



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

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

- Spiritual Principle: Clarity

Promise 10: We will intuitively know how to handle situations which used to baffle us.

Rotating Service

In our September issue, a set of Service Rotations was presented toward December elections and appointments of committee chairs. As it happens, one of these appointments is for the Newsletter Committee Chair. The article suggested that interested members 1) reach out, 2) request to shadow, and 3) seek to understand what the roles require. Not unexpectedly, I have experienced a deafening quiet.

Aside from our Vice Chair (Barb C., who has given momentous service in so many capacities) and Newsletter, mandated for change per our bylaws, we have other incumbents who may just be tired of giving service, or would like a change.

Over the last several years, this newsletter has printed over and over the line **VACANT—Consider doing service** under the Trusted Servants headline. It is wonderful that we have meetings to go to, but there are many who ride on the coattails of a few.

I have always felt that if I enjoy the benefits of being part of a recovery fellowship, I have an obligation to give back. This isn't always shared. For instance, as I shared at a meeting this week, when I agree to sponsor people through the steps, it has included the member pledging to "pay it forward," i.e., to do the same for others down the road. And some of these people have disappeared from program. I pray the Sick Man's (Person's?) Prayer* for them, and hope they return. In the meantime it's enabled me to stay abstinent.

The other discussion I had this week had to do with the meeting level, but can be thought of on an intergroup or regional level. And that is, we can eliminate positions and not try to do everything. Both my friend and I discussing this have experienced meetings that had to decide that serving coffee and selling literature were not primary activities. On a larger level, OA has several regions with inactive websites, and I'm sure that not every intergroup has the range of activities that our *New Freedom Intergroup* maintains.

As much as I hate sports analogies, it is time for some new people to step up to the plate. And yes, I would be happy to have someone shadow me on newsletter, and it's also time to think if you might want to take on a monthly writing obligation for next year, whether it's on the step, tradition, concept, or promise. (I have filled in other content if someone can't make it every month!)

— Mark W.

* "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." (*Alcoholics Anonymous*, 4th Ed., p.67)



Step 10: Favorite Sentences

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

While working the twelve steps, we come to Step Ten directly after making amends and receiving the incredible promises of Step Nine.

The four paragraphs focused on Step Ten in the *Big Book* (pages 84-95) contain some of my very favorite *Big Book* sentences:

- “We have entered the world of the Spirit.”
- “Love and tolerance of others is our code.”
- “If tempted, we recoil from it as from a hot flame.”
- “What we really have is a daily reprieve, contingent on the maintenance of our spiritual condition.”

Each of these phrases have made their way into my memory to be replayed as needed at different times during my daily life experiences. I am always grateful when they pop into my head.

“We have entered the world of the Spirit.” To me, this means that I have begun to live my life based on the spiritual principles of the steps. In this new way of life, I am constantly monitoring my feelings for “selfishness, dishonesty, resentment and fear” so that I can prevent the negative behaviors that I’ve just made amends for in Step Nine. To do this I:

1. Stay alert to negative feelings when they come up – because they will.
2. Ask God to remove those feelings.
3. Discuss those feelings immediately with someone else.
4. Make any necessary amends right away.
5. Turn my attention from myself to someone I can be helpful to.

“Love and tolerance is our code.” A code is a way to send a message. My love and tolerance for you sends the message that I care about you. Now, living “in the world of the Spirit,” I care about the way that I affect others. No longer do I want to transmit “selfishness, dishonesty, resentment and fear.” I want to send a message of love and tolerance. The process of Step Ten listed above allows me to move through negative human feelings quickly without doing harm and experience the spiritual growth that I thrive on.

The next two phrases are contained in a paragraph often called the tenth step promises. It’s worth sharing the whole paragraph here because it is so potent with hope and humble confidence:

“And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor (food). If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor (food) has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality – safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.”

To me, all the step work up to this point is worth just one of these promises...“we react sanely and normally.” And yet there is so much more...no more fighting anything or anyone; neutrality—safe and protected (from unhealthy food behaviors); the problem has been removed; we are not afraid.

When I work the tenth step, I receive an incredible list of promises that help me prosper physically and spiritually in this sometimes unpredictable world. My new attitude and behaviors benefit everyone that I come into contact with. But I must remember, I will continue receiving this gift only as long as I keep in fit spiritual condition.

— Lucy B.



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Tradition 10: Leave it at the Door

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

I remember the first time we read this tradition in a meeting. I underlined several sentences which gave me whole new outlook on life, “ridicule and disrespectful comments about religions, diets, political beliefs, and other matters have absolutely no place in OA meetings. We don’t need to belittle others,” an amazing idea to me. I came from a family of sarcastic belittlers or snooty belittlers. I wanted to recover so I added this idea to my recovery.

We all leave politics, religion, science, best books, etc. at the door. They are perfectly fine, but not here. We don’t want to run off some desperate overeater because of our opinions, so we willingly give them up in the meeting, to keep the meetings on track and everyone welcome.

Any time someone is dissatisfied with a meeting they can start one of their own as long as they follow OA’s steps and traditions. Sometimes meetings are started where they don’t know those steps and traditions, and it is up to older members to gently suggest them. I’ve done that.

— Patience M., Gainesville FL

Promises: Not as Baffled

Promise 10: We will intuitively know how to handle situations which used to baffle us.

As I grow in my recovery, my ability to make correct decisions improves exponentially. Is it because I’m not wasting countless hours planning when, how, what and how much food I’m going to need today? Is it because I’m thinking clearly because I’m not lying or covering up lies? Is it because I’m consuming fewer calories of much higher quality food, and I’m reducing my size? Or could it be because I’m sleeping better and waking up fresh and staying alert throughout the day?

To an extent all these things are true, but for me, it is my relationship with, and my reliance on, my Higher Power that has contributed to my efficiency and clarity.

Before, if I was experiencing indecision, I procrastinated and usually put off making any decision -- or I acted rashly. Today, I don’t struggle. If I’m confused or unsure of something, I stop and pray. This has been an amazing gift. And many times, when I am quiet and listen to my Higher Power, his guidance is to wait. Or to reach out and ask for help. Or if I’m praying for something, sometimes the answer from my Higher Power is no.

I can say with certainty that I intuitively know that if a difficult situation presents itself, I do not have to eat over it. I know that I do not have to tantrum until I get my way. Today, my solution to many situations is to simply accept, or to turn it over to my Higher Power.

To some this may seem trite, especially in business situations. However, I have found that decisiveness in business is a different animal. I can be decisive in business and be wrong, but as long as I’m decisive, I am considered to have leadership qualities.

With program, if I intuitively know that I need to pray first, everything turns out right. Even if it is not what I want – if it is what my Higher Power wants -- He knows what is best for me.

— John K.

And More Promises

Here are some *other* promises in *Big Book* order with a few comments (see last month for the first installment). Note that the promises are generally conditional. **One needs to work the program for the promises to come true in our lives.**

We Agnostics

“But cheer up, something like half of us thought we were atheists or agnostics. Our experience shows that you need not be disconcerted.”



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Negative promise: "Our human resources, as marshaled by the will, were not sufficient; they failed utterly."

"We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God."

"Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate, was sufficient to make the approach and to effect a contact with Him. As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who seek Him. To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men."

"As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built."

— Mark W.

Experience, Strength and Hope

When I came into OA in the mid 80's, I admit that I came with a heavy heart thinking "why am I living", I cannot lose this weight "what else is there to live for". I was thinking that losing weight was all that was needed to live. In OA, I learned about abstinence, also that there are others that were losing weight and learning to live while losing weight, sometimes quickly and sometimes slowly. However, after losing some weight, I went back to the pay and weighs that were ready to receive my hard-earned money for years of losing and gaining in a constant state of yoyoing (up and down). In 2019, I returned to OA and this time I knew that I would be here forever. So I settled in and acceptance flowed into my mind and heart and I received willingness to receive what God has in mind for me. My thoughts were to receive - no thought of SERVICE or giving back to this program. Since then I have learned that SERVICE IS showing up for a meeting in person, on telephone or on Zoom. SERVICE IS sharing during a meeting or just nodding my head or smiling when a person is sharing. SERVICE IS putting out literature, chairs or even opening the door or starting up Zoom for a meeting. SERVICE IS being a treasurer, being the secretary, being a leader for the meeting. The roles are many and after the spiritual awakening, my Higher Power leads me into where we should be.

So how did I get to writing this article, and what do I share in it. When I came back to OA, I was so burned out in over volunteering that I felt that others giving SERVICE is going to be my way of existing in this program. So I was going to just go along to get along in my program. When I came back this was going to be my way of OA existence. But when the spiritual awakening besought me, I realized that there are other needs in our group and needs of others in this county, state, and world that need to hear about this wonderful program.

When I have approached persons about attending our OA meetings and they have brushed me off indicating a "NO", I am learning not to be offended and looking at the words in the 12th step, I know that "I tried" to carry this wonderful, life-saving message to others. And this is what it is all about - reaching out to the still suffering.

When I came into OA, I knew that I was ahead of others, because I came knowing God. But I realize today that I had to SET ASIDE everything I thought I knew about God and embrace God as my Higher Power. Learning that this God was at the table with me after I say my grace over my meal. This God is with me in the evening when I want a snack. This God helps me to plan my meals and even to send what I am eating to my Food Accountability Person. This God helps me to SET ASIDE what I am doing or want to do and sign on or drive to a meeting. This God that I now embrace as my Higher Power is saving my soul and my life. What a mighty God I now serve. For God, my Higher Power is daily providing me with His amazing grace and mercy forever and ever.

Being Blessed in OA,

— Bea S., CSRA Intergroup



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Trusted Servants and Committee Chairs (New emails)

GENERAL INFORMATION

Chair
Vice Chair/Bylaws
Treasurer
Secretary
Delegate
Newsletter/Meeting List
Public Info/Prof. Outreach
Young Persons
12th Step Within
Sponsor Coordinator
Website
Ways and Means

Secretary will forward as needed

Echo G. 561.704.2917
Barbara C. 352.474.1366
Augusta L. 912.508.4777
Sandi JC 912.464.4231
VACANT—Consider doing service
Mark W. 904.527.3433
Nancy K. 516.286.1888
VACANT—Consider doing service
VACANT—Consider doing service
Hailey 404.797.5586
Brian B. 904.616.0608
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piponfig@gmail.com
youngpeoplenfi@gmail.com
TSWnfi@gmail.com
sponsor.nfig@gmail.com
websitenfi@gmail.com
wandmnfi@gmail.com

Want to give service but not sure where to start? Consider joining a committee!



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Joining a committee is a great way to start giving service above the meeting level. It does not require that you be an intergroup representative or that you attend the business meetings. Just about anyone can join any committee that they're interested in! Let's learn more about a few of the committees that we have!

Public Information/Professional Outreach (PIPO) committee. Current Chair: Nancy K.

- The purpose of the Public Information/Professional Outreach Committee is to carry the message of recovery to compulsive eaters who still suffer; and to reach out to those who may otherwise not hear about our program.
- OA's 12 step program of recovery can offer hope to a fellow sufferer by attraction, not promotion. We attract newcomers when we inform the public about the program (aka: Public Information).

- Moreover, we attract newcomers when we provide OA information to the medical community, for example: physicians, nurses, counselors (including, but not limited to eating disorder counselors), nutritionists, therapists, psychologists, etc. who can bring awareness of the OA program to their clients or patients (aka: Professional Outreach).
- Examples of PIPO service work include:
 - Arranging for and operating booths or tables at local health fairs and community events to display and distribute OA literature
 - Distributing pamphlets to the local medical community
 - Arranging for Public Service Announcements (PSAs) via media (online, print, radio, etc.)
 - And more!

Interested? Reach out to Nancy K to find out more!



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Twelfth Step Within (TSW) committee. Current chair: Vacant

- The purpose of the Twelfth Step Within committee is to carry the message of recovery to those within our meetings and fellowship. They assist with pairing newcomers with sponsors, run workshops focused on working the steps and retaining members, and encourage members to reach out to one another to keep our fellowship strong.

Interested? Reach out to Echo G. to find out more!

Ways and Means committee. Current Chair: Vacant

- The purpose of the Ways and Means committee is to brainstorm, research, and execute fund raising ideas and opportunities for the purposes of further funding our group's efforts to carry the message.
- Members of the committee may also provide service at events by selling merchandise or assisting with running raffles, auctions, and more.

Interested? Reach out to Echo G. to find out more!

Opportunities for Service

There are currently several opportunities for members to give service within our intergroup. Giving service is very rewarding and many of our members find that it helps them to maintain their recovery. Here's a list of the current vacancies within the intergroup, as well as a brief description of the role and any requirements.

DELEGATE

Our delegate represents the intergroup at the annual World Service Business Conference and at our biannual Region Business Assemblies, sharing experiences with other delegates. Delegates are asked to keep the intergroup informed about what is happening with OA throughout the region and the world, and to keep the region and the World Service Office (WSO) informed of any issues or concerns from our intergroup.

They also inform our intergroup about any new or revised literature and serve as the point of contact for major announcements and mailings from WSO. Delegates also help the intergroup solve problems and assist in keeping the bylaws in compliance with OA Bylaws. To do this, the delegate may draw on the resources of the WSO, where the staff is ready to relay helpful OA experience from all over the world.

The delegate is chosen on the basis of judgment, experience, stability, abstinence, willingness, and faithful adherence to the program of OA. To serve as the delegate for our intergroup you must have at least one year of current abstinence and two years of service beyond the meeting level. This is an elected position.

Interested? Email Echo G at chairnfi@gmail.com

PARLIAMENTARIAN

The parliamentarian advises the chair and the intergroup as to the proper procedures for conducting the business meetings. They ensure that the meeting agenda is followed and helps to keep the group on track. The parliamentarian can be consulted by members for assistance on issues such as calling for votes, following proper order, motions, and other parliamentary questions as needed.

The parliamentarian is an appointed position. It is recommended that they be abstinent before seeking to give service in this role. Interested? Email Echo G at chairnfi@gmail.com

YOUNG PEOPLE'S SUBCOMMITTEE CHAIR

The purpose of the Young People's Subcommittee is to increase awareness of OA among young persons residing in our geographical area, to coordinate events for providing information on OA at high schools and other locations, and to encourage groups to be welcoming of young people who come to OA by reaching out to them with the message of recovery and by helping them to find a sponsor. The chair for this subcommittee coordinates the efforts of the subcommittee and reports to the Public Information/Professional Outreach committee. They work closely with the PIPO committee to ensure that our intergroup is carrying the message of recovery to our younger members.

The subcommittee chair is appointed by the PIPO Chair. It is recommended that interested parties be members of the PIPO committee and that they be abstinent before seeing to give service in this role. Interested? Email Nancy K at npklei@gmail.com



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TWELFTH STEP WITHIN COMMITTEE CHAIR

The Twelfth Step Within Committee is focused on retaining and strengthening the recovery of our current fellowship. The committee may put on workshops or special programs to help with outreach (for example, encouraging members to contact 12 other members on the 12th of the month) and membership retention. The chair for this committee is responsible for coordinating the committee meetings, planning activities or workshops, advising and assisting groups with special events, and reporting to the intergroup.

The Twelfth Step Within Chair is an appointed position. In order to be considered, you must have six months of current abstinence and be working the Twelve Steps of OA to the best of your ability, possess and exercise good judgment, experience, stability, and willingness to serve, and you must have familiarity with the Twelve Traditions of OA.

Interested? Email Echo G at chairnfi@gmail.com

WAYS AND MEANS COMMITTEE CHAIR

The Ways and Means committee serves to raise funds for our intergroup, which are then used to carry the message to our fellow compulsive overeaters. They are tasked with researching and reviewing ideas and subsequently developing/ordering items for sale as part of these fundraising efforts. The committee must adhere to the guidelines for selling merchandise at events set forth by the World Service Office. They are responsible for advertising any fundraising efforts on behalf of the intergroup and must maintain accurate records of the expenditures and income related to these efforts. The chair for the committee is responsible for coordinating committee meetings, fundraising ideas, and advertising, and for reporting to the intergroup.

The Ways and Means Committee Chair is an appointed position. In order to be considered, you must have six months of current abstinence and be working the Twelve Steps of OA to the best of your ability, possess and exercise good judgment, experience, stability, and willingness to serve, and you must have familiarity with the Twelve Traditions of OA.

Interested? Email Echo G at chairnfi@gmail.com

INTERGROUP REPRESENTATIVE

Each meeting may send up to two voting representatives to the Intergroup business meetings and as many observers as care to attend. Intergroup representatives are asked to participate in discussions, debate, and votes at the intergroup level, and to keep their meeting informed of the things going on at the intergroup business meeting.

They may be encouraged to participate in workshops or marathons that are sponsored by the intergroup as well. Intergroup representatives should also be prepared to bring forward any concerns or issues on behalf of their meeting, as many group problems can be resolved by sharing experiences at intergroup meetings with representatives from other groups.

Individual meetings may set policies and procedures for how their intergroup representatives are elected or appointed, so if you are interested in this role, please work with your meeting to determine what is required. You may also consider having a group conscience to vote on the matter.

WSO Annual Appeal



Your contributions continue to make a difference for Overeaters Anonymous. Thank you! Here are some of the wonderful new ways we've been able to put them to work. In 2023, we created a public service video to extend a hand to others with compulsive food challenges. Your funding also enabled us to post OA bylaws and policies as web pages and create a video that explains bylaws and service in a simplified way. And, of course, OA continues to update

and maintain the Find-a-Meeting tool on the website.

Within the publications sphere, your contributions allowed us to translate *Where Do I Start?* into Icelandic, thereby increasing access to 21 languages, including Arabic, Chinese, Finnish, Italian, Mongolian, Norwegian, Persian, Romanian,



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Slovenian, and Zulu. New publications enabled through your funding included combined *Public Information and Professional Outreach Service Manual*, *Twelve Traditions Workbook of Overeaters Anonymous*, and e-pamphlet *To the Man Who Wants to Stop Compulsive Overeating, Welcome*. Finally, your funding enables us to fulfill your publication orders and answer your questions by phone and email.

As technology and costs accelerate, we will need your support in 2024 to continue our outreach to diverse populations and to offer innovative ways for you to connect with others who suffer from compulsive food behaviors. Here are ways you can show your support in addition to your regular Seventh Tradition contribution:

- Donate directly, individually or as a group, online at oa.org/contribute (remember to include your meeting or service body number)
- Consider contributing automatically through the Automatic Recurring Contributions link at oa.org/contribute

Any amount would be appreciated and, if you cannot contribute now, we know that you continue to support OA in other ways.

In loving service and gratitude,

— Board of Trustees Treasurer

Big Book Weekend Coming Soon!

Please be advised that in-person attendance at the Marywood Retreat **must be limited** to 50 persons. At this time, there remain only a few 'in-person' slots still available. Therefore, it is recommended, if you are interested in attending in-person, kindly complete your registration asap, either via Eventbrite or by mail (include your check for payment). Once the maximum of 'in-person' registrations is reached, we will assign you to a waiting list, meaning you will fill-in with any cancellations; or you can attend virtually.

We've planned for Live Streaming for the recovery portion of the Retreat. Our NFI intergroup has hired a professional company for this purpose, so 'Virtual registration' can be a satisfying substitute for those who cannot attend in-person. Additionally, audio recordings will be included for all registrants after the event ends, which includes both 'in-person' and 'virtual' registrants (we will send an email with the link).

Big Book Weekend **NOVEMBER 1-3, 2024**

Join us in person as we witness examples of 'how to recover' from the disease of compulsive eating, as outlined in the "Big Book" of Alcoholics Anonymous. Our speaker will share how he practices his program, maintains his recovery, lives in spiritual abundance, letting go of the food and working with others. There will be group sharing activities and plenty of time for fellowship, reflection and relaxation. Abstinent meals, on the premises, will be available. Program begins at **7:00 pm Friday** evening and ends at **12:00 pm Sunday**. Virtual registration will give you access to these workshops, but not any of the after-hours activities. The two-page registration flyer is attached to this newsletter.



**Stepping
Our Way to
Recovery**
(A *Big Book* Buffet)

LOCATION: MARYWOOD RETREAT AND CONFERENCE CENTER

235 Marywood Drive, St. Johns, FL 32259 • www.marywoodcenter.org • 904.287-2525



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Highlights of the September NFI Business Meeting:

(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 September 14. 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, October 12 from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

Highlights of what was covered at the July business meeting:

Service Opportunities:

- We need to fill the following service positions: Delegate, Parliamentarian, Young Persons subcommittee chair, Twelfth Step Within chair, and Ways and Means chair. Other committees also need volunteers to provide service.
- SERVICE ROTATION REMINDER: At the end of this year, we will need to elect a new Vice Chair and a new Newsletter Chair per the term limits of these positions. If you are interested in either of these roles, please consider reaching out to learn more and possibly even to begin shadowing on the job.
 - Reminder: Nominations open in October, so please take some time to pray on this if you are interested.
- We'll be hosting a *Big Book* Retreat at Marywood on November 1-3, 2024. There will be many opportunities to give service as we plan for this event and at the event itself. If you are interested in volunteering in any way, please reach out to Nancy K. Registration is open!
- 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. Welcome to our newest meeting in Bluffton, SC!
- It's time to prepare our annual budget. We will be considering adding some new expense lines this year for potential efforts to carry the message and for an extra donation to world service. The proposed budget will be presented at the October meeting.

OA Board New Policy on Minors Attending OA Meetings

The OA Board of Trustees has approved a significant new policy regarding OA meetings and attendance by minors. In accordance with the new board policy, previously approved OA resources, such as form letters and suggestion sheets, that reference participation of minors in OA will be removed from both oa.org and the World Service Office. The change is necessary to protect minors from potential harm and to protect OA, Inc. from potential liability.

The new OA board policy states:

Overeaters Anonymous, Inc. does not endorse allowing minors to attend face to face, online, telephone, or non-real-time meetings. Any decision to allow such individuals to attend a meeting is made locally. In this, OA is guided by the spirit of Tradition Four: "Each group is autonomous except in matters affecting other groups or OA as a whole." It is recommended that a group or service body considering allowing minors to attend meetings, first obtain legal advice. Legal advice should be obtained before allowing such individuals to attend and before creating or instituting any applicable policies. Keep in mind that laws and rules regarding this issue may vary by country and jurisdiction. Other Twelve Step fellowships might be consulted or studied, but Overeaters Anonymous' service structure is its own.

Note: The definition of a minor is based on the legal requirements within a state, province, and/or country.



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You can view the new policy under the Group Resources page at <https://oa.org/group-resources-list/policy-concerning-minors-attending-oa-meetings/>.

Following approval of this policy, OA has removed or is removing the following resources from oa.org and from use by the World Service Office:

- *The Twelve Steps and Twelve Traditions: A Kids' View*
- *Billy's Story*
- *How to Start a Teen Meeting*
- "Teen Friendly" specific topic in Find a Meeting
- References to children and teens on the Family & Friends web page

In addition, the OA Board of Trustees will submit a motion to World Service Business Conference 2025 to remove the Conference Seal of Approval from *The Twelve Steps and Twelve Traditions: A Kids' View*.

At oa.org/find-a-meeting, the "Young People" specific focus will be changed to "Young Adult." Other OA material that references "Young People" will be updated to state "Young Adult."

Questions and comments about this policy can be directed to the trustee liaison for your OA region. Contact the World Service Office to connect with your trustee liaison.

Are You Addicted to Junk Food?

I am very grateful to share my sentiments regarding an article I read in one of my favorite magazines earlier this year. The section I was reading was "Your Health." The title just piqued my attention immediately: "ARE YOU ADDICTED TO JUNK FOOD?"

Being a member of Overeaters Anonymous for 42+ years, that was an eye opener for me. The author was addressing a specific age group—what, you mean like me???? LOL. Being blessed to have stayed an active member of OA, and kept coming back, I knew that I am and always will be addicted to food, certain types of ingredients, and will remain in recovery by God's grace by continuing to work my program every day.

The part of the article that really was the miracle for me was when the author continued to state, "Food Addiction caused intense cravings and inability to stop eating the junk food once ingested, in the same way an Alcoholic can't stop once they take the first sip of alcohol." They went on to state that, "Ultraprocessed refers to foods that have been altered by the addition of certain super flavorings and additives/refined fats."

I am confident to say that once I finally got into OA, I was shocked to hear that!! I just wanted another diet. Does that sound familiar?? I am grateful I remained in OA and learned; not only did my personal addictive foods cause me excess weight gain but also messed with my mind & thinking, stifled my spirit, and affected my health, to name just a few life problems, of which this list was very long, in my beginnings of working my OA program.

I have spent many years feeling frustrated that no one, anywhere else, ever called food addiction an actual addiction out loud that I know of, except for OA. Another miracle. So 42 years later, all the work put into my recovery and helping others, is still a blessing and a joy! But this magazine bulletin did just that!!!! I was absolutely ecstatic and was happy that 42 years ago all the hard work in my program, OA is still here to help others. I will continue to put effort into recovery and help saving lives as someone did for me, passing on the message to help Compulsive Overeaters / Food Addicts find recovery. I will pray that maybe others will keep doing so. It's all up to us though. And that happens when we live and work this program every day to the best of our ability so we can be the light that shines for those who need our help. I pray that just maybe, this article could serve as a catalyst for others to learn more about food addiction in the future.

I believe in my heart there are no quick fixes out there for our food addiction and still believe OA is and always will be *the* easier, softer way to a life of freedom, peace of body, mind and spirit; A program that doesn't fail me, when I work it.

In Abstinence,

— Jan S., St. Augustine FL



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Events from All Over



**Do you
have a
problem
with
food?**



Newcomers Workshop:

The Disease of Compulsive
Eating and the Promise of
Recovery

Virtual Workshop

Saturday, Oct. 5, 2024 10:00 am – Noon CDT

Join Zoom Meeting

Meeting ID: 850 9549 6827

Passcode: 1212

Join by Phone 312/626-6799

Meeting ID: 850 9549 6827#

Passcode: 1212

<https://us02web.zoom.us/j/85095496827?pwd=Nm1QVm5MZ3BFUUIONjZrSTRkdldJOT09>

Two speakers share their experience, strength and hope

Are you a newcomer to OA? If you've been a member for two years or less, or consider yourself a newcomer, then this workshop is for you. Learn more about OA's program of recovery from eating disorders. Get questions answered. Meet other members — including other newcomers.

Everyone is welcome: Members, New Members, Non-members. Questions will be answered. This forum will be helpful for individuals wanting to learn about Overeaters Anonymous, as well as for newer members looking for additional support and insights. This Workshop is sponsored by the **Milwaukee Area Intergroup**.



Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.



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BODY IMAGE WORKSHOP

Create a New Body Image through the 12 Steps.

Zoom Link: <https://us02web.zoom.us/j/86834871890>

ID: 868 3487 1890

SUNDAY,
OCTOBER 27
1:00-3:00PM PT



Changing our old beliefs and challenging our self-criticism, we can embrace our strengths and who we truly are. This nurturing workshop will encourage self-love and resilience, guiding us all toward a journey of body image acceptance and healing.

All are Welcome. No registration is necessary.

The 7th Tradition will be observed.

You may donate here: oasandiego.org/seventhtrad



Offered by the San Diego Intergroup. Questions?
Contact Elyesse at workshops@sandiego.org



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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.
- Three keynote speakers, several workshops.
- 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.

"This is an experience you...will not want to miss." Alcoholics Anonymous, p. 89



Save the Date!



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



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Meet the Virtual Region Chair



12 PM ET (4 PM UTC) & 8:30 PM ET (12:30 PM UTC)
The Fourth Friday of Every Month

Bring your **QUESTIONS** and **IDEAS**
Join the **DISCUSSION**
Learn about **UPCOMING EVENTS**



Zoom Link: <https://us02web.zoom.us/j/87080400598?pwd=TnhOQm1EN1R1WWQ0N2xVbEJQQT09>

Meeting ID: 870 8040 0598. Passcode: 120912



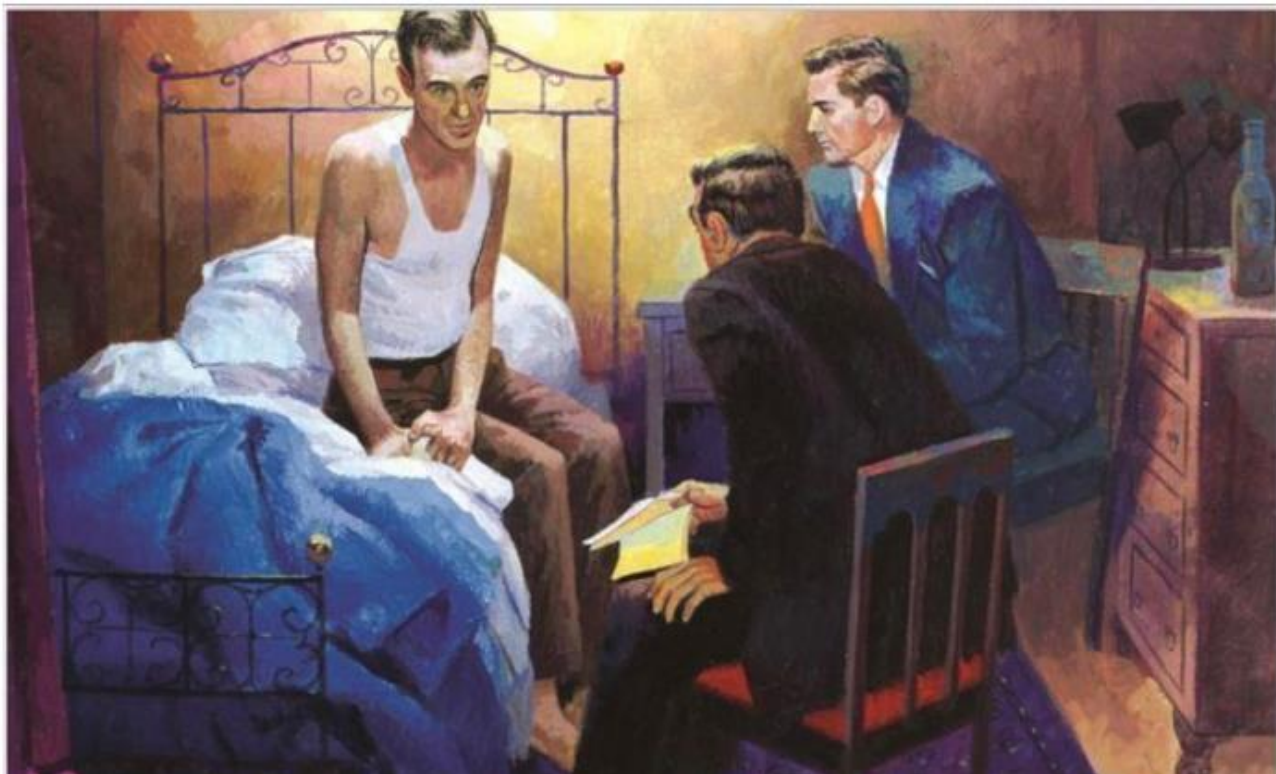
Responsibility Pledge

Always to extend the hand and heart of OA to all
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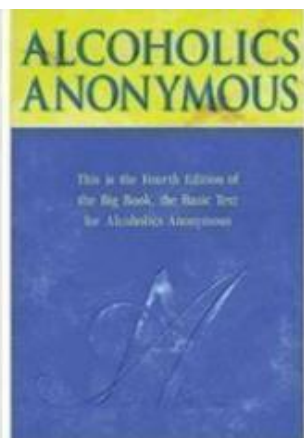


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*Using scripts based on the beginners meetings
in the 1940s: a focused introduction to the 12
step program in 4 weekly sessions.*



**OVEREATERS ANONYMOUS
BACK TO BASICS
EVERY SUNDAY
7:30-9pm UK
2:30-4pm EST
11:30am - 1PM PST**

**ZOOM ID: 853 4685 2850
PASSWORD:121212**



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Week 1: OA 12 and 12 Step of the month
Week 2: OA Principle of the month
Week 3: AA Big Book Step of the month
Week 4: Lead/Speaker Meeting
Week 5: Topic Meeting

Sunday Morning Coffee and Recovery Meeting

Online Zoom Meeting - Every Sunday
9:00 AM to 10:00 AM (Eastern)

Zoom Meeting ID: 842 2999 2560 883975 Link: <https://us06web.zoom.us/j/84229992560>
Dial In: +1 929 205 6099



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More from Region 8

A new way to carry the message!

Region 8 announces an excellent resource page with links to valuable OA information to benefit newcomers, returning and current members. Maybe even the “old timers.” 😊

Have you read the appendices to *Overeaters Anonymous, Third Edition*? They include writings on The Role of a Plan of Eating, A Disease of the Mind, A Disease of the Mind, A Disease of the Body, A Disease of the Spirit and more.

People may scan this QR code (point your smart phone’s camera at the QR code and it will pop up a link) and connect to the Region 8 resources page. Please feel free to print this information and pass around in face-to-face meetings or insert into a visual format for virtual meetings.

Check it out — Pass it on!



OVEREATERS
ANONYMOUS®
Region 8

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 innervoicenfi@gmail.com.



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DONATIONS REPORT 2024		June	July	Aug	YTD TOTAL
General Fund / no meeting # specified		\$42.23	\$49.99	\$416.68	\$1,430.08
Jacksonville Groups					
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	\$49.08	\$46.61	\$49.08	\$397.18
Wed: JAX Beach-Wisdom at the Beaches	54507			\$70.00	\$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			\$350.00	\$750.00
Sat: Super Saturday Lakeview	20025				\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$178.64	\$28.64	\$28.64	\$429.12
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137		\$28.64	\$25.00	\$246.64
Thu: Unity Church(Acceptance)	50421	\$25.00	\$9.22	\$9.22	\$206.76
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			\$121.00
Mon:	32609		\$25.00		\$25.00
Wed: Palm Coast - 10am	56604	\$11.00		\$12.00	\$97.00
Thu: Fernandina Beach	49101			\$12.00	\$37.00
Thu: Flagler Beach	15171	\$12.00		\$11.00	\$182.58
Sat: St. Augustine Serenity	00235	\$23.79	\$73.79	\$62.14	\$306.09
Sun: Palm Coast/Flagler Beach	56072	\$9.22			\$117.22
Southern Georgia Groups					\$0.00
Tue: Jesus	54175	\$50.00			\$50.00
Wed: Douglas, GA	57445				\$0.00
Wed: Savannah - 5:30 pm	50301				\$0.00
Thur: Brunswick	51988				\$0.00
Sun: Savannah - 5pm	54362	\$25.00			\$110.92
Totals		\$437.96	\$261.89	\$1,045.76	\$5,026.59
Don to WSO		\$131.39	\$78.57	\$313.73	
Don to SOAR8		\$43.80	\$26.19	\$104.58	

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.



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