



## CNMI NEWSLETTER

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Central New Mexico Intergroup

P.O. Box 30273

Albuquerque, NM 87190-0273

CNMI Phone Number: (505) 261-3553

E-mail: [oacnmi@gmail.com](mailto:oacnmi@gmail.com)

Website: [www.oa-cnmi.org](http://www.oa-cnmi.org)

**OA Responsibility Pledge:** Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.

*It is the policy of Overeaters Anonymous and the Central New Mexico Intergroup that anyone is welcome at any open OA meeting. The third tradition states that the only requirement for OA membership is a desire to stop eating compulsively.*

### Step & Tradition of the Month

**Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.**

**Tradition Two: 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.**

### Intergroup Meeting

Your Intergroup meets on the 2nd Saturday of each month from 9:00 - 10:45 am at Central United Methodist Church, 201 University Blvd N.E., Albuquerque. The next Intergroup Meeting will be on Saturday, March 9, 2019. Everyone is welcome at all Intergroup and Committee meetings!

**March Newsletter Deadline:** Friday, March 1, 2019. Please e-mail news, announcements, and recovery stories to [oacnmi@gmail.com](mailto:oacnmi@gmail.com). You can also snail mail them to CNMI Newsletter Editor P.O. Box 30273, Albuquerque, NM 87190-0273.

### Email Newsletter Recipient Reminder

If you wish to receive the newsletter via e-mail, please e-mail the editor at [oacnmi@gmail.com](mailto:oacnmi@gmail.com). **For those with Apple computers:** Please be sure that you have the CNMI OA Newsletter editor's e-mail address in your contacts list/address book to prevent the newsletter from being sent directly to your Spam folder (or not delivered at all).

### Calendar

### Unity Day "Care and Share" Workshop

Sunday, February 24, 11:15 a.m. – 12:45 p.m.

Presbyterian Main Hospital, Rooms Southwest A and B

Contact Carol Sm. 505-221-4515 or

Margaret C. 505-898-2519

**See article on page 3 for additional information and directions to the meeting rooms.**

### Region 3 Spring 2019 Assembly and Convention

Friday, March 29 – Sunday, March 31

Doubletree by Hilton San Antonio Downtown

San Antonio, Texas

**For additional information contact Pat O.  
505-281-3638**

### Save the Date!

#### CNMI Silent Retreat:

**Living the Promises**



**Friday, October 25 – Sunday, October 27**

Pecos Benedictine Monastery, Pecos, NM

**For additional information contact Leslie SK  
505-250-9889**

### Meeting Updates

#### Carlsbad Wednesday Meeting Time Change

The Carlsbad hybrid meeting will now start at 5:30 p.m.

Remember you can call in to join this meeting!

**605-562-0400, code: 6412751#**

#### Westside Monday 6:00 p.m. Meeting Location Change

Fairwinds, 920 Riverside Drive, SE, Rio Rancho

Meeting is in the Library

**For additional information call Lee R  
828-778-7704**

### Groups Stay Up to Date

Groups can now register and update their meeting Information using the following link:

<https://oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/>

WSO uses the information you provide to distribute OA news and keep meeting times current.

Please remember to also e-mail meeting changes to [oacnmi@gmail.com](mailto:oacnmi@gmail.com), so they can be included in the next newsletter, as well as being updated on the meeting list, and on CNMI's website. Thank you.

## From the Chair

**Note:** This article was intended for publication in January but was not used when technical difficulties made it necessary to substitute a brief bulletin for the newsletter.

## The OA Promise

*I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. 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.*

Rozanne S., OA Founder

On January 19<sup>th</sup> we celebrated Founder's Day, commemorating the day in 1960 when our founder, Rozanne S, met with two other women in her Los Angeles home for what would be the first Overeaters Anonymous meeting. Today our fellowship has grown to approximately 7,000 meetings in over 80 countries worldwide.

We have much to be grateful for as we enter the New Year and consider all that has happened since these modest beginnings. Rozanne passed away in 2014, so she lived to see the many ways the lives of thousands of members have been impacted by the miracle that is OA. It's important for us to remember, however, that Rozanne's own way in the world was not always easy, and that she too suffered relapses and setbacks, as recounted in "Keep Coming Back: Rozanne's Story", which can be found in either the second or third edition of the Brown Book, Overeaters Anonymous.

I love the OA Promise because it's a reminder that recovery provides us with many routes to end our isolation and to use the power of the fellowship to help each of us on our journey. There are many ways with which we can tap into this power – meetings, sponsorship, loving and abiding friendships with fellow members, and service at the group, intergroup, region and World Service levels. Whatever path we choose, we will find the love and understanding Rozanne treasured so dearly.

May the coming year be filled with the blessings of recovery for us all!

Mary S.

## From the Editor

Here it is time already for a new month and newsletter! The time is flying, life is happening, and I believe I am on my fourth turn on working the 12 Steps to the best of my ability. Although this is February, I am going to share from my heart rather than from a specific step.

Yesterday, I knew I had to work on a particular project but felt low-grade anxiety. I made sure that I ate my breakfast,

took my vitamins and two meds. I sat down to work on this newsletter discovering that there is quite a lot of news this month. I was printing out the various articles because I am doing this newsletter at the library. "Willingness to go to any length!"

I then worked with a sponsee via text and being of service got me out of my head. Just as I was struggling to think clearly instead of focusing on the worries of the day, I reminded my friend that there are consequences to every action negative or positive. I asked her, "Are your feelings true or false?"

I asked her to be specific and we discussed how she could follow her food plan even though her feelings did not match. Then I had to let her know that I needed to get my lunch. Although my anxiety was climbing and I felt like not eating, I knew that I would not be able to get the project started let alone completed if I made the choice to not eat. I am grateful to share that I did eat my entire lunch!

I did help someone and I did make it to the library to get forms printed out. I am at the library again as I type this article. What got my anxiety down was that I repeated a phrase over and over, "I can do all things through a Higher Power who gives me strength."

Grateful to be in recovery,  
Anna Charirose L.

## Facing Reality

Yesterday morning, my husband and I began an early conversation about this, that, and the other. Somewhere during the conversation, he told me that I had average intelligence. What a shock! I had graduated from high school in Denver with honors, and I'd always been a good student who worked hard to get A's and B's. I was the second of six children...one of those invisible, middle children. My sister, Cindy, was 18 months older than me and graduated from the same, huge high school one year ahead of me as the class Valedictorian. My Dad had graduated from another huge high school in Chicago as class Valedictorian also. Cindy, of course, was Daddy's girl, and I was told that I'd never amount to anything. Because of my extreme (up to 100 pounds) weight fluctuations, my Dad would sing "Here She Comes, Miss America" during the lean years and then announce, in front of the whole family, that Barnum and Bailey would be coming for me during the fat years. He'd take pleasure in making sure that everyone in the family knew that I would have the job as the fat lady at the circus. My self-esteem was always low, but I prided myself in being an honor student even though I wasn't as brilliant as Cindy. What a shock it was to have my dear husband of 24 years, who knows me better than anyone, burst that bubble I'd lived in for my whole adult life!

I've been struggling to learn a new and very complex computer program at work. My husband has listened to all my whining for almost a year now, and he's worn out from all my stories and complaints about "that stinking program at work". He said to me that my ideas that I am some kind of super intelligent person are based on pride and that I'm a person of average intelligence like him. I never heard any of it until I had enough O.A. recovery under my belt to start facing reality! In some ways, I'm actually relieved to realize that my husband is right. I am a person of average intelligence, and that's OK, but it sure was a shock. Thanks to the wonderful OA program, I'm able to bend a knee to God, accept myself as I am, and let go of pride. The best part of all this new self-knowledge is that I continue to get out of my own way. I'm better able to serve my fellow man (Step 12) without so much baggage. OA continues to be a great adventure and challenges me to be the person God made me to be. Today, I can serve better because there's less of the self-centered me in the way to mess things up. It's Saturday morning and I'm going to the 11 AM meeting here in Albuquerque. I always look forward to my O.A. meetings. I've been back to program for a bit more than a year now after a 25-year lapse. I hope and pray that I'm always excited and grateful to be an active part of the O.A. family...a family that always supports me!

Judy R.

### **The OA Birthday Party**

For the first time in my almost 25 years in OA, I attended the annual OA Birthday Party in LA in January. What an experience! After so many years in program and recent challenges in my life which have caused doubt and confusion in me, I needed a renewal and the birthday party was the perfect place to find it. 850 people gathered from as far away as Australia to exchange their experience, strength, and hope. The keynote speakers were amazing, there was a multitude of workshops (about 75) to choose from, and we enjoyed wonderful fellowship all weekend long. But my biggest takeaway was a reminder of the importance of the big book in recovery work. The big book is BIG in Los Angeles and the recovery there is strong – no coincidence, I'm sure.

My first home meeting was a strong and solid big book study meeting and while I had some issues with the language and cultural references in the book at first, I'm deeply grateful that I 'got over it' and was schooled from the beginning in this important book. I feel sure that is why I 'got' the program very quickly. I learned that my food issues were the signs of a serious malady of the body, mind, and spirit and that I needed to take this 'dis-ease' very, very, seriously. Last month in California, I heard phrases like: 'sober eating', 'entire abstinence', 'alcoholic foods', 'physical craving/mental obsession' and 'honest desire to stop eating compulsively'. They spoke of 'green light' and 'red light' foods and were not at all wishy-washy about what needed

to be done to stay clean and have long term abstinence. Those folks were grounded in the big book and worked their food addiction program as stringently as the alcoholic must work their program to stay sober. They emphasized the importance of step work and reliance on a Higher Power, while also putting down the fork. I was inspired and re-invigorated about what 12 step recovery is really all about.

I came home with a big book study edition and a determination to refresh and renew my understanding of the original work that started it all. I can't help thinking that it is too easy for me to put too much energy and attention into the food and totally lose track of the underlying work that needs to be done – the spiritual, emotional, work of the steps and the work of building a strong relationship with a Higher Power. I believe a return to the big book and the principles embodied therein will give me the renewal in recovery which I so desire.

Pat O.

### **Unity Day "Care and Share" Celebration February 24, 2019**

The CNMI Special Events Committee will be hosting a "Care and Share" Unity Day celebration on Sunday, February 24, 2019. We will focus on Tradition One which states: "Our common welfare should come first; personal recovery depends upon OA Unity."

**TIME:** 11:15 a.m. - 12:45 p.m.

**PLACE:** Presbyterian Main Hospital Downtown  
1100 Central Avenue, SE (Central Avenue and I-25)  
Rooms Southwest A and B  
Take the "A" Elevators at the north end of the  
Lobby to level S-2  
Follow the signs to the Café  
Southwest A and B are the last 2 rooms on your  
right at the end of the long hallway.

- ❖ We will officially open the celebration at 11:30 in unison with others in our OA Fellowship by reciting the OA Promise: "I put my hand in yours..."
- ❖ All that is required is that you bring your experience, strength and hope, and a willingness to share your experience with others.
- ❖ We are looking forward to seeing each of you there. Bring a friend who is in OA. It promises to be a time of unity, fellowship, and love.

In Service,

Carol Sm, co-chair (505-221-4515)  
Margaret C, co-chair (505-898-2519)

## OA Resources for Men

Men who have joined OA recently, or who may have missed this announcement before, please note that our CNMI website offers access to information regarding men's telephone meetings, online meetings, and a special online video Zoom meeting held on Wednesday evenings.

A copy of a recent flyer with information about many of these resources will be distributed with the electronic copy of this newsletter. You may also use this link to our website for more detailed information.

<http://oa-cnmi.org/meetings/men-only-meetings/>

## New Pamphlet from World Service Office Replaces OA's Newcomer Packet

*Where Do I Start? Everything a Newcomer Needs to Know* (#705) is OA's new pamphlet for newcomers. Composed from the five pamphlets in OA's Newcomer Packet, *Where Do I Start?* eliminates repetition, packing key information about OA's Twelve Step program of recovery into a single 32-page pamphlet. Includes: the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home," and so much more. Groups, service bodies, fellows: Welcome newcomers and help them get started in OA with our new, comprehensive pamphlet which sells for only \$1.00 each. Order *Where Do I Start? Everything a Newcomer Needs to Know* at <http://bookstore oa.org/>

## Important Change for A Step Ahead Newsletter A Translatable Online Version is Now Available!

*A Step Ahead* has long been an excellent source of information for OA members, groups and service bodies. WSO has discontinued publication of the full color downloadable version of this newsletter and replaced it with a translatable web page: <https://oa.org/members/service-resources/a-step-ahead-newsletter/>.

The translation feature allows the reader to choose from 34 languages by making a selection from the box at the upper left hand corner of the page.

The downloadable black and white version of *A Step Ahead* will continue to be available in the Documents section of the OA website at <https://oa.org/files/pdf/asa-q1-2019-bw.pdf>.

## "Weigh In" on the Future of *Lifeline* Magazine Deadline for Feedback Has Been Extended

**Note:** Our CNMI January news bulletin contained information about a *Lifeline* survey with a deadline of January 25<sup>th</sup> for responses. Here is an updated article giving a deadline of February 28<sup>th</sup> for feedback. Those who are interested in the future of *Lifeline* are encouraged to participate.

*Lifeline* magazine was first published in 1965, five years after OA was founded. During its fifty-four-year history, it has created service opportunities for writers and *Lifeline* reps, anchored the *Lifeline Meeting Format*, helped expand OA literature, and touched the hearts of OA members worldwide through member-contributed stories of recovery.

In November 2018, the Board of Trustees recognized a pressing need to rebalance *Lifeline*'s finances. The causes, they found, were a slow but steady decline in subscriptions and monetary inflation.

The price of *Lifeline* had not been raised since 2009 (when the magazine first went to a full-color format), so the board's Executive Committee approved a price increase for subscriptions. Beginning in 2019, one-year print subscriptions (ten issues) are available for \$30 in the US, \$36 in Canada, and \$45 outside the US and Canada. One-year online subscriptions are available worldwide for \$30. The price for printed back issues, available at [bookstore oa.org](http://bookstore oa.org), is now \$4 per issue.

A committee of board members has also been formed to determine a future direction, whether *Lifeline* should continue as a print and digital magazine of recovery or evolve over time to a different format or mission.

The committee is inviting comments about *Lifeline* from OA members, and the deadline to submit your comment is February 28, 2019. What is your perspective on *Lifeline*, and what shape would you like to see *Lifeline* take in our Fellowship? Email comments and ideas to [Lladhoc@oa.org](mailto:Lladhoc@oa.org).

## Did You Enter OA at Age 18 – 30? The WSO Wants Your Story!

OA is looking for new stories to include in a revised *To the Teen* pamphlet for young people. Members ages 18 to 30 or who entered OA during that time of their life are encouraged to submit stories that involve any manifestation of the disease (overeating, anorexia, bulimia, binge eating, and other compulsive food behaviors). Email your story to [info@oa.org](mailto:info@oa.org) with the subject "YP Story." Submitted stories must include a signed release form. The deadline for submissions is April 1, 2019. Give service and hope: share your story and share the news about this opportunity. You can download the flyer at <https://oa.org/files/pdf/YP-Story-flier-and-release.pdf>.

## Twelve Stepping a Problem

This is a reminder that OA has a wallet card, free PDF download, and podcast on "Twelve Stepping a Problem". This is a great resource for help when struggling with a troubling issue. Follow this link for access to all three of these resources:

<https://oa.org/members/working-the-program/step-resources/12-stepping-a-problem/>