole life. After the event, I passed her contact number to a *recovering member* who I know, who had also struggled with bulimia, which she has been recovering from. Our member reached out to the gal from the Health Fair and they’ve already connected over the phone. With God’s help and the gal’s desire for help, maybe we’ll be seeing her in the (near) future at our OA meetings.

Lastly, giving service at this Public Information event touched all (5) of us who gave service there. We remained abstinent, and we were fortified both emotionally and spiritually. I’ll leave you off with this… “Doing service has a ripple effect”. It has no price tag and speaks in volumes as to why we carry the message. For example:

* “When I give service, I receive more than I could ever give.” (Voices of Recovery, p. 328)
* “We now have a message of hope to carry to other compulsive overeaters”. (The Twelve Steps and Twelve Traditions of OA, Second Ed, p. 81)
* “Only by working with those who are not yet free (from the disease) do I fully realize that freedom”. (For Today, p. 252)

God Bless, keep coming back and never give up!!

In loving service,

Nancy K

NFI’s PIPO Chair