

INNER VOICE

February 2026

Newsletter of New Freedom
Intergroup of Overeaters Anonymous



Step Two

Principle - Hope

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

Tradition Two

Principle - Trust

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



NEW FREEDOM INTERGROUP
PO Box 31072 • Savannah, GA 31410
Email: oanfig@gmail.com
Website: www.oanfig.org

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 January 10th. 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, February 14th** from **10:00 am to 11:30 am** by Zoom. (Meeting ID: 872 7218 1719, Password: 883350). Anyone interested to attending the NFI meeting, contact: Nancy K at: npklei@gmail.com

Items of Note !

- Anyone interested in being on the email list for NFI related announcements, and/or being included on the distribution list for 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.
- Region 8's Public Awareness/Professional Tradeshow Committee announced that Overeaters Anonymous was acknowledged by 'Everydayhealth.com'. They are a health advice website dealing with obesity. World Service is sending out press releases to national news media with this announcement.

Reminder !

- All NFI meetings are to let the Chair know about changes in their meeting format. The changes should be reflected on the website and meeting list.

Donations Update !

- 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 12 th step work.

NFI December Highlights Cont'd...

(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.)

Items of Note !

- 12 th Step Within Chair (TSW), Cynthia announced she will be putting on a 2-hour Zoom Workshop the end of February, tentatively to be held on Sunday, Feb 22nd , from 1pm – 3pm. The topic will be on 'Sponsorship'. More details to follow.
- 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.
- WS Business Conference will be held on April 20-25, 2026 in Albuquerque, NM.
- 2026 Retreat Committee has been formed. First priority will be in selecting a Retreat facility and selecting a date. More info to follow.
- All SOAR8: Applications for Region 8 Nominations for Trustee are due to the secretary 6 weeks prior to assembly on 1/31/2026.

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 - I

Greetings!

Are you in a Holiday Funk?

Are you bursting with Holiday Cheer?

Are you abstaining and living in abundance?

Are you struggling just to get out of bed?

Region 8's newsletter is a place to look for experience, strength and hope during our lives, no matter the season. Please consider writing an article for our next publication. They can easily be submitted via the oaregion8.org website by clicking on the "Submit to Newsletter" link!

Wishing you a sanely abstinent day...one day at a time.

Debby H.

Bylaws Chair

region8



From Our Region - II

The OA Board of Trustees Executive Committee has approved a price increase on a dozen multi-page pamphlets from \$2.25 to \$3.25, effective February 1, 2026.

Please take this opportunity to stock up on literature at the cheaper price. Here is the link to further information:

<https://oa.org/news/multi-page-pamphlet-prices-to-increase-to-3-25-on-february-1-2026/>

In OA Service,

Julia S.

Region 8 Chair

Phone: (985)788-3411

chair@oaregion8.org



Special Note - 12th Step Within Chair

Greetings fellow OAers!

I'm Cynthia, a compulsive eater, anorexic and bulimic. I am excited to be your new NFI 12th Step Within Chair and Sponsor Coordinator.

I love sharing the OA message of recovery to newcomers, but especially those that are struggling in the OA rooms. The biggest motto that I love is... *"Stay! Don't quit before the miracle happens!"*

I am planning on holding 3-4 workshops for the year. If anyone has a specific topic that they want to be discussed, please contact me at cynthhuey@yahoo.com or at 404-788-8089.

I am also the NFI Sponsorship Coordinator. Right now, I have 3 people who have volunteered! I would love more!! Please pass it on to others and remember this is a valuable service. Not to mention, you don't have to be perfect to be a great sponsor! It really helps your program too.

I look forward to hearing from ya'll. Thank you for allowing me to serve!



“Love and tolerance is our code.”

AA Big Book, Chapter 6, Into Action, page 84

The month of February, with Valentine's Day in the middle of it, seems to be a good time to think on a quote about love from the Big Book. This quote appears in the chapter “Into Action”, shortly after the directions for the tenth step.

We often think about the tenth step as being an abbreviated version of steps 4-9; the steps that help us develop healthier and more satisfying relationships. So it makes sense that the very specific directions for a tenth step would end with a beautiful statement about love. “Love and tolerance is our code.”

I've always thought of a “code” as a secret word to get me into someone's treehouse or private club. But in this case, it means a set of principles, like a code of honor. There's no secret here. The Big Book tells us, “We have entered the world of the spirit.” We look at life differently after completing the ninth step. Our lifetime work now is to “grow in understanding and effectiveness.” I take this to mean growing in understanding the people around me and effectiveness in relating to them. We want to eliminate behaviors like gossip, unfair judgment, controlling through manipulation and people pleasing.

As our defective behaviors diminish, we are able to demonstrate loving kindness in many more situations and circumstances. As members of Overeater's Anonymous, we have a goal of learning to express ourselves with more love. In some ways, that makes every day Valentine's Day!

Anonymous, Gainesville, FL



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.
BYLAWSNFI@GMAIL.COM

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.

Treasurer's Report

DONATIONS REPORT 2025		Oct	Nov	Dec	YTD TOTAL
General Fund / no meeting # specified		\$37.38	\$153.30	\$87.38	\$810.25
Jacksonville Groups	Grp#				
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	\$28.64	\$28.64	\$28.64	\$543.68
Gainesville Groups					\$0.00
Mon: Big Book Study (Alachua)	51137	\$25.00	\$25.00	\$25.00	\$434.22
Thu: Unity Church(Acceptance)	50421	\$9.22	\$9.22	\$9.22	\$260.64
Wed: Gainesville Unity Church	57568				\$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		\$20.00	\$52.00
Mon.	32609				\$18.00
Wed: Palm Coast - 10am	56604	\$20.00		\$20.00	\$104.00
Thu: Fernandina Beach	49101				\$25.00
Thu: Flagler Beach	15171				\$46.00
Sat: St. Augustine Serenity	00235				\$576.18
Sun: Palm Coast/Flagler Beach	56072				\$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			\$50.00	\$59.16
Totals		\$140.24	\$216.16	\$240.24	\$4,838.29
Don to WSO		\$56.10	\$86.46	\$96.10	
Don to SOAR8		\$14.02	\$21.62	\$24.02	



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.

Meetings/Resources

Your OA 90 Virtual Intergroup Presents
a Workshop on:

"We're All Just Bozos on this Bus!"

A tour of humility - What is it?
What does it look like?
Why is it important?

When? Saturday February 7th
10 am to Noon Pacific, 1 to 3 pm Eastern

Where? ZOOM ID 837 1100 7258
Passcode 202690

No more than and
no less than anyone
else.

12 Step Tree of Spiritual Principles

EVERYONE
is welcome here

See OA90.org for more info

**AD4L
SPEAKER
MEETING**

2026

Join us every SECOND WEEKEND OF THE MONTH for our
Big Book focused Speaker Meeting!

Melbourne time Sunday	Topic - Principles	New York time Saturday
8th Feb - 7.30am - 9.00am	Step One: Honesty	7th Feb - 3.30pm - 5.00pm
8th Mar - 7.30am - 9.00am	Step Two & Three: Hope & Faith	7th Mar - 3.30pm - 5.00pm
12th Apr - 7.30am - 9.00am	Step Four: Courage	11th Apr - 5.30pm - 7.00pm
10th May - 7.30am - 9.00am	Step Five: Integrity	9th May - 5.30pm - 7.00pm
14th Jun - 7.30am - 9.00am	Step Six: Willingness	13th Jun - 5.30pm - 7.00pm
12th Jul - 7.30am - 9.00am	Step Seven: Humility	11th Jul - 5.30pm - 7.00pm
9th Aug - 7.30am - 9.00am	Step Eight: Self-discipline	8th Aug - 5.30pm - 7.00pm
13th Sep - 7.30am - 9.00am	Step Nine: Love	12th Sep - 5.30pm - 7.00pm
11th Oct - 7.30am - 9.00am	Step Ten: Perseverance	10th Oct - 4.30pm - 6.00pm
8th Nov - 7.30am - 9.00am	Step Eleven: Spiritual Awareness	7th Nov - 3.30pm - 5.00pm
13th Dec - 7.30am - 9.00am	Step Twelve: Service	12th Dec - 3.30pm - 5.00pm

Zoom ID:
200 540 624 (no password) → → →

Hosted by A Design For Living - Big Book OA

www.ad4linfo

**SUPER BOWL SUNDAY
SPECIAL OA MEN'S MEETING**

On a day surrounded by food,
huddle up for some time in recovery!

SUNDAY, FEBRUARY 8, 2026 | 2:00 PM ET
ZOOM ID: 878 0938 0136 PASSWORD: ABSTAIN

SPONSORED BY MIGOA

MEN'S INTERGROUP OF OA
www.oamen.org
For more information: Michael W 510-331-1471

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

The Interview:
Slip vs Relapse

Talkshow format with
OA members discussing slip vs relapse.
Q & A and shares to follow

Sunday, 2/15/2026, 1-3pm EST
Meeting ID: 850 0196 0224
Passcode: 529976

specialeventsoa@gmail.com

Meetings/Resources

Ελληνικά Español 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

Over 70 Sessions!
Interpretation in more than
8 languages.

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



SUNDAY, FEBRUARY 22ND

TIME: 1PM - 3PM EST

Find out about being a sponsee and what it takes to be a sponsor.

12 STEP WITHIN

ZOOM ID: 894 4958 4712
PC: 612836

CONTACT CYNTHIA FOR
DETAILS AT 404-788-8089

2026 OA Unity Day Workshop The Power of WE

Saturday
February 28, 2026
10 am to 2 pm

In-Person and on Zoom!

Agape Unlimited
4841 Auto Center Way #101,
Bremerton, WA 98312
(off Highway 3)

Agenda:

- Opening Speaker Panel on Sponsoring
 - The Power of WE Sessions
 1. Strategy for Individuals
 2. Strategy for Groups
 3. Strategy for Intergroup
 - Basket Raffle

7th Tradition observed in person and online at
<https://oapeninsula.org/donations>

WHAT TO BRING:
Your own lunch, a journal, and pen

Celebrating unity and recovery from all around the world!
Contact Martha R. for more information at 360-813-2045



Hybrid Event

Meeting ID:
201 025 0087
Passcode:
PEN2025

Raffle basket
donations
accepted at the
door to support
Peninsula
Intergroup

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) 341-4387 Chair@NJIOA.org
Gail S. (201) 446-4519, Secretary@NJIOA.org
JUDY L. (201) 615-4955 Events@NJIOA.org
Mary Ann C. (973) 548-2761 Register@NJIOA.org

2 powerful Keynote Speakers Workshops Panels & Discussions Topics Q&A Luncheon Entertainment

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: _____

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

I WOULD LIKE TO DO SERVICE AT THIS EVENT: ☐ WORKSHOP LEADER ☐ WORKSHOP TIMER ☐ EVENT COMMITTEE
☐ ZOOM SUPPORT ☐ WORKSHOP HOST ☐ I CAN HELP AS NEEDED

NJIOA 2026

Meetings/Resources

St. Louis Area Bi-State Intergroup Overeaters Anonymous
Sponsored by the St. Louis Early Bird Meetings

Saturday, February 28, 2026
9:00 - 11:30 AM CST

UNITY DAY

Zoom ID: 940 5580 8391 Password: Serenity
Telephone: 312-626-6799 ID: 940 5580 8391 Password: 75183374
Meeting Contact: Della (314) 580-4881

No one should stay away for financial reasons.

Donate at www.stlouisoa.org & enter group # 09029

7th tradition \$7 suggestion

OVEREATERS ANONYMOUS
Suburban North Intergroup
Together with: Monday Night Big Book Visionaries

presents an Online Recovery Event:

The Great Fact: Effective Spiritual Experiences

Saturday, February 28, 2026
1:00pm - 3:00pm CST

ZOOM:
Meeting ID: 816 5660 3341
PW: 196012

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past.

Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. - Big Book, Page 164

Website: OACHicagoSNI.org

- Speakers
- Meditation time
- Questions & Answers
- For more information, call Shari D at (301) 221-7662 EST Jeff G at (224) 367-8800 CST
- No Registration Required

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

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

2026

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

Questions? Contact: yaviretreats@gmail.com