

INNER VOICE

May 2026

Newsletter of New Freedom
Intergroup of Overeaters Anonymous



Welcome Home

"It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us an ability to do what we cannot do alone."

Step Five

Principle - Integrity

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Tradition Five

Principle - Purpose

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.



**OVEREATERS
ANONYMOUS®**

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

NFI April 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 April 11, 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 2nd Saturday of the month (unless otherwise decided).

The next business meeting is **Saturday, May 2nd** from **10:00 am to 11:30 am** by Zoom. Anyone interested in attending the Intergroup meeting, contact: Nancy K at npklei@gmail.com

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- 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. 'Save the Date' flier has been blasted out to past attendees. If you would like to be included in the email distribution for information regarding our upcoming retreat, kindly forward your request - along with your email address to: Nancy K at npklei@gmail.com. The registration flier is in the works.
 - Attendance at our monthly Intergroup meeting is noticeably down. Please consider supporting your meeting by giving service as an 'Intergroup Rep' for your meeting. See above for NFI meeting information.
 - NFI now has a small climate controlled storage unit to house all our equipment for retreats and conventions, PIPO inventory for Health Fairs, etc.

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
innervoicenf@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 12

Elected Positions

Vice Chair
Delegate

Appointed Positions

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

2026 NFI Big Book Retreat

Building a Bridge to a Higher Power

SAVE THE DATE: Nov. 6-8, 2026

Annual Big Book Retreat

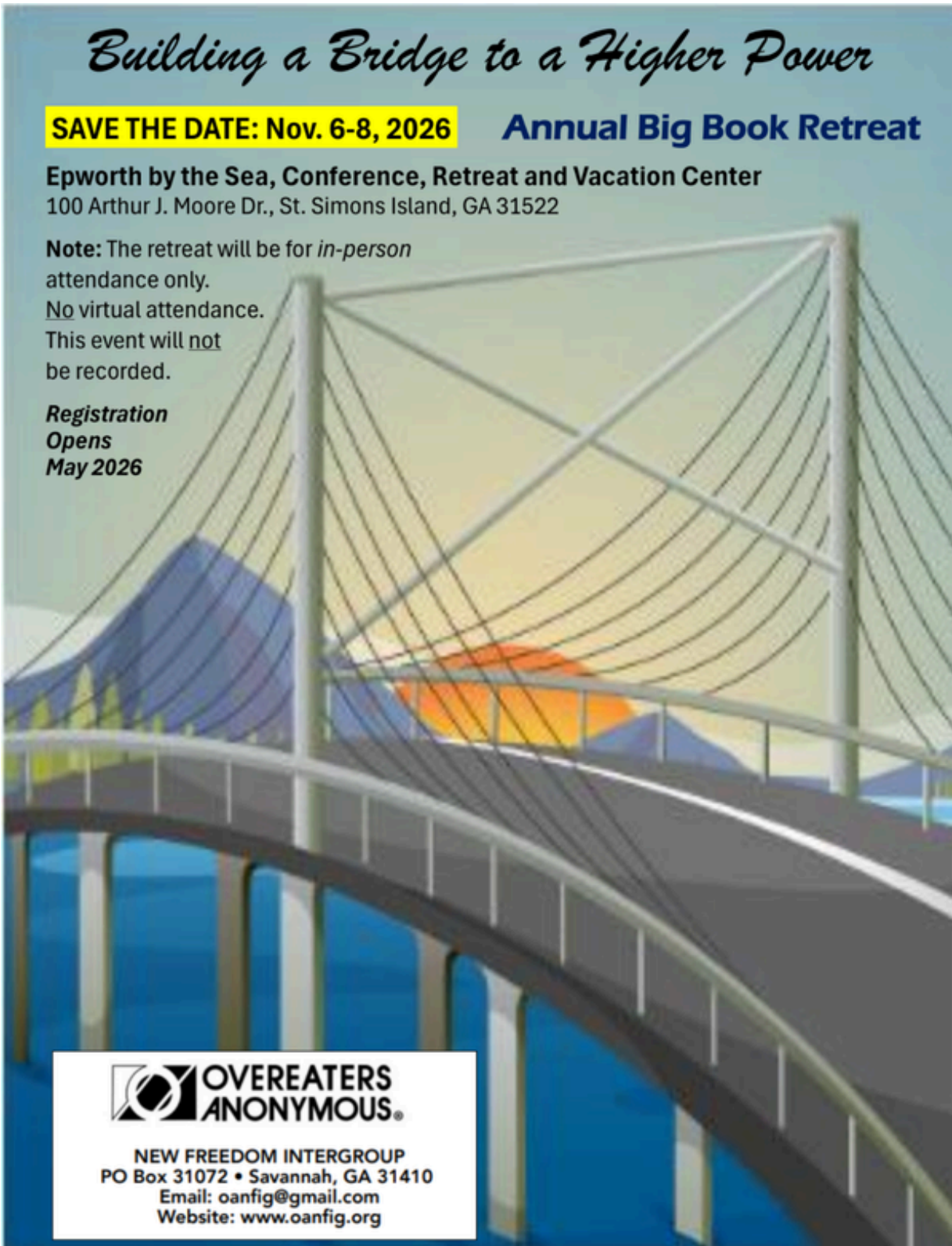
Epworth by the Sea, Conference, Retreat and Vacation Center
100 Arthur J. Moore Dr., St. Simons Island, GA 31522

Note: The retreat will be for *in-person* attendance only.

No virtual attendance.

This event will not be recorded.

**Registration
Opens
May 2026**



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Website: www.oanfig.org

<https://www.vecteezy.com/free-vector/pedestrian-bridge>

OA Launches Updated Website!

On April 17th, OA launched a completely updated website. Almost every facet has been reimagined. Some of the highlights are as follows:



- **A Fresh New Look and Feel**
 - “Navigation is cleaner and more intuitive, with a new menu structure and style that makes it easier to find what you’re looking for. The home page has been redesigned with new features to welcome visitors and help them quickly understand what OA is and how to get started in the program.”
- **A Warmer Welcome for Newcomers**
 - “The Newcomer section is more prominent on the navigation menu and features updated content to encourage visitors to explore our site further.”
- **A Completely Rebuilt Find a Meeting**
 - “The updated search experience supports the many ways OA meetings are held today: face-to-face, online, by phone, in hybrid combinations, and non-real-time using chat and messaging platforms. Search results may be printed, downloaded, or shared directly via email or social media.”
- **Managing Your Meeting—Made Simple**
 - “...the forms now support all meeting formats, including hybrid combinations. Training videos and quick reference guides will be available soon.”
- **Documents Where You Need Them**
 - “Our resource library has always been a powerful tool, and soon, relevant documents will also appear directly on the pages where they apply; for example, diversity and inclusion resources will be on the Unity with Diversity page, and newcomer materials will appear on the Newcomer pages. ”
- **Better Navigation in News and Event Calendar**
 - “Select a category in the onscreen menu and watch the results refresh live—no back button needed, no starting over from the main menu.”
- **An Improved Site Search**
 - “It recognizes partial words, tolerates minor spelling variations, and prioritizes the most useful content rather than just listing every page that contains the word you typed.”

Check out all the new features at <https://oa.org/>

My Journey Back to OA

Reprinted From Region 8, 12th Step Within Committee

In a relatively short time after joining O.A., I became abstinent with the help of many kind fellows. Miraculously, I was able to reach a healthy weight without dieting and maintain that healthy weight for about 25 years with little fluctuation.

In addition to the life-saving physical recovery, I also received significant emotional and spiritual recovery. I joyfully gave service as a sponsor, at the group level, at the intergroup level, at the state level (by helping to plan an annual state convention), and at the regional level as a voting rep to the regional assembly and by chairing a planning committee to host the regional assembly in our local area. I was invited to speak to O.A. gatherings and to lead retreats.

However, I certainly was not “cured” of this deadly disease, as the rest of my story illustrates.

After about 25 years of recovery, I made the worst decision of my life: I decided to leave the fellowship of O.A. I have no need to detail the reasons I made this foolhardy decision. They can be summarized in this way: I failed to honor the spirit of O.A.’s 12 Traditions, particularly Traditions 1, 3, and 12.

Tradition 1 says, “...personal recovery depends upon O.A. unity.” I failed to take the necessary actions and practice the principles to remain in unity with my fellows. My disease convinced me that I had no choice except to leave.

Tradition 3 says, “The only requirement for O.A. membership is a desire to stop eating compulsively.” I met that requirement up until the day I left O.A., but my disease convinced me that there was no place for me in O.A. any longer.

Tradition 12 says, “...place principles before personalities.” I failed miserably in honoring the spirit of this tradition by focusing on personalities instead of principles. My disease convinced me that I could trust NO ONE.

Once I left the fellowship, fear and stubbornness kept me away for over a decade. By the time I turned 70 my weight had climbed to almost 300 pounds; I had crossed the line from pre-diabetic to diabetic; and my cholesterol, triglycerides, and blood pressure were all dangerously high.

I knew that without the kind of assistance I had once found through the fellowship and the recovery program of O.A., I was hopeless. I knew that without the help of OA all the numbers in my medical chart would only get worse and worse. I was literally eating myself into an early grave and, on my own, I COULD NOT STOP.

My Journey Back to OA

Reprinted From Region 8, 12th Step Within Committee

I looked in the mirror and decided, "I don't want to go out like this." Driven by desperation and the undeniable truth of my powerlessness, I became willing to return to O.A. That was about one year ago from this writing.

I had relocated to Georgia during my relapse. When I became willing to return to O.A., I learned that the nearest face-to-face O.A. meeting was over an hour's drive away from my home and I wasn't willing to make that commute. Honestly, I didn't really consider on-line meetings of O.A. I believed then and still believe that I need face-to-face meetings to recover.

While I searched for a location to start a new local face-to-face O.A. meeting, I attended face-to-face meetings of other 12-step fellowships. Members in those fellowships were kind and welcoming to a certain point, but their meeting formats did not allow any mention of "food issues." I needed to be able to speak openly about my drug of choice, which is refined carbohydrates.

I sought out and connected with the Atlanta O.A. Intergroup (IG) about a hundred miles north of where I live. Thank goodness, the IG has its monthly meetings by zoom.

I had started many new meetings in my first 25 years in O.A. and I never had difficulty finding a location. This time I knocked on door after door after door with no success. I kept knocking, kept going to other 12-step fellowship meetings, reading O.A. literature, staying connected with the Atlanta IG, and praying.

Finally, a door opened and along with a small handful of other Compulsive Overeaters who had a desire to stop overeating, I helped to start our first face-to-face meeting in our area in late July, 2025. We have since started two additional face-to-face meetings, all within a half-hour of where I live.

The first meeting we started has a solid core of regulars and usually an attendance of 6-9, with some long-term recovering members as well as newcomers and people who are returning from relapse. The other two meetings have a lower average attendance, but we are enjoying great fellowship and recovery together while we grow.

When I came back to OA I was desperate enough to take the actions necessary to receive the gift of abstinence from COE; I have released 65 pounds of excess baggage, i.e., excess weight, and am continuing to move S-L-O-W-L-Y toward a healthier weight. I've also released at least a ton of excess baggage (if it could be measured) of the emotional and spiritual variety.

My Journey Back to OA

Reprinted From Region 8, 12th Step Within Committee

In addition to my weight loss, I'm thankful to say that ALL the numbers that were dangerously high one year ago (cholesterol, triglycerides, blood pressure, A1C) are now much lower and are continuing to move in a positive direction. By the end of this month, I will be completely off prescription diabetes medication.

I'm now thankfully doing service again by sponsoring as well as at the group, IG and Region levels. From the beginning, the Atlanta OA IG has been very kind, welcoming and supportive. Wanting to give back, I volunteered to serve on an IG committee to help plan two "mini-retreats" and was recently elected Vice-chair of the IG.

I attended the SOAR 8 Regional Recovery Convention in Charlotte, N.C. this past March and joined the Regional Twelfth Step Within (TSW) Committee. I look forward to sharing my experiences in order to support the mission and vision of the committee, which is ultimately to carry the message of recovery to the suffering COE within our fellowship.

I hope and pray that my experience will inspire others. Please, please, please – honor the spirit of the traditions. Preserve unity, whatever it takes. If necessary, forgive, forgive, and forgive some more.

Always remember that the only requirement for membership is a desire to stop self-destructing with food. Don't let your disease get between you and your seat at the O.A. table.

Put principles before personalities. Today, I won't allow any petty differences I might have with anyone in the fellowship to threaten my recovery. It's simply not worth it. I take my own inventory and ask my Higher Power to show me what needs to be changed within me.

The only thing standing between me and death by overeating is the O.A. program. I cannot recover alone. I have proven that to my satisfaction.

If I can be of service to you or to anyone you know, please don't hesitate to call on me. I consider it a privilege to be of service.

Your companion in recovery,

Grace T.

OA Pamphlet - Strong Abstinence

Checklist



- 1 Have I been abstinent today?
- 2 Did I pray and meditate today?
- 3 Am I maintaining or working towards a healthy body weight?
- 4 Did I rely on my Higher Power to get or stay abstinent today?
- 5 Is what I am currently doing working for me to remain abstinent?
- 6 If I am having problems have I asked someone else what they are doing?
- 7 Have I made an OA call today?
- 8 Did I have an attitude of gratitude today?
- 9 Did I plan my food today?
- 10 Have I helped someone else today?
- 11 Did I have an action plan in place to stay abstinent today?
- 12 Do I have a sponsor and am I working the Steps with that person?

<https://oa.org/documents/strong-abstinence-checklist-and-writing-exercise/>

OA Pamphlet - Strong Abstinence

Writing Exercise



- 1 What is compulsive eating for me?
- 2 What are the foods and food behaviors that trigger me to eat compulsively?
- 3 Am I afraid to get abstinent and if yes, why?
- 4 Why do I think abstinence is important?
- 5 How do I rely on my spiritual practice for help with my eating?
- 6 What Steps do I take to remain abstinent in all circumstances?
- 7 What is the difference between abstinence and a plan of eating?
- 8 How do I use the Twelve Steps to stop eating compulsively?
- 9 How do I begin my day in order to abstain from compulsive eating and compulsive food behaviors?
- 10 What tools do I regularly use?
- 11 How does remaining abstinent improve the quality of my life?
- 12 What place does food have in my life today?

<https://oa.org/documents/strong-abstinence-checklist-and-writing-exercise/>

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	\$91.72	\$229.34
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	\$28.64		\$28.64	\$57.28
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		\$9.22	\$9.22	\$18.44
Sat: 9:30 AM Welcome Home	48324				\$0.00
Other Florida Groups					\$0.00
Mon: Palm Coast-St Mark by the Sea	38320			\$120.00	\$120.00
Mon:	32609				\$0.00
Wed: Palm Coast - 10am	56604			\$70.00	\$70.00
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	\$100.24	\$319.58	\$1,279.28
Don to WSO		\$343.78	\$40.10	\$127.83	
Don to SOAR8		\$85.95	\$10.02	\$31.96	

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

The Power Of We
An OA Fellowship Workshop



Three Speakers. Three Truths.
ONE FELLOWSHIP

- "We stood at the turning point." - Fellowship helps us choose recovery
- "We feel a new power flow in." - Fellowship awakens spiritual strength
- "We are sure God wants us to be happy, joyous, and free." - Fellowship restores hope, joy, and freedom

Saturday, May 9th, 2026
1:00–2:30 PM Central Time
Zoom ID: 856 8482 3345
PW: together
Hosted by the Region 3 Twelfth Step Within Committee



COMMITTEE CARNIVAL
MAY 16, 2026!!

VISIT THE VIRTUAL REGION'S THRIVING, GLOBAL-REACHING COMMITTEES! PUBLIC INFORMATION AND PROFESSIONAL OUTREACH (PIPO), FINANCE, DIGITAL RESOURCES, 12TH STEP WITHIN, INTERGROUP OUTREACH (IGOR), DATA PROTECTION, CONVENTION, BYLAWS, & LANGUAGE SERVICES.
JOIN US IN SERVING!

SWING BY AND VISIT!

MAY 16th Saturday

ZOOM ID:
813 2949 0352

PASSCODE:
121212

Ham-
2pm
EDT

VICECHAIR@OAVIRTUALREGION.ORG

Your OA90 Virtual Intergroup Presents a Workshop on:



Spiritual Awakening OA90
(Realizing Food Addiction isn't just about food)

WHEN? Saturday May 16th
10 am to Noon Pacific / 1 pm to 3 pm Eastern

WHERE? ZOOM
No Registration Required
Zoom ID 837 1100 7258
Passcode 202690






CALL FOR SHORT STORIES FOR OA'S NEW DAILY READER!

Hey there! We're excited to create a new daily reader that reflects the wide range of beliefs in our OA community. If you come from a secular or non-traditional background—whatever that means to you—we'd love to hear your voice.

We want to create something that can inspire anyone, regardless of belief or non-belief. Share a meaningful quote from OA literature and let us know how it supports your recovery journey in your own words. Just keep it under two type-written pages and leave out any religious references, and you're all set.

We can't wait to see what you contribute!

SUBMIT VIA JOTFORM BY
JUNE 1, 2026:



<https://form.jotform.com/220035565825050>

Please note: Submissions are assumed intended for publication, are edited for length and clarity, become the property of OA, Inc., and will not be returned. All languages welcome!

Meetings/Resources

OVEREATERS ANONYMOUS
TOOLBER FOCUS
SPEAKER MEETING
ALL WELCOME

EVERY WEDNESDAY
4 PM UK
8 AM PST
10 AM CST
11 AM EST

ZOOM ID : 893 4509 3034
PASSWORD:1212

ABC as simple as **123**

Anorexic Bulimic Compulsive Overeater
• — Body Image Meeting — •

Zoom ID: 993 3464 6706
Password: 1212

7pm Pacific
10pm Eastern

7pm Pacific •
10pm Eastern

Together We Get Better!

6:30 am (ET)

OA Meditation Meeting

7 Days a Week - Each Day a Different Meditation Theme

- M - Intro to Meditation
- T - Leader's Choice
- W - Experiments in Meditation
- Th - Traditions
- F - Steps
- S - Writing Meditation
- Sun - Step 11

ID#800242

Zoom ID: 821 1668 5379
Passcode: Surrender

Meditation Meeting for Phone Users:
Phone #: 929-205-6099
Meeting ID: 1668 5379
Phone Password: 471 718 105

OA Sunlight
Monthly
Candlelight
Gratitude Meeting

Held the 3rd Sunday of every month
11:30 pm UK / 6:30pm Eastern / 3:30pm Pacific

2026 dates: 1/18, 2/15, 3/15, 4/19,
5/17, 6/21, 7/19, 8/16,
9/20, 10/18, 11/15, 12/20

Zoom ID:
915 0048 2703
Password: 121212

Questions? Contact us at:
msc@oasunlight.org

Come share your gratitude, experience, strength, & hope. And participate in a candlelight ceremony honoring OA Promises. Having a candle is optional but encouraged. Everyone is Welcome!