

INNER VOICE

Newsletter of New Freedom Intergroup of OA



SEPTEMBER
2019

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle: *Love for others*

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle: *Structure*

Promise 9: If we are painstaking about this phase of our development, we will be amazed before we are halfway through...Our whole attitude and outlook upon life will change.

Concept 9: Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Spiritual Principle: *Ability*

ATTENDING FACE-TO-FACE MEETINGS

The most basic SERVICE each one of us can do is to attend meetings, where we offer our experience, strength and hope. Compulsive eating is a disease of ISOLATION: "We procrastinated, we hid, and we ate." (p.6; OA 12 & 12, 2nd ed). Meetings give an opportunity to identify our common problem, confirm our common solution through the Twelve Steps, and share the gifts we receive through this program.

There are many different types of meetings, all of which are available to support your recovery from compulsive eating. There are face-to-face meetings and virtual (phone and technology-based) meetings that you may find helpful. Information about these meetings can be found on www.oa.org.

Virtual meetings are an excellent way to supplement your program of recovery. They are perfect for people who are homebound for one reason or another, who need additional meetings, or who may want to attend a special focus group, among other reasons.

However, in my opinion, nothing beats a face-to-face meeting. In a face-to-face meeting, we can look into the eyes of those who have recovered or those who are still suffering. We may receive hugs and can discuss our problems with others after the meeting. We can get out of our isolation and interact with people who understand our disease and the solution. Whatever type of meeting you choose to attend ...KEEP COMING BACK.

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

Service positions available: Speaker
coordinator, Baskets, Entertainment

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		innervoicenf@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

What's new from the World Service Office of OA?

- 1. OA Group Inventory and Strong Meeting Checklist Updated.** *OA Group Inventory* and *Strong Meeting Checklist*, both available for download on oa.org, have been recently refreshed—see how they can help you check in, both with yourself and your fellow members, at your upcoming meetings. These checklists are intended help foster a focused and supportive group environment to help carry the message to all attendees as we work our program together. (SEE ARTICLE ON PAGE 4.) Here are the direct links:

 - *Strong Meeting Checklist*: <https://oa.org/files/pdf/strongmtgchecklist1.pdf>
 - *OA Group Inventory*: <https://oa.org/files/pdf/oagroupinventory.pdf>
- 2. New Meeting Formats.** For many, hearing OA's *Suggested Meeting Format* may be their first introduction to the OA Twelve Step recovery program. Give newcomers a clear understanding of our solution by reading aloud the new definitions of “abstinence” and “recovery” at your meetings using the updated *Suggested Meeting Format*. bFind and download all of OA's suggested meeting formats, updated with the new suggestion contribution of five US dollars and the new definitions, at oa.org/documents under “Meeting Formats.”
- 3. Lifeline Topics for 2020.** New *Lifeline* topics are now online! Give service to thousands of OA members and strengthen your own recovery with the Tool of writing. Make it a part of your program to share your story with *Lifeline* about once a month or, like some of our writers, settle in for a writing marathon and send many stories at once. Write alone or in a workshop with fellow OA members. *Lifeline* will also feature a new department, “Focus on the Footwork,” through which members can share the details of how they work their program. [Download the 2020 topics flyer](#) to print and share or review the topics on the [Share Your Story page](#) at oa.org.

DONATIONS REPORT 2019		AUGUST	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	\$ 40.00	\$ 350.00
Tue: Lakewood United Meth Church	36763		\$ 290.00
Wed: Step Study Mandarin	51223		\$ 175.00
Wed: JAX Beach-Wisdom at the Beaches	54507	\$ 400.00	\$ 400.00
Thur: Newcomer, Lakeview Health	47756	\$ 45.00	\$ 70.00
Fri: Orange Park - 10am	49119	\$ 50.00	\$ 356.50
Sat: Saturday Steppers-Ponte Vedra Bch	51693		\$ 500.00
Sat: Super Saturday Lakeview	20025		\$ 55.00
Sat: Believe in Recovery First, Mandarin	32773		\$ 291.86
Sat: Serenity Saturday OP NFI		\$ 26.00	\$ 67.00
Gainesville Groups			
Mon: Big Book Study (Alachua)	51137	\$ 100.00	\$ 400.00
Thu: Unity Church(Acceptance)	50421		\$ 150.00
Sat: 9:30 AM Welcome Home	48324	\$ 34.00	\$ 284.00
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	\$ 368.00
Wed: Palm Coast - 5:45pm	56604	\$ 20.00	\$ 140.00
Thu: Fernandina Beach	49101		\$ 40.00
Thu: Flagler Beach	15171	\$ 60.00	\$ 410.00
Sat: St. Augustine Serenity	00235	\$ 100.32	\$ 775.76
Sun: Palm Coast/Flagler Beach	56072		\$ 54.00
Southern Georgia Groups			
Tue: Jesup	54175	\$ 25.00	\$ 400.00
Tue: 7pm St Simons by The Sea	38311		\$ -
Thur: Brunswick	51988		\$ 103.00
Sun: Cumming - 7pm	48278		\$ 19.51
Savannah	50301	\$ 60.00	\$ 101.00
Totals		\$ 1,328.32	\$ 6,161.63

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.



NFI Fall Workshop – “The Promises”

Date: Saturday, OCT 19th

Time: 9:30 AM - 12:00 PM

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

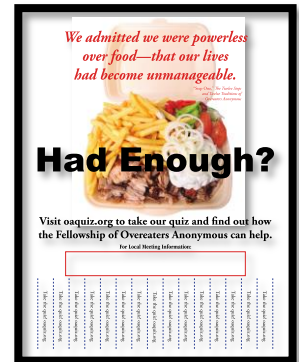
\$5.00 suggested donation

Contact: Wendy I. 904-710-5555 wirwin32246@gmail.com

STRONG MEETINGS. After one of the business meetings, we used the regular monthly OA Meeting at 11:30 am as a sounding board. We had a great discussion about how to improve and strengthen our meetings, and what things we can do to get people to return. We decided that DISCIPLINED meetings do better. We came up with the following suggestions, which you may or may not want to try at your own meetings:

1. Make sure you read the meeting format that suggests attending at least six different meetings before deciding if OA is for you.
2. In past years, meeting leaders always QUALIFIED at the beginning of the meeting.
3. Emphasize SERVICE for your sponsees (bring them to Intergroup!).
4. Celebrate abstinence milestones with OA chips (30, 60 and 90 days; 6 months; etc.) and larger milestones with a plant or other token (completing Step 5 maybe?).
5. Suggest that newcomers keep quiet for 21 days before speaking at a meeting.
6. Get used to making phone calls on time – 3 per day recommended.
7. Do the 10th Step (use a format) daily, regardless of what step you are on.
8. Keep a gratitude journal.
9. Be positive and happy about the OA program of recovery (*i.e.*, the 12 Steps).

Have you considered that **we are all part** of the Twelfth Step Within and Professional Outreach/Public Information Committees? To this end, we can all call members who have not been attending meetings for a while; can reach out to newcomers after meetings; can leave professional literature (*Courier* newsletter; *A Step Ahead* newsletter; *Where Do I Start?* newcomer brochures; *Is Food a problem for You?* brochures) at doctors' offices and other places where people gather; hang one of the OA posters in laundromats, gyms, libraries, and other locations (remove one of the phone number tags first – it motivates others to take one).



You may also carry the New Prospect Card (SKU: 450, \$2.50 for 30 copies) and hand it out to anyone who may be interested in what we have. Put your meeting and phone number on the back.

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)

- SEP 14 NFI Meeting Orange Park
- 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 NFI Meeting Orange Park

