

# INNER VOICE

April 2026

Newsletter of New Freedom  
Intergroup of Overeaters Anonymous



## Step Four

### Principle - Courage

Made a searching and fearless moral inventory of ourselves.

## Tradition Four

### Principle - Autonomy

Each group should be autonomous except in matters affecting other groups or OA as a whole.

## Welcome Home

God, grant me the *serenity*  
to accept the things I cannot  
change,  
*Courage* to change the  
things I can,  
And *wisdom* to know the  
difference.



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)

# NFI March 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 March 7th, 2026. Each individual OA meeting is welcome to send (2) two voting members, and as many observers as desire to attend. The meeting is always the second Saturday of the month (unless otherwise decided).

The next business meeting is Saturday, April 11th from 10:00 am to 11:30 am by Zoom. Anyone interested in attending the intergroup meeting, please contact Nancy K at: [npklei@gmail.com](mailto:npklei@gmail.com).

- New Freedom Intergroup will be hosting it's 2026 Annual BB Retreat at Epworth by the Sea, St Simons Island, GA (a Conference, Retreat and Vacation Center) on Nov 6–8, 2026. The registration flier is in the works.
- Region 8 Convention & Business Assembly was held on March 13-15, 2026, in Charlotte, NC. NFI sent (2) voting delegates to represent NFI.
- World Service Business Conference will be held in Albuquerque, NM on April 20-25, 2026. NFI will be sending (1) voting delegate.
- NFI Treasurer announced that donations are down from last year. Friendly Reminder: For members that attend Zoom Meetings, please send in donations to Intergroup so we can keep Zoom Meetings going.
  - Note: New Freedom Intergroup pays for (2) Zoom meetings (from donations); and has other expenses to further 12th step work (<https://oanfig.org/>).
- 12th Step Within Chair (TSW), Cynthia, reported that the Zoom Workshop held Feb 22nd on 'Sponsorship' was well attended. She received positive feedback from attendees.

# NFI March Highlights Cont...

(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.)

## 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

Treasurer | Augusta L.  
nfitreasury@gmail.com | 912.508.4777

Secretary | Lucy B.  
oanfig@gmail.com | 786-351-0472

Newsletter/Meeting List | Sasha  
innervocenf@gmail.com | 645-219-6205

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

Bylaws | Ed B.  
edwardbirk@comcast.net | 904-614-6876

## Reminder !

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'

## Service Opportunities !

MORE INFORMATION ON PAGE 8

### Elected Positions

Vice Chair  
Delegate

### Appointed Positions

Parliamentarian  
Ways and Means Chair  
Young Adults Subcommittee Chair  
Public Info/Professional Outreach Committee Chair

# Restoring My House and My Sanity Takes a Consistent Effort

REPRINTED FROM *LIFELINE*

Upon retirement, I moved cross-country to settle in the family home that I had inherited, a 1946 ranch style house. My mother had been unable to attend to it in the last years of her life due to the crippling effects of dementia, so it required restoration. And it is restoration not renovation.

Renovation is knocking down everything that exists and replacing it with something brand new. Restoration is working with what is and trying to bring it back to a better reality.

I have regarded this home improvement project as analogous to working the Steps, especially Step Four and Step Ten. Whether I like it or not, there are things within this house that simply don't work or are damaged.

***I was taught to commit to working my Fourth Step a little at a time on a daily basis. It could be as much or as little as I wished, but I was taught to make a consistent effort.***



Not only must the hot water heater be replaced but all the plumbing must be upgraded to conform to current county codes. Not only does the ceiling need to be repaired from water damage, but the roof must be patched and gutters replaced to prevent further leaks.

And then there is the cleaning, decluttering, organizing needed to bring order to a place that housed my family for over 50 years. But it's still the same house.

With my initial Fourth Step inventory, I tried to be as honest as I could be, reporting my major problems with people, places, and things. But in restoring a house, there is always more to find on a deeper level: Dirt hides in crevices or on shelves that I've overlooked.



Opening a drawer or cupboard can unleash a Pandora's box of forgotten items. It almost makes me want to curse the motto "More will be revealed." Enough has been revealed, thank you very much, and I'm tired.

I was taught to commit to working my Fourth Step a little at a time on a daily basis. It could be as much or as little as I wished, but I was taught to make a consistent effort.

It was in that manner that I completed my first Fourth Step and three more Fourth Steps over the course of several years. I also write my Tenth Step on a daily basis to avoid potential craziness.

But as I continue on this spiritual path, there may well be other Pandora's boxes, inventories on deeper levels that I was prevented from seeing before but can now face.

By working a daily Tenth Step, I can maintain the bit of serenity I've attained in this program. Yet I also need to be open to any adjustment that my Higher Power directs. I am being restored to sanity, but I'm still me.

My house is becoming, more and more, a comfortable sanctuary as I continue to work with it.

—Judy B.

# Celebrating Spring by Setting Aside Old Thinking

I am participating in a Twelve Step Study that encourages use of the “Set Aside” prayer before meditation or Big Book study sessions. This morning as I was being creative about what I was “setting aside” my old thinking about, I was reminded it’s the first day of Spring!

What better day to allow new, more positive thoughts to spring up and adopt a fresh attitude of common, familiar things. My old thinking frequently limits my spiritual growth. I found myself relishing the thoughts as they expanded:

GOD, HELP ME SET ASIDE EVERYTHING I THINK I KNOW ABOUT...

my husband’s personality...

my lifestyle...

my recurring fears/resentments...

my body...

my spiritual self...

and you, God,

FOR AN OPEN MIND AND A NEW EXPERIENCE of

my husband’s personality,

my lifestyle,

my recurring fears/resentments,

my body,

my spiritual self,

and especially YOU!

*Anonymous, Gainesville, FL*



# Treasurer's Report



## Where are your donations going?

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.

DONATIONS REPORT 2026		Jan	Feb	Mar	YTD TOTAL
General Fund / no meeting # specified		\$46.60	\$91.02		\$137.62
<b>Jacksonville Groups</b>	<b>Grp#</b>				
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
<b>Gainesville Groups</b>					\$0.00
Mon: Big Book Study (Alachua)	51137	\$20.00			\$20.00
Thu: Unity Church(Acceptance)	50421				\$0.00
Wed: Gainesville Unity Church	57568		\$9.22		\$9.22
Sat: 9:30 AM Welcome Home	48324				\$0.00
<b>Other Florida Groups</b>					\$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
<b>Southern Georgia Groups</b>					\$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
<b>Totals</b>		\$859.46	\$100.24	\$0.00	\$959.70
<b>Don to WSO</b>		\$343.78	\$40.10	\$0.00	
<b>Don to SOAR8</b>		\$85.95	\$10.02	\$0.00	

# 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.

# Meetings/Resources

OVEREATERS ANONYMOUS SAN DIEGO

## WHEN IN DOUBT, TOOL IT OUT

Triggered? Overwhelmed?  
Put down the fork. Pick up the Tools of  
OA recovery.



**ZOOM WORKSHOP:  
SUNDAY, MARCH 29TH, 1-3P PT**

Zoom: <https://tinyurl.com/OASDTools2026>  
Meeting ID: 894 9298 5630 | Passcode: 420926

Join us for a supportive workshop:

- Use the tools to handle cravings and emotions.
- Hear recovery insights on staying abstinent.
- Share and connect with others in recovery.

\$5 Suggested donation, no one turned away  
<https://oasandiego.org/seventhtrad/>

Questions: [workshops@oasandiego.org](mailto:workshops@oasandiego.org)




## Virtual Overeaters Anonymous Twelve Step Workshop

The Central New Mexico Intergroup of Overeaters Anonymous is sponsoring a 15 session workshop designed to help participants achieve and maintain abstinence through working the Twelve Steps. The workshop uses the OA-approved format from the "Twelve Step Workshop and Study Guide".

The workshop was intended for those struggling with abstinence or in relapse, **but we've found it valuable for anyone wishing to strengthen their recovery through the Twelve Steps. All are welcome**, but we do suggest newcomers discuss the workshop with their sponsor or a trusted program friend as the workshop pace can be, um, brisk for those just starting out. 😊



**March 31 - July 7, 2026 (15 weeks)**  
**Tuesdays, 6:00 - 8:00 p.m. Mountain Time**  
**Meeting are via Zoom**



For more information or to register, please text Frank at:  
505-688-0788 or email: [505oaguy@gmail.com](mailto:505oaguy@gmail.com)

The following literature is used in the workshop and is available at available at <https://bookstore.oa.org/books.asp> (OA) and <https://onlineliterature.aa.org/products/books> (AA):

- *Participant Guide for Twelve Step Workshop and Study Guide*
  - alternative: *Twelve Step Workshop and Study Guide* (leader guide) 
- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Ed.* 
- *Voices of Recovery, Second Edition* (First Ed. is fine too) 
- *For Today* 
- *Overeaters Anonymous, Third Edition* 
- *Alcoholics Anonymous, Fourth Edition* (Big Book) 
- *Twelve Steps and Twelve Traditions by Alcoholics Anonymous* 

 - e-book version available  - e-book/PDF available online at no cost  
Most books used in the workshop are available online or as e-books, though some prefer the paper copies for quick access to specific page numbers.

The workshop is closed to new attendees after April 7; participants are asked to commit to attend and participate in all sessions (though we are reasonable!)

OVEREATERS ANONYMOUS  
Special Events Committee

## Challenges & their Gifts

Members share challenges HP allows  
and the gifts of recovery on the other side.  
Q&A and shares to follow

**SUNDAY 4/19/2026 1-3PM EDT**

Meeting ID: 829 1238 5470  
Passcode: 830252

[specialeventsoa@gmail.com](mailto:specialeventsoa@gmail.com)

podcasts:  
[oanyc.org/oapodcasts](http://oanyc.org/oapodcasts)

OVEREATERS ANONYMOUS

## Coming Back to OA

Join us for a supportive workshop where we explore relapse as an opportunity to return to Overeaters Anonymous and regain hope.


Inspiring speakers will share their journeys.

**Tuesday April 21<sup>st</sup> 2026**  
**7:30pm - 9pm Eastern**

Zoom meeting ID: 839 6623 4095  
Password: 829102

One click access:  
<https://us02web.zoom.us/j/83966234095?pwd=bm1lcTbXtYtMxwDlJjCqUHEj27Q.1>

Joining by phone: +1-646-931-3860



[info@oambi.org](mailto:info@oambi.org)

<https://oambi.org/>

OA Mass Bay Intergroup  
(781) 205-9606

# Meetings/Resources

**OA90** Your OA 90 Virtual Intergroup Presents a Workshop on:

**The Challenges of Abstinent Travel (and How I Overcame Them)**



**WHEN?** Sunday April 26th  
10 am to Noon Pacific / 1 pm to 3pm Eastern

**WHERE?** ZOOM ID 837 1100 7258 Passcode 202690

**CLUE:** It's not just about travel. How about eating out? What about that wedding dinner? Luncheon invite? My turn to take the prospective client to dinner? What might be my abstinent challenge? Bring it to Q & A and/or sharing!

12 Step Tree of Spiritual Principles



*Everyone* IS WELCOME HERE



I think I left my meds bag at home. My plane is due soon. What should I do?

How can I get fresh produce when I can't speak the language?

How prepared am I for abstinent travel!



**ABSTINENCE WORKSHOP**

What is abstinence in Overeaters Anonymous?  
How do you build & maintain strong abstinence?

- Speaker Panel
- Breakout Rooms
- Q & A
- Fellowship

**Sunday April 26, 2026**  
3:00pm ET/2:00pm CT  
1:00pm MT/12:00pm PT

REGISTRATION REQUIRED  
To register scan the QR code, or save this flyer as a PDF and click the link.



<https://forms.gle/cwGdjYE37yJKSd22A>

**OA MEETING**


*Recovery from Relapse*



**MON-SUN 5PM EST / 4PM CST**

**CALL +1(712) 432-5200**

**ACCESS CODE: 24680**

Living in the Solution with OA members who are also in other 12 Step Fellowships

**INTO Action**

Wednesdays 8:30am ET  
Meeting ID: 892 3750 0498  
Passcode: bridge

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