

INNER VOICE

Newsletter of New Freedom Intergroup of OA



OCTOBER
2019



Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle: **Perseverance**

Tradition 10: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy. Spiritual Principle: **Neutrality**

Promise 10: If we are painstaking about this phase of our development, we will be amazed before we are halfway through.

. . . **Fear of people and of economic insecurity will leave us.**

Concept 10: Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided. Spiritual Principle: **Clarity**



**SAVE THE DATE
DEC 13-15, 2019
MARYWOOD RETREAT
"Surrender"**

Service positions available: Speaker coordinator, Baskets, Entertainment



New! Follow OA on Instagram

Overeaters Anonymous has expanded its social media presence. Get a bit of OA inspiration or program wisdom—follow us at:

https://www.instagram.com/overeatersanonymous_official/

NFI Fall Workshop – “The Promises” of Steps 3, 5, 9 and 10

Date: Saturday, OCT 19th

Time: 9:30 AM - 12:00 PM

Location: Lakeview Health
1900 Corporate Square Blvd.
Jacksonville, FL 32216

\$5.00 suggested donation

Contact: Wendy I. 904-710-5555

wrirwin32246@yahoo.com

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)

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		innervoicefi@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	Amy		
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



Warning Signs of Relapse

What do you consider a relapse? Some of the mental states and warning signs that proceed a relapse into compulsive overeating are found in the Big Book of Alcoholics

Anonymous, pages 35-43:

- Not accepting a spiritual remedy
- Failing to enlarge a spiritual life
- Ignoring or denying my feelings
- Getting into slippery places when not in a fit spiritual condition
- Thinking a little couldn't hurt me
- Ignoring reasons for NOT eating compulsively
- Using trivial excuses
- Deliberately eating compulsively and feeling justified by nervousness, anger, worry, depression, jealousy etc.
- Giving little thought to the terrible consequences that might ensue
- Getting a thrill out of compulsively *eating in spite of warnings*
- Continuing to eat compulsively *despite warnings*
- Thinking it does not apply to me because
- "I'm not that bad."
- Telling myself that it won't happen again
- Not admitting that I am a compulsive overeater.

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		SEPT	YTD TOTAL
Jacksonville Groups			
	Grp#		
Mon: Serenity By the Sea Beaches	47664		\$ -
Mon: Shepherd of the Woods Church	00774		\$ 100.00
Mon: Orange Park Newcomers 7pm	52038		\$ -
Tue: Orange Park-10am Presb Church	03654	\$ 50.00	\$ 400.00
Tue: Lakewood United Meth Church	36763		\$ 290.00
Wed: Step Study Mandarin	51223	\$ 68.35	\$ 243.35
Wed: JAX Beach-Wisdom... Beaches	54507		\$ 400.00
Thu: Newcomer, Lakeview Health	47756		\$ 70.00
Fri: Orange Park - 10am	49119	\$ 40.00	\$ 396.50
Sat: Sat Steppers-Ponte Vedra Bch	51693	\$ 100.00	\$ 600.00
Sat: Super Saturday Lakeview	20025		\$ 55.00
Sat: Believe in Recovery First, Mandarin	32773	\$ 189.00	\$ 480.86
Sat: Serenity Saturday OP NFI			\$ 67.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137		\$ 400.00
Thu: Unity Church(Acceptance)	50421		\$ 150.00
Sat: 9:30 AM Welcome Home	48324	\$ 15.00	\$ 299.00
Sun: United Church of Gainesville	52879		\$ 25.00
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 (unregistered)	-		\$ 368.00
Wed: Palm Coast - 5:45pm	56604		\$ 140.00
Thu: Fernandina Beach	49101		\$ 40.00
Thu: Flagler Beach	15171		\$ 410.00
Sat: St. Augustine Serenity	00235	\$ 96.00	\$ 871.76
Sun: Palm Coast/Flagler Beach	56072	\$ 75.00	\$ 129.00
Southern Georgia Groups			
Tue: Jesup	54175	\$ 25.00	\$ 425.00
Tue: 7pm St Simons by The Sea	38311		\$ -
Thu: Brunswick	51988	\$ 17.00	\$ 120.00
Sun: Cumming - 7pm	48278		\$ 19.51
Savannah	50301		\$ 101.00
Totals		\$ 675.35	\$ 6,836.98

Q. How can an OA member distinguish between literature ordered on Amazon for which OA receives a royalty from that which it does not?

A. One way to tell it is our account is that the author is listed as "Overeaters Anonymous" and the link for the author is clickable and takes you to a page with all of OA's offerings. If the author link is not clickable, then it's a reseller, and we won't receive a royalty. You can also tell it's a reseller because a field will appear that says, "Seller Information," and the seller will be someone other than OA.

Here are shortened links to all OA literature sold by OA on third-party websites for which OA receives a royalty share:

- <https://amzn.to/2WcqjZs> for Amazon and Kindle
- <https://bit.ly/2EMXbgX> for Barnes and Noble Nook
- <https://apple.co/2wuLFn> for Apple Books

Stop telling HP how big your problems are.
Start telling your problems how big HP is!



Be a Young OA Podcaster



If you're 18 to 30 and interested in **giving service as a podcast speaker**, sharing your experience, strength, and hope through recovery in OA, fill out the [oa.org online questionnaire](#). Responses will be reviewed by the OA Young Persons' Committee, and committee members will contact you to follow up. The questionnaire will remain open until January 31, 2021.

Jekyll Island "Big Book" Convention

New Freedom Intergroup's 2nd Annual Big Book convention was held 23-25 August at the Jekyll Island Club Hotel. The theme of the weekend was "A Design for Living That Really Works" and featured "A Vision for You" speaker from California.

Forty people attended the convention and were treated to a weekend of recovery and fellowship. The Saturday dinner was held in an intimate setting with a small fireplace. Everyone at the table engaged in conversation and felt as if they had been invited into someone's home. The "Ask-It Basket" questions that were submitted by individuals were especially welcome and illuminating.

Even though the number of attendees was small, the overwhelming majority strongly stated their desire to hold this again. However, they suggested that summer is not the best time for Jekyll, and recommended moving the date to December (as we did in the first year).

Therefore, start planning NOW for the **3rd Annual Big Book Convention** to be held at **Jekyll Island December 4-6, 2020**. The hotel will be decorated for the holidays and filled with the spirit of the season as well as recovery.



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 innervoicenf@gmail.com.* This newsletter may be reproduced and enjoyed by other 12-steppers without written permission.

NFI FUTURE EVENTS (Clip and save)

- OCT 12 NFI Meeting Orange Park
- OCT 11-13 SOAR 8, Memphis, TN
- OCT 19 Promises Workshop, JAX
- NOV 9 NFI Meeting Orange Park
- NOV IDEA Day
- 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
- AUG 20-22 World Service Recovery Convention