

INNER VOICE

March 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

Step Three

Principle - Faith

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition Three

Principle - Identity

The only requirement for OA membership is a desire to stop eating compulsively.

Welcome Home

"We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."

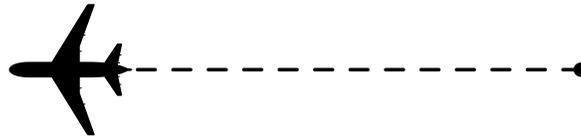
NFI February Meeting Highlights

(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 February 14th, 2026. 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.

The next business meeting is Saturday, March 7th from 10:00 am to 11:30 am by Zoom. If you'd like to join us for our next intergroup meeting, please contact Nancy K at: npklei@gmail.com for the Zoom ID and Password. All OA members are welcome to join us.

The upcoming Region 8 Convention & Business Assembly will be held on March 13-15, 2026, in Charlotte, NC. All OA members are welcome to attend the 'Convention' portion.



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2026 Retreat Committee is in process of reviewing the contract to host the 2026 Retreat at Epworth by the Sea (a Conference, Retreat and Vacation Center) located at St Simons Island, GA. More info to follow.



Anyone interested in being on the email list for NFI related announcements, and/or being included on the distribution list to receive the Inner Voice Newsletter, please contact NFI Sec'y, Lucy at: oanfig@gmail.com.

NOTE: Please clarify which list you are requesting to be on.

NFI February Highlights Cont...

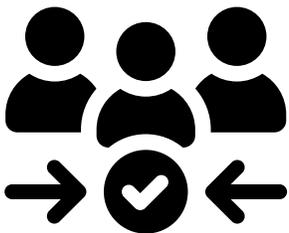
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Items of Note !

All NFI meetings are to let the Chair know about changes in their meeting format. The changes should be reflected on NFI's website (<https://oanfig.org/>).

To find NFI meeting lists, click on the category 'More' on the far right of the search bar on the top, then click on 'Find an OA Meeting'.

NFI Treasurer announced that donations are down from last year. New Freedom Intergroup is an active service body and although members who give service do not receive financial gain, we have many expenses. Your donations are spent to further 12th step work.



Service Opportunities !

MORE INFORMATION ON PAGE 6

Elected Positions

Vice Chair

Delegate

Appointed Positions

Parliamentarian

Ways and Means Chair

Young Adults Subcommittee Chair

Public Information/Professional Outreach Committee Chair

Higher Power Company

REPRINTED FROM *LIFELINE*

Dear Lifeline Reader: I wrote this letter as a way to help me take my Second and Third Steps. I hope OA fellows who struggle with faith, as I did, will find this a helpful way to think about a Power that is greater than themselves and their disease. —Mara, Wisconsin USA

Dear Mara:

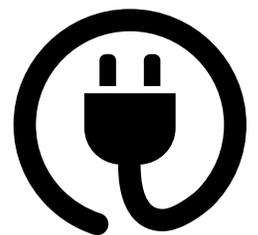
We are so glad you have chosen Higher Power Company as your new source of love, support, and guidance! We have set up your personal Higher Power (HP) account, which you can access anytime, 24 hours a day, as long as you make the effort to plug yourself in.

It is our understanding that for most of your life, you've been a loyal customer of several of our competitors, including Eating Disorder, Incorporated; the FEAR Cooperative; and The Self-Will-Run-Riot Group.

Unfortunately, we cannot disconnect any of these services. They will continue to try to lure you back with appeals to your intellect, seductive weight-loss promises, and high-pressure fear tactics. Your connection to your personal Higher Power account will depend entirely on your willingness to turn your will and life over every day to HP.

We recommend that, every morning, you take a few minutes to consciously turn your will and life over to HP. Throughout each day, work with your sponsor, go through the Steps, attend meetings, journal, read the literature, and reach out to your fellows. Use prayer whenever you need guidance. Every night, check your connection once more with a focus on gratitude. These efforts will help you to make your connection to HP stronger. HP will help you:

- Stop fearing food and instead see it as a way to nurture your body
- Access our exclusive HP Lens™, allowing you to see your body from a reality-based perspective rather than dysmorphic one
- Let go of unhealthy restrictions in all areas of your life
- Embrace your mistakes as great ways to learn and grow
- Find serenity even when life gets crazy
- Live in the present
- Focus on gratitude
- See the beauty and the kindness in the world, and
- Love and accept yourself exactly as you are.



We look forward to being the source of all your abstinence and serenity needs!

TURN YOUR WILL AND LIFE OVER TO HP TODAY, AND HP WILL DO FOR YOU WHAT YOU COULD NOT DO FOR YOURSELF!

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!)

TREASURER | AUGUSTA L.
NFITREASURY@GMAIL.COM | 912.508.4777

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

DELEGATE | **VACANT**
(CONSIDER DOING SERVICE!)

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

PUBLIC INFO/PROF. OUTREACH | **VACANT**
(CONSIDER DOING SERVICE!)

YOUNG ADULTS | **VACANT**
(CONSIDER DOING SERVICE!)

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!)

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 Polices 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.

▪ 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.

Treasurer's Report

DONATIONS REPORT 2026		Jan	Feb	Mar	YTD TOTAL
General Fund / no meeting # specified		\$46.60			\$46.60
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	\$28.64			\$28.64
Wed: JAX Beach-Wisdom at the Beaches	54507	\$100.00			\$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				\$0.00
Sat: Super Saturday Lakeview	20025				\$0.00
Sat: Believe in Recovery First, Mandarin	32773				\$0.00
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$20.00			\$20.00
Thu: Unity Church(Acceptance)	50421				\$0.00
Wed: Gainesville Unity Church	57568				\$0.00
Sat: 9:30 AM Welcome Home	48324				\$0.00
Other Florida Groups					\$0.00
Mon: Palm Coast-St Mark by the Sea	38320				\$0.00
Mon:	32609				\$0.00
Wed: Palm Coast - 10am	56604				\$0.00
Thu: Fernandina Beach	49101				\$0.00
Thu: Flagler Beach	15171				\$0.00
Sat: St. Augustine Serenity	00235	\$334.22			\$334.22
Sun: Palm Coast/Flagler Beach	56072				\$0.00
Southern Georgia Groups					\$0.00
Tue: Jesup	54175				\$0.00
Wed: Douglas, GA	57445				\$0.00
Wed: Savannah - 5:30 pm	50301	\$330.00			\$330.00
Thur: Brunswick	51988				\$0.00
Sun: Savannah - 5pm	54362				\$0.00
Totals		\$859.46	\$0.00	\$0.00	\$859.46
Don to WSO		\$343.78	\$0.00	\$0.00	
Don to SOAR8		\$85.95	\$0.00	\$0.00	



According to our Seventh Tradition, we are self-supporting through our own contributions. To donate directly to NFI, mail a check payable to 'NFI' to: OA NFI, PO Box 31072, Savannah GA 31410; or log onto oanfig.org and scroll down to the 'donate' button. PayPal or credit card is accepted.

By indicating your meeting group number on your 7th Tradition contributions, your donation will be recorded for that specific group. If no group number is noted, the donations may be included 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.

Meetings/Resources

NJIOA.ORG presents **Stories Big of the Book**
 The 31st Annual NJIOA Winter Retreat
Saturday Feb. 28, 2026
 9:00am - 4:00pm EST
An all-day retreat on Zoom
EASILY REGISTER ONLINE HERE:
<https://www.NJIOA.org/winter-retreat>

You may choose any donation level that works for you: \$5, \$10, \$20. Scholarships are available. For scholarships, email us at Chair@NJIOA.org.

CONTACT PEOPLE:

Jeff A. (201) 341-6287 Chair@NJIOA.org	JUDY L. (201) 415-4955 Events@NJIOA.org	2 powerful Keynote Speakers Workshops Panels & Discussions Topics Q&A Lunchtime Entertainment
Gail S. (201) 444-4519, Secretary@NJIOA.org	Mary Ann C. Registration Questions (973) 548-2761 Register@NJIOA.org	

www.NJIOA.org

REGISTER BY MAIL: Snip and complete this registration form and mail it with a check payable to NJIOA.
MAIL THIS FORM TO: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703

NAME: _____ CELL: _____
 EMAIL: _____

I WOULD LIKE TO DO SERVICE AT THIS EVENT:

<input type="checkbox"/> WORKSHOP LEADER	<input type="checkbox"/> WORKSHOP TIMER	<input type="checkbox"/> EVENT COMMITTEE
<input type="checkbox"/> ZOOM SUPPORT	<input type="checkbox"/> WORKSHOP HOST	<input type="checkbox"/> I CAN HELP AS NEEDED

PLEASE ADD MY NAME & CELL TO THE "WE CARE LIST" FOR THIS EVENT

NJIOA 2026

Free - Open 2 hour Zoom workshop with Q&A

APPLYING THE 12 TRADITIONS TO RELATIONSHIPS



Sunday, March 1st 2026

10 AM - Pacific / 12 PM - Central / 6 PM - UK
 ID: 874 8919 2173
 PW: 12Ts

Your OA90 Virtual Intergroup Presents a Workshop on:

How to Stay Abstinent Through Adversity

WHEN? Sunday, March 8th
 10 am to Noon Pacific, 1 pm to 3 pm Eastern

WHERE? ZOOM - No registration required
 Zoom ID 837 1100 7258
 Passcode 202690

Perseverance
 The Spiritual Principle of Step Ten



What might Perseverance look like?




OA Piedmont Intergroup

Recovery SOARS!

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

Recovery SOARS!

REGISTER NOW



Meetings/Resources

You Are Not Alone

Quarterly Region 3
Relapse Prevention Workshop
Saturday, March 14, 2026
Time: 1:00 pm – 2:30 pm CT

Come and hear a speaker share their experience
with relapse/relapse prevention!

Zoom ID: 881 1854 0543
Password: itworks

Questions? jenean.oa2023@icloud.com
Sponsored by Region 3 TSW



Marching Out of Madness

Speakers discuss dealing with triggers.
Q&A and shares to follow.

Sunday, 15 March, 2026
1-3pm EST (-4 UTC)

Meeting ID: 844 1192 3336
Passcode: 978918



The Young Adults Virtual Intergroup
of Overeaters Anonymous presents:

A Design For Living

Saturday, March 21 from 4 pm - 10 pm EST
Sunday, March 22 from 10 am - 4 pm EST



Press and hold the QR code
for more info and to register
for this virtual retreat!

Questions? Contact:
yaviretreats@gmail.com



Hosted by
Central Ontario Intergroup
oaontario.org

Acceptance is the Answer

Date:

Sunday, March 29, 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.oaontario.org

Meetings/Resources

**OA PARENTS & CAREGIVERS
OF CHILDREN WITH ADDITIONAL NEEDS**

EVERY THURSDAY
7.30PM UK | 2.30 ET | 11.30 PT

Week 1: Specific focus sharing
Week 2: Speaker
Week 3: Steps
Week 4: Literature
Week 5: Tools

Zoom: 833 148 3967
Password: Recovery

Contact Irena: +447902915413
(on whatsapp, in UK)

O A MEETING

Can't sleep?
Get on a meeting.

Don't open the fridge!

Together we get better.

Come join:

Bedtime Stories
12am EST / 11pm CST

Moon Glow 🌙
2am EST / 1am CST

Call: +1 (712) 432-5200
Pin Number: 4285115

OVEREATERS ANONYMOUS

1/2 Hour Daily Check-in OA Meeting Using the Book:

For Today

12pm PST 3pm EST 8pm GMT

Meeting ID: 918 458 673
Passcode: 121212

Stay after the meeting for 15 minutes of fellowship, support, and questions!

OA BIGBOOK MEETING

ALCOHOLICS ANONYMOUS

Reading AA Big Book

Come Join Us for Recovery

10 PM Eastern / 9 PM Central

Call: +1(712)432-5200
Access Code: 4285115#