



# INNER VOICE

**January 2026**

**Newsletter of New Freedom  
Intergroup of Overeaters Anonymous**



**NEW FREEDOM INTERGROUP**  
PO Box 31072 • Savannah, GA 31410  
Email: [oanfig@gmail.com](mailto:oanfig@gmail.com)  
Website: [www.oanfig.org](http://www.oanfig.org)



## **Step One**

Principle - Honesty

We admitted we were powerless over food — that our lives had become unmanageable.

## **Tradition One**

Principle - Unity

Our common welfare should come first; personal recovery depends upon OA unity.

## **Welcome Home**

Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food.

# NFI December 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 December 6th. Each individual OA meeting is welcome 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. December meeting was held early at the request of the Chair and with consensus from the NFI reps.

The next business meeting is Saturday, January 10th from 10:00 am to 11:30 am by Zoom. (Meeting ID: 872 7218 1719, Password: 883350).

## Items of Note ! Elections & Appointments

- 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.
- The 2026 proposed budget was presented and approved.
- Nancy K. shared her report for the Region 8 Business Assembly.
- We approved a motion to reserve a date for a Big Book Retreat at Marywood in 2026. Be on the lookout for more information soon!
- Our TSW committee is putting on a workshop in February. Expect a flyer with details soon!
- Nancy K. was elected to be the next NFI Chair.
- Augusta L. was elected to serve a second term as Treasurer.
- Sasha has been appointed to be the next Newsletter committee Chair and will begin in January.
- Edward B. has been appointed to be the next Bylaws committee Chair and will begin in January.
- Thank you all for your willingness to serve!

## Service Opportunities !

MORE INFORMATION ON PAGE 9

### Elected Positions

Vice Chair  
Delegate

### Appointed Positions

Parliamentarian  
Ways and Means Chair  
Sponsorship Coordinator  
Young Adults Subcommittee Chair

Public Information/Professional Outreach Committee Chair

# From Our Region - A Note

Dear Friends of Region 8,

As the holiday season is upon us, many of us are celebrating with family and friends, often surrounded by food. This month's Twelfth on the Twelfth writing offers a unique twist on a classic Christmas carol, adding a touch of recovery to the festive spirit. I hope you enjoy it!

In the spirit of the holidays, I encourage everyone to reach out to someone you haven't seen or spoken to in a while. Take the time to check in and see how they're doing. If they're struggling, you can refer them to the Region 8 website. The red "Recovery Help" button will link them to a variety of resources they may not have discovered. Here's the link: <https://oaregion8.org/recovery-help/>.

Wishing you all a blessed, happy, and abstinent New Year!

Sincerely,

Tina S., Chair  
Twelfth Step Within Committee





# From Our Region - 12 Step Principles

The 12 Step Principles of Recovery  
(Set to the tune of The 12 Days of Christmas)

1. On the First Step of recovery my HP offered me - HONESTY to see my misery.
2. On the Second Step of recovery my HP offered me - HOPE for sanity, and the HONESTY to see what life could be.
3. On the Third Step of recovery my HP offered me - FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.
4. On the Fourth Step of recovery my HP offered me - COURAGE to face me, FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.
5. On the Fifth Step of recovery my HP offered me - INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.
6. On the Sixth Step of recovery my HP offered me - WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.
7. On the Seventh Step of recovery my HP offered me - the choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.
8. On the Eighth Step of recovery my HP offered me - SELF-DISCIPLINE to right wrongs, choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.
9. On the Ninth Step of recovery my HP offered me - LOVE to seek forgiveness, SELF-DISCIPLINE to right wrongs, choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.
10. On the Tenth Step of recovery my HP offered me - PERSEVERANCE for recovery, LOVE to seek forgiveness, SELF-DISCIPLINE to right wrongs, choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.
11. On the Eleventh Step of recovery my HP offered me - increased SPIRITUAL AWARENESS, PERSEVERANCE for recovery, LOVE to seek forgiveness, SELF-DISCIPLINE to right wrongs, choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.
12. On the Twelfth Step of recovery my HP offered me - SERVICE for others, increased SPIRITUAL AWARENESS, PERSEVERANCE for recovery, LOVE to seek forgiveness, SELF-DISCIPLINE to right wrongs, choice to be HUMBLE, WILLINGNESS for change, INTEGRITY!, COURAGE to face me, FAITH in HP, HOPE for sanity, and the HONESTY to see what life could be.

Keep coming back until the miracle happens!

Julia S.



# Treasurer's Report



DONATIONS REPORT 2025		Aug	Sept	Oct	Nov	YTD TOTAL
General Fund / no meeting # specified		\$85.10	\$140.38	\$37.38	\$153.30	\$722.87
Jacksonville Groups						
Mon: Shepherd of the Woods Church	00774					\$0.00
Tue: Lakewood United Meth Church	36763					\$50.00
Tue: 7pm Jacksonville (virtual)	800028					\$0.00
Wed: Step Study Mandarin	51223					\$28.16
Wed: JAX Beach-Wisdom at the Beaches	54507					\$100.00
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					\$400.00
Sat: Super Saturday Lakeview	20025					\$0.00
Sat: Believe in Recovery First, Mandarin	32773	\$78.64	\$28.64	\$28.64	\$28.64	\$515.04
Gainesville Groups						\$0.00
Mon: Big Book Study (Alachua)	51137	\$25.00	\$175.00	\$25.00	\$25.00	\$409.22
Thu: Unity Church(Acceptance)	50421	\$9.22	\$159.22	\$9.22	\$9.22	\$251.42
Wed: Gainesville Unity Church	57568		\$340.00			\$340.00
Sat: 9:30 AM Welcome Home	48324					\$180.00
Other Florida Groups						\$0.00
Mon: Palm Coast-St Mark by the Sea	38320			\$20.00		\$32.00
Mon.	32609	\$18.00				\$18.00
Wed: Palm Coast - 10am	56604	\$17.00		\$20.00		\$84.00
Thu: Fernandina Beach	49101					\$25.00
Thu: Flagler Beach	15171					\$46.00
Sat: St. Augustine Serenity	00235	\$478.60				\$576.18
Sun: Palm Coast/Flagler Beach	56072		\$150.00			\$150.00
Southern Georgia Groups						\$0.00
Tue: Jesup	54175					\$0.00
Wed: Douglas, GA	57445					\$0.00
Wed: Savannah - 5:30 pm	50301					\$508.00
Thur: Brunswick	51988					\$153.00
Sun: Savannah - 5pm	54362					\$9.16
Totals		\$711.56	\$993.24	\$140.24	\$216.16	\$4,598.05
Don to WSO		\$284.62	\$397.30	\$56.10	\$86.46	
Don to SOAR8		\$71.16	\$99.32	\$14.02	\$21.62	

**\*\*August Donations \$478.60 that were included in total for gen fund incorrectly were moved to St Augustine Serenity Group -- to show it was that group's donaton to NFI**

## 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 40% to the World Service Office. Donations sent directly to World Service Office do not reflect in our group donations total.

# The Power of The Tool of Writing

I've kept a journal for most of my adult life.

When I came to Overeaters Anonymous, I was delighted to learn that writing can strengthen recovery.

Some of the things we write in program are a history of our food addiction, a fourth step inventory, an amends list, tenth steps, a daily food plan, a daily action plan, two-way prayer sessions, gratitude lists....

But there seem to be plenty of fellows who truly struggle to put pen to paper...who find themselves procrastinating on their fourth step inventory, or who don't relish the idea of working things out on paper or writing lists. I thank God that Bill Wilson and the early members of AA did not hesitate to write the Big Book and the AA Twelve and Twelve.

I am also grateful that OA members began creating our own literature; the Brown Book, the OA Twelve and Twelve, For Today, Lifeline, Abstinence, The Twelve Step Workbook as well as many other books and pamphlets addressing specific recovery issues.

There is a rich history of addicts in recovery writing to heal themselves, to communicate with their Higher Power, and to share their successes and failures with others, helping more of us to recover.

Communicating through the written word and reading what those who have gone before me have written has gotten me through some of my most challenging times in recovery.

I am forever grateful for the recovery literature that is available to me today, and for the fact that I enjoy writing as a form of release, expression, and communication.

*"Communicating through the written word and reading what those who have gone before me have written has gotten me through some of my most challenging times in recovery."*

If you struggle with the tool of writing – consider purchasing a Recovery Jar and committing to pulling one of the prompts out every day, or once a week, or once a month and writing on whatever the prompt suggests. Below are several prompts from my Recovery Jar that I've written on recently:

- "Briefly describe your history with food."
- Step 11= Spiritual Awareness. How do I practice this principle in my affairs?
- What are some of the particular foods and eating behaviors that give me trouble? How am I using the program to address these?
- "Principles before personalities." (Tradition 12) Explain what this means to you.
- What other solutions besides OA have I tried and what were the results?

Maybe you will begin to enjoy the tool of writing – or at least experience the power that writing can have for exploring what we think and feel – on paper.

By: Anonymous



# Recovery Jars:

## Stop Going NUTS and Grow Your Recovery



*If you have additional questions,  
please contact: chairnfi@gmail.com*

Examples of Recovery Jar questions (actual size is 5" long x ¾" wide)":

- Am I still looking for outside solutions? What doubts or uncertainties, if any, do I have about OA?
- How, if at all, do I use the tool of the action plan?
- With whom did I (or will I) share my 5th step?
- What are my reasons for this choice?

To order your jar (or more than one – these make great gifts for yourself, sponsors, and sponsees to celebrate completion of their 5th step), please fill out the form using the following link: <https://forms.gle/6bPaYJgu57sW24Yq6>

What's a Recovery Jar? A Recovery Jar is a daily reading and writing tool to help you achieve or maintain your recovery, and continue to nurture your growth in the program. Each of the 366 hand-cut strips of card-stock in the jar has a unique prompt that challenges you to meditate, write or take action as part of your daily OA work, with the idea being to use one per day for a year.

All of the prompts, questions, challenges, slogans, etc. inside the jar are drawn from OA-approved literature and practices. Examples include writing on the different steps, the principles, gratitude, the tools, etc. The jars are #1 recyclable PET clear plastic with a black plastic screw-top lid. Perfect for carrying with you.

These jars were hand-crafted by the groups of New Freedom Intergroup (Jacksonville, FL) as a fundraiser primarily for the World Service Convention in 2020, which was cancelled. Fortunately, these jars are timeless and have no expiration date!

Each jar costs \$20 plus shipping and must be paid in advance. Shipping cost is currently an additional \$10 for one jar. However, it is cheaper to ship multiples; therefore, anyone (group or individual) ordering a case of 12 (twelve, \$240) jars will receive free shipping!

If you select the shipping option, we will contact you to make arrangements for the shipping costs, depending on how many are being sent. You may also arrange to pick up your jars in Gainesville, FL.

Payment can be made by cash at time of pick up, or by check/money order ahead of time (please make out the check or money order to New Freedom Intergroup) and mailed to:

OA NFI  
P.O. Box 31072  
Savannah GA 31410.

Credit card payments are not being accepted at this time.



# Trusted Servants & Committee Chairs

FOR GENERAL INFORMATION, PLEASE CONTACT OANFIG@GMAIL.COM  
(SECRETARY WILL FORWARD AS NEEDED)

CHAIR | NANCY K.  
CHAIRNFI@GMAIL.COM | 516.286.1888

VICE CHAIR | **VACANT** (CONSIDER DOING SERVICE!)  
VICECHAIRNFI@GMAIL.COM

TREASURER | AUGUSTA L.  
NFI TREASURY@GMAIL.COM | 912.508.4777

SECRETARY | LUCY B.  
OANFIG@GMAIL.COM | 786-351-0472

DELEGATE | **VACANT** (CONSIDER DOING SERVICE!)  
DELEGATENFI@GMAIL.COM

NEWSLETTER/MEETING LIST | SASHA  
INNERVOICENFI@GMAIL.COM | 645-219-6205

PUBLIC INFO/PROF. OUTREACH | **VACANT** (CONSIDER DOING SERVICE!)  
PIPONFIG@GMAIL.COM

YOUNG ADULTS | **VACANT** (CONSIDER DOING SERVICE!)  
YOUNGPEOPLENFI@GMAIL.COM

12TH STEP WITHIN | CYNTHIA H.  
TSWNFI@GMAIL.COM | 404-788-8089

SPONSOR COORDINATOR | CYNTHIA H.  
SPONSOR.NFIG@GMAIL.COM | 404-788-8089

WEBSITE | BRIAN B.  
WEBSITENFI@GMAIL.COM | 904-616-0608

WAYS AND MEANS | **VACANT** (CONSIDER DOING SERVICE!)  
WANDMNFI@GMAIL.COM

BYLAWS | ED B.  
EDWARDBIRK@COMCAST.NET

# NFI Service Opportunities!

## Elected Positions:

### ▪ Vice Chair

Serves in the absence of the Chair, assists with coordinating special events, maintains the meeting list, and serves on the bylaws committee.

### ▪ Delegate

Attends the World Service Business Conference annually, attends the Regional business assemblies (2 per year), and provides reports to the Intergroup about the actions of the conference/assembly.

## Appointed Positions:

### ▪ Parliamentarian

Ensures that we are operating the meetings fairly and following the Bylaws and Policies and Procedures manual.

### ▪ Ways and Means Chair

Researches, reviews, and develops ideas for fundraising on behalf of the intergroup. These funds are used for carrying our message.

### ▪ Young Adults subcommittee Chair

As part of the Professional Information/Public Outreach committee, the Young Adult's subcommittee works to increase awareness of OA among the young adults in our area, and welcomes young adults who come to OA.

### ▪ Sponsorship Coordinator


Maintain a list of available sponsors and help people seeking sponsorship to be connected to a potential sponsor.

### ▪ Public Information/Professional Outreach Committee Chair

Engages with the public to provide information about OA through attending events such as health and wellness fairs, researches and implements opportunities to spread the message, and also works with professionals (ex: doctors and medical facilities) to spread information about OA (ex: provide professional outreach packets and pamphlets to a doctor's office for their waiting room or to hand out to patients).

## 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.




WWW.BTVIG.ORG

Meeting ID: 6099261904  
Passcode: 123456


Sponsored by the Stockton OA Meetings

Suggested Donation \$5  
Nobody turned away because of lack of funds.

Donate online at: <https://www.stocktonoanet.org/donations-for-events.html>



WWW.BTVIG.ORG

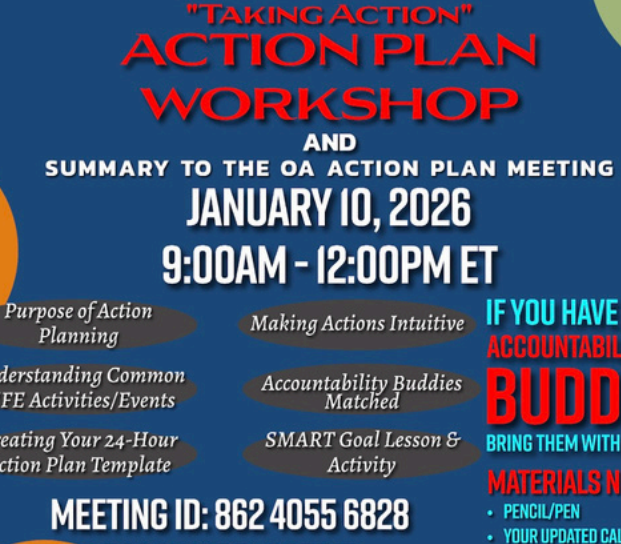


Meeting ID: 6099261904  
Passcode: 123456

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Suggested Donation \$5  
Nobody turned away because of lack of funds.

Donate online at: [https://www.stocktonoa.org/donations\\_for\\_events.html](https://www.stocktonoa.org/donations_for_events.html)



**OVEREATERS ANONYMOUS**  
**"TAKING ACTION"**  
**ACTION PLAN**  
**WORKSHOP**  
**AND**  
**SUMMARY TO THE OA ACTION PLAN MEETING**  
**JANUARY 10, 2026**  
**9:00AM - 12:00PM ET**

*Purpose of Action Planning*  
*Making Actions Intuitive*  
*Understanding Common LIFE Activities/Events*  
*Accountability Buddies Matched*  
*Creating Your 24-Hour Action Plan Template*  
*SMART Goal Lesson & Activity*

**IF YOU HAVE AN ACCOUNTABILITY BUDDY**  
**BRING THEM WITH YOU**  
**MATERIALS NEEDED:**

- PENCIL/PEN
- YOUR UPDATED CALENDAR
- JOURNAL FOR YOUR ACTION PLAN
- WILLINGNESS/ACTION

**MEETING ID: 862 4055 6828**  
**PASSWORD: 695747**  
**CLICK LINK FOR INSTANT ACCESS**  
<https://us02web.zoom.us/j/86240556828?pwd=ANFYU0ZGZlZjJWd0NkZkZDk0ZC0yOjR2J1>



OVEREATERS  
ANONYMOUS  
South Jersey InterGroup

**OVEREATERS ANONYMOUS**  
**"TAKING ACTION"**  
**ACTION PLAN**  
**WORKSHOP**

AND  
SUMMARY TO THE OA ACTION PLAN MEETING

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Purpose of Action Planning

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<https://us02web.zoom.us/j/86240556828?pwd=ANFwUGU1ZjYwOjNkODZkOZC0YjJ0R2I1>

**A LONGTERM SOLUTION TO THE**  
**PUZZLE**  
**OF COMPULSIVE OVEREATING!**



- **WHY COMMERCIAL DIET PROGRAMS MAY NOT WORK FOR COMPULSIVE OVEREATERS?**
- **WHAT QUICK FIXES DON'T OFFER**
- **WHY PEOPLE KEEP COMING BACK?**

THREE SPEAKERS SHARE THEIR STRENGTH, HOPE AND EXPERIENCE.

TIME FOR SHARING AND QUESTIONS.

*IN KEEPING WITH OUR 7<sup>TH</sup> TRADITION A DONATION OF \$5.00 IS SUGGESTED .*

**JOIN US ON SATURDAY, JANUARY 10,2026**  
**10:00 AM – 12:00 PM EST**  
**Zoom Meeting ID: 228 467 1262**  
**Passcode: recovery**



# Meetings/Resources

**SPEAKER MEETING**  
**EVERY SATURDAY!**

**WORKING WITH OTHERS  
SPONSORSHIP**



**Saturday 5pm PT/  
7pm CT/ 8pm ET**

Experience, strength & hope for sponsoring  
& working with others



**Bring your questions!  
Find solutions!  
All are welcome!**

**ZOOM ID - 9933 4646 706  
PASSWORD - 1212**

**OVEREATERS  
ANONYMOUS.**

From the twisted minds of  
"One is never enough" and "I wish I ran that by someone."  
A new twist on a classic.

**The 66th  
OA  
Birthday Party**

**Eternal Sunshine  
OF THE RECOVERING MIND**

**January 16<sup>th</sup> - 18<sup>th</sup>, 2026**  
Hilton LAX - Los Angeles, CA

**REGISTER NOW!**  
\$60: Early Bird Registration  
(through November)



**www.oalaig.org**

Sponsor! Don't forget to register!  
Done ✓  
Purchase a Keynote Lunch,  
Dinner, or Both!  
Yum 🍕  
Tons of Workshops, Panels,  
Pop up Meetings & Fun!  
Spiritual experience!! 🙏  
AND the "Happy, Joyous (and  
not) Free" Market!  
W/ swag, literature, prizes, and a clothing boutique!  
Does shopping count as an act of  
service? 🤔

"A buffet of spiritual insights."  
"It's like they heard my 10<sup>th</sup> Step!"  
"You'll laugh, you'll cry, you'll call your sponsor."

**OVEREATERS  
ANONYMOUS**  
GREATER NEW YORK METRO INTERGROUP  
Special Events Committee

**Happy New  
Beginnings!**

Speakers share their new journeys

Sunday, January 18, 2026  
**1-3pm EST (1000 -5)**

**Zoom ID: 872 3387 7388  
Passcode: 358639**

**specialeventsoa@gmail.com**

**STEP STUDY WORKSHOP**

**OA CREATIVE  
REPRIEVE WAY**

**SAVE THE DATE**

ALL OA MEMBERS ARE WELCOME

CREATIVES AND NON-CREATIVES

SPECIAL FOCUS ON THE PRINCIPLES

SPECIAL FOCUS ON LIVING THE STEPS

**3:00AM PT  
5:00PM CT  
6:00PM ET  
4:00PM MT  
10:00PM GMT  
11:00PM CET**

**2026**

**JAN 20 - APRIL 28**

**TUESDAYS \*6PM-8PM ET**

**Advance Registration Required**

**REGISTRATION OPEN CLICK HERE**

**NOW THROUGH Sunday, Jan 18, 2026**

**CREATIVITY (Joyful Pursuit)  
The Unofficial  
Tenth Tool**

**\*FEB 24, 2026  
STEP 4 INVENTORY, 6-9PM ET**

**www.oacr.net  
oacrstepstudy@gmail.com**

# Meetings/Resources

## TO REGISTER

email (at least one hour before):  
[oasuperquickss@gmail.com](mailto:oasuperquickss@gmail.com)

## SUPER-QUICK STEP-STUDY

Thursday January 22, 2026, 6pm – 10pm Eastern Time (Toronto/New York time)

"This workshop has been all and more than I could have hoped for," – former workshop participant

On ZOOM  
FREE – Suggested Donation \$10

FORMAT: Checklists, Writing, share in small groups.



OVEREATERS ANONYMOUS  
CENTRAL ONTARIO INTERGROUP

NO MORE  
BROKEN  
RESOLUTIONS!

Great for  
Newcomers and  
Long-timers!

• • •  
Check your junk mail if you don't hear from us. If that doesn't work, email [pattig123.0@gmail.com](mailto:pattig123.0@gmail.com)

Photo by  
Gabriel Almanzar

Ελληνικά Espanol Dansk  
Deutsch Français  
Italia Nederlandse Polski  
Português Svenska  
українська  
עברית  
فارسی



## Virtual Region Needs You Now

Only three months to go!  
Help bring this powerful event to life

- 900 Newcomers
- 1,000+ Members
- 50 Recovery Sessions
- Step Sessions
- 25 Newcomer Meetings
- Interactive Workshops
- Entertainment
- Keynote Speakers

We seek trusted servants (Training available) to support the Convention Committee now. CLICK BUTTON BELOW TO HELP

CALL FOR SERVICE

## Virtual Region Convention



[convention@oavirtualregion.org](mailto:convention@oavirtualregion.org)

Over 70 Sessions!  
Interpretation in more than  
8 languages.



Hosted by  
Central Ontario Intergroup  
[oantario.org](http://oantario.org)

## Face Your Stuff or Stuff Your Face

### Date:

Saturday, January 24, 2026 2 – 3 p.m. EST

### Location

Zoom:  
Meeting ID: 901 265 2959  
Passcode: hello  
Numerical passcode: 575553

No pre-registration and no maximum number of participants.

[www.oantario.org](http://www.oantario.org)

## OA Piedmont Intergroup



OA Region 8 First Business Assembly  
and Recovery Convention  
March 13-15, 2026 Charlotte,  
North Carolina

Holiday Inn, Charlotte Airport  
2707 Little Rock Road, Charlotte, NC 28214



REGISTER NOW



FEBRUARY 20 – 22, 2026  
There Is a Solution: Grounded in Recovery



# OA Is Hiring!



WORLD SERVICE OFFICE

We are excited to announce the opportunity to apply for the Managing Director position at Overeaters Anonymous, Inc.

Overeaters Anonymous (OA) is a recovery organization based on the Twelve Steps. While our fellowship is worldwide, our staff (based in the Albuquerque area) is small but effective and long-tenured. Our volunteer Board of Trustees is knowledgeable and active. The current Managing Director is retiring and will be available for onboarding.

We are looking for candidates who are strong, visionary leaders, who have skills in strategic decision-making, and who can manage effective changes at the organizational level, when needed.

Please review the attached Job Description. This position is also posted on Indeed.com, Groundworknm.org, and LinkedIn. If interested, please email your resume with a cover letter, to us at MDSearch26@gmail.com

Sincerely,

Bob L., Chair

6075 Zenith Court NE • Rio Rancho, New Mexico 87144-6424 USA  
Mail address: P.O. Box 44727 • Rio Rancho, NM 87174-4727 USA  
Tel: (505) 891-2664 • Email: [info@oa.org](mailto:info@oa.org)  
Website: [www.oa.org](http://www.oa.org)

## Job Posting – Managing Director

Overeaters Anonymous, Inc. is accepting applications for the Managing Director position at its headquarters in Rio Rancho, NM.

A small non-profit 12-step recovery program, Overeaters Anonymous, Inc. (OA), located in Rio Rancho, New Mexico (outside Albuquerque), is seeking a Managing Director of the World Service Office. While our fellowship is worldwide, our staff is small but effective and many are long-tenured. Our volunteer Board of Trustees is knowledgeable and active. The current Managing Director is retiring.

This position is located in Rio Rancho, NM and requires candidates living in or willing to move to this area.

We are looking for candidates who are strong, visionary leaders, who have skills in strategic decision-making, and who can manage effective changes at the organizational level, when needed.

### JOB DUTIES and STANDARDS OF PERFORMANCE:

- Work closely with the Board of Trustees (BOT) on developing and implementing the organization's vision and strategies.
- Oversee the World Service Office's functions: Membership Services, Publications, Media, Financial and contracted resources as necessary (such as Human Resources and digital ecosystems) with a staff of 13 people, including three managerial direct reports
- Serve as the Chief Operating Officer and fiduciary for the organization
- Oversee the preparation of the organization's annual budget (approximately \$2M)
- Formulate and implement short-range and long-range organizational planning
- Recommend and oversee the investment, marketing, and digital strategies for OA's financial resources
- Serve as a spokesperson for Overeaters Anonymous as required
- Oversee transition to digital approaches to literature distribution
- Create/maintain a clear operating plan and operational model
- Perform all other duties designated by the Board Chair on behalf of the Board of Trustees

### EDUCATION, EXPERIENCE, AND SKILLS REQUIRED:

- Fluent in English (Bilingual is welcomed)
- Minimum - Bachelor's degree in business, management, or other related discipline (Master's degree preferred)
- Significant years of business management experience (ideally non-profit), including program/project and budget development and oversight
- Demonstrated fiduciary financial management of budgets
- Significant years of leadership experience
- Customer service management experience
- Proficient in software systems, e.g., MS 365
- Strong Administrative, organizational, interpersonal, and supervisory skills
- Strong written and verbal communication skills, including presentation and meeting facilitation

- Contract negotiation experience
- Ability to work effectively under pressure and deadlines
- Knowledge and practice of Diversity, Equity, and Inclusion in the workplace
- Ability to build trusting relationships with long-tenured, diverse staff
- Strong ethical compass

### Logistical requirements for the position:

- Live within an hour of Rio Rancho, NM or be willing to relocate - travel/relocation expenses are not available
- Limited opportunity to work from home
- Salary range of \$100,000 - \$120,000 commensurate with experience
- Finalists should be available for an in-person interview as required

### Nice to Have:

- Worked with a Board of Directors/Trustees
- Recovery program office experience
- Ability to engage productively with a diversity of backgrounds and personalities

Interested parties should email resume with cover letter to [MDSearch26@gmail.com](mailto:MDSearch26@gmail.com). We ask that your cover letter includes your traits, strengths, and values as they align with Overeaters Anonymous, Inc. The deadline for submissions is **January 17, 2026**. We reserve the right to close the deadline early. Mail-in resumes will not be considered.

Overeaters Anonymous, Inc.'s ([oa.org](http://oa.org)) policy is to provide equal opportunity to everyone regardless of race, color, sex, age, sexual orientation, national origin, religion, pregnancy, body size, marital status, disability, or medical condition.