

Inner Voice

Newsletter of New Freedom Intergroup of OA

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

More than 1,000 Share TSW Day

On December 12, 2024, a remarkable thing happened. Over 1,000 people from around the globe joined a Zoom virtual marathon to celebrate Overeaters Anonymous' Twelfth Step Within (TSW) Day. Members from Brazil, South Africa, Germany, Argentina, Netherlands, Israel, Colombia, Italy, Iceland, France, Denmark, Mexico, Canada, Slovenia, Spain, Poland, Hungary, Norway, Japan, Australia, New Zealand, Russia, India, United Kingdom, and a majority of the United States met to share their experience, strength, and hope for recovery from food addiction, compulsive eating, and compulsive food behaviors. The OA message was shared across five continents in at least 11 languages. Some of the comments heard at sessions were:

"I really needed this meeting!"

"I love seeing people and hearing stories from around the world."

"I'm in relapse, and this is a great help."

"There was great experience, strength, and hope sharing."

"I'm so glad I came; I was really close to relapsing."

I personally heard several people share that they were on the edge of losing their abstinence and how another person's sharing pulled them back. No doubt there were untold miracles simply as a result of someone hearing that there is hope. The World Service Business Conference TSW Committee, Virtual Region, Region TSW committees and chairs, and others worked together to make this global event possible. Members volunteered their service as language interpreters. Others conducted workshops, shared their stories, and worked in the background as online hosts and moderators. And so many gave service by simply showing up.

Reflecting on the incredible joy and fellowship experienced at this gathering, I am grateful our members long ago established December 12th as a reminder of the critical importance of reaching out to our fellows who are still suffering. OA also suggests making a TSW outreach call on the 12th of every month.

Since December 12th, I've been asking myself, "How am I doing with that?" The truth is, I do well with calling program fellows I see in meetings, because it's easy, and it helps keep me from isolating. But when it comes to calling someone I haven't seen in a while or who I know is in relapse, I falter. Mostly, I'm afraid they will think I'm checking up on them in a judgmental way. I'm suddenly realizing what's really happening there is I'm putting my fears and underlying insecurities ahead of helping someone else. I wonder how many OA members have slipped away from the fellowship because no one reached out when they were troubled and isolating?

My takeaway from our first global TSW marathon is a new and deeply felt commitment to call members I don't see, and not just on the 12th of each month. I will make it my recovery practice to reach out whenever I become aware that a fellow may be slipping and sliding or in relapse. I hope many of you will do the same.

If you weren't able to attend the 2024 event, please know there are many resources at the OA website (<https://oa.org/document-library/>) and at the Region 8 website (<https://oaregion8.org/committees/tsw/>) to help you with TSW outreach. We don't yet know whether the virtual global marathon will be repeated next year. But the day will always be celebrated, because our mission is to carry the message to all who still suffer, and many of them are members who could use a text message or phone call today.

— Laurie O.



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Step 2: Nothing Stopping Me **Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.



“Came to believe that a Power greater than ourselves could restore us to sanity” (Step Two). That is all I heard twenty-two years ago when I went to my first OA meeting, and I’ve held onto that Step since. God could restore me to sanity, and he did. During all these years, I’ve never even thought to or wanted to leave this lifesaving program.

At my first meeting, I thought, “I don’t think I’ll like it. They all know each other, and I don’t belong.” Then I heard the Second Step and had a spiritual experience that I’ve never forgotten. Nothing could keep me from coming back, and it has been principles before personalities ever since.

I knew I was home. I got a sponsor and bought all the books and pamphlets that I could afford, and I read them. That night, I became abstinent and did whatever I was told. I made phone calls, went to meetings, had a food plan, and did whatever service I could.

I lost 75 pounds (34 kg) and gained a new life. I still feel like my OA group is my family. I don’t have to feel like I’m on the outside looking in anymore. Now I know I belong.

— N.P., reprinted from *Lifeline*

Tradition 2: The Big Picture Decisions

Tradition 2: For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Our group considers itself free to make its own decisions, guided by a Higher Power. We don’t have to have certain values or particular ways of doing things just because some other groups do. No one can make us do things the way they think is right. We are free to do things the way we think is right.

But let’s take a hypothetical situation: Suppose we gossiped about groups we thought were doing things wrong and caused others to avoid those groups. Then our autonomy would be affecting other groups. Even worse, maybe newcomers or others would listen to our gossip and conclude that Overeaters Anonymous is too divided and therefore not right for them. In that case, our autonomy would be affecting OA as a whole.

In general, how do the Traditions affect our decisions? Some issues are easy. Is our meeting open or closed? Can people eat during the meeting or bring drinks in? Should we sponsor a Super Saturday? Other issues can be more difficult. What do we do if a speaker starts quoting from an outside source? What kinds of literature will we display on the table? Do we have an official opinion about certain food substances? Shall we change any words in the readings? When we eat out together after the meeting, how do we behave? The Traditions suggest some points to consider in these situations, but a group is free to ignore the Traditions, in the sense that no one has the authority to stop them. (I’m not saying ignoring the Traditions is a good idea, of course.)

In my own journey through OA, there was a time when my two closest meetings openly and enthusiastically used names, words, and prayers from one particular religion. I was completely turned off. That was one reason why I dropped out of OA for over ten years. If I’d had more recovery at the time, I might have just looked for other meetings to attend, or I might have had the courage to challenge those groups. As it was, I just slunk away with the idea that OA was too religious for me—something that wasn’t true of OA as a whole, but I didn’t know it then.

In my years in program, I’ve seen several examples of group autonomy being liberating and energizing and also of it being taken too far. It’s always a good idea to keep an eye on the big picture.

— Edited and reprinted from *OA Today* newsletter, St. Louis Bi-State Area Intergroup



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Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION	Secretary will forward as needed	oanfig@gmail.com
Chair	Echo G. 561.704.2917	chairnfi@gmail.com
Vice Chair/Bylaws	VACANT—Consider doing service	vicechairnfi@gmail.com
Treasurer	Augusta L. 912.508.4777	nfitreasury@gmail.com
Secretary	Lucy B. 786-351-0472	oanfig@gmail.com
Delegate	VACANT—Consider doing service	delegatenfi@gmail.com
Newsletter/Meeting List	VACANT—Consider doing service	innervoicenfi@gmail.com
Public Info/Prof. Outreach	Nancy K. 516.286.1888	piponfig@gmail.com
Young Persons	VACANT—Consider doing service	youngpeoplenfi@gmail.com
12th Step Within	VACANT—Consider doing service	ghabanero56@yahoo.com
Sponsor Coordinator	Hailey 404.797.5586	sponsor.nfig@gmail.com
Website	Brian B. 904.616.0608	websitenfi@gmail.com
Ways and Means	VACANT—Consider doing service	wandmnfi@gmail.com

NFI Meeting Highlights:

(Note: These are NOT the official minutes; they are only a recap of what was discussed. Official minutes are released after changes and approval in the next month's business meeting.)

New Freedom Intergroup business meeting was held January 11. Each meeting is welcome and encouraged to send two voting members, and as many observers as desire to attend. The meeting is always the second Saturday of the month (unless otherwise decided) and runs for one and a half hours. Thus, the next business meeting is Saturday, February 8 from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the January business meeting:

Service Opportunities:

- **VACANCIES:**
Elected positions:
 - Vice Chair, DelegateAppointed positions:
 - Parliamentarian, Newsletter Chair, Twelfth Step Within Chair, Ways and Means Chair, Young Persons Subcommittee Chair, Sponsorship Coordinator
- Want to give service, but you're not sure where to start? Consider volunteering for one of our committees! We can always use help, and it's a fabulous way to start giving service beyond the meeting level.
- In August of 2025, the World Service Convention will be held in Orlando, FL. While NFI is not officially sponsoring or hosting this event, ANYONE is welcome to give service for it! If you are interested in helping with planning or otherwise volunteering, please contact Susan B. by email at chair@oaregion8.org

Other Items of Note:

- All meetings are to let Chair know about changes in format. Thank you to those who sent us updates this month! They should be reflected on the website and meeting list.
- Finalized reports from Marywood and discussed offering copies of the recordings to our members for \$40 donation. Right now, the method for payment is check to our PO box and then you will be emailed access to the files.
- Budget for 2025 was finalized, with hopes that we will be able to utilize funds to carry the message in new ways this year. Interested in helping with this? Consider joining the PIPO committee!
- Lucy B. was elected as the Secretary, Brie G. was nominated for Vice Chair, but asked for time to review the requirements and responsibilities of the role.
- Several ideas were discussed for how to encourage members to attend the intergroup meetings and give service; as intergroup reps, on committees, and in various official positions. Suggestion was made to promote the needs at meetings and to sponsees who may be looking for ways to give service.



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Events from All Over


*All Illinois Unity Celebration:
Embracing our Diversity While Finding Unity*


**Saturday, February 22, 2025
1:00-2:30pm (CST)
Via Zoom**

We will hear 3 speakers share their diverse voices of recovery and have time for reflection after each speaker.

PHONE
13126266799
87614416317#
*768730#

ZOOM
Meeting ID:
876 1441 6317
Passcode: 768730



 **OVEREATERS ANONYMOUS**
REGION 5

REGION 5



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Full registration form:

<https://oaregion8.org/assemblies/2025/1st-Assembly/March-2025-SOAR8-Assembly-Registration-Form.pdf>



Traveling the River Road to Freedom:

*from Compulsive Eating &
the Bondage of self*

SOAR8
RECOVERY
CONVENTION
AND BUSINESS
ASSEMBLY

March 14-16, 2025



<https://www.vectorstock.com/royalty-free-vector/road>



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Overeaters Anonymous®

CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

- The Convention is NOT a business event; it IS a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

*Welcome to Overeaters Anonymous.
Welcome home!*



Save the Date!
August 21-23,
2025



To be kept up to date with the latest
convention news, email
CONVENTIONINFO@OA.ORG



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DONATIONS REPORT 2024		Sept	Oct	Nov	Dec	YTD TOTAL
General Fund / no meeting # specified		\$225.27	\$23.30	\$70.61		\$1,749.26
Jacksonville Groups						
	Grp#					
Mon:	Shepherd of the Woods Church	00774				\$0.00
Tue:	Lakewood United Meth Church	36763				\$0.00
Tue:	7pm Jacksonville (virtual)	800028				\$0.00
Wed:	Step Study Mandarin	51223	\$48.55	\$14.08	\$14.08	\$473.89
Wed:	JAX Beach-Wisdom at the Beaches	54507				\$70.00
Thur:	Jacksonville 9am - Our redeemer	57370				\$0.00
Thur:	Newcomer, Lakeview Health	47756				\$0.00
Fri:	Orange Park - 10am	03654				\$0.00
Sat:	Saturday Steppers-Ponte Vedra Bch	51693				\$750.00
Sat:	Super Saturday Lakeview	20025				\$0.00
Sat:	Believe in Recovery First, Mandarin	32773	\$28.64	\$28.64	\$28.64	\$515.04
Gainesville Groups						\$0.00
Mon:	Big Book Study (Alachua)	51137	\$28.64	\$53.64	\$53.64	\$382.56
Thu:	Unity Church(Acceptance)	50421	\$9.22	\$9.22	\$9.22	\$234.42
Wed:	Gainesville Unity Church	57568				\$450.00
Sat:	9:30 AM Welcome Home	48324				\$0.00
Other Florida Groups						\$0.00
Mon:	Palm Coast-St Mark by the Sea	38320		\$12.00		\$133.00
Mon:		32609				\$25.00
Wed:	Palm Coast - 10am	56604		\$11.00		\$108.00
Thu:	Fernandina Beach	49101				\$37.00
Thu:	Flagler Beach	15171		\$12.00		\$194.58
Sat:	St. Augustine Serenity	00235	\$23.79	\$23.79	\$23.79	\$377.46
Sun:	Palm Coast/Flagler Beach	56072				\$117.22
Southern Georgia Groups						\$0.00
Tue:	Jesup	54175				\$50.00
Wed:	Douglas, GA	57445				\$0.00
Wed:	Savannah - 5:30 pm	50301		\$170.27		\$170.27
Thur:	Brunswick	51988				\$0.00
Sun:	Savannah - 5pm	54362				\$110.92
Totals			\$364.11	\$357.94	\$199.98	\$0.00
Don to WSO			\$109.23	\$107.38	\$59.99	\$0.00
Don to SOAR8			\$36.41	\$35.79	\$20.00	\$0.00

Where are your donations going?

According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to Intergroup, write a check made payable to 'NFI' and mail to: OA NFI, PO Box 550842, Jacksonville, FL 32255; or log onto oanfig.org and scroll down to the 'donate' button. You may pay by PayPal or credit card.

When you contribute your 7th Tradition donations, if you indicate your group number, the donation will be recorded for that specific group. When we do not have a group number to work with, we may include the donations as unspecified.

Each month, NFI tallies the group donations and sends 10% of the total to Region 8, with an additional 30% to the World Service Office. Donations sent directly to World Service Office do not reflect in our group donations total.

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



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