



CNMI NEWSLETTER

Volume No. XLV Issue No. 4

Date: April 2019

Central New Mexico Intergroup

P.O. Box 30273

Albuquerque, NM 87190-0273

CNMI Phone Number: (505) 261-3553

E-mail: oa-cnmi@gmail.com

Website: 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 Four: *Made a searching and fearless moral inventory of ourselves.*

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

Intergroup Meeting

Your Intergroup usually 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, May 4, due to a conflict with the World Service Business Conference on May 11. Everyone is welcome at all Intergroup and Committee meetings!

April Newsletter Deadline: Friday, April 26, 2019. Please e-mail news, announcements, and recovery stories to oa-cnmi@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 oa-cnmi@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

2019 World Service Business Conference Volunteers Needed!

Monday, May 6 – Saturday, May 11

Embassy Suites Hotel

Albuquerque, NM

Contact Mary S. at 505-977-3445 or by email at:

broomstick2@gmail.com

See the Chair's article on page 2 for more information.

**CNMI Silent Retreat:
Living the Promises
Registration is now Open!**



Friday, October 25 – Sunday, October 27

Pecos Benedictine Monastery, Pecos, NM

Please see the article on page 3

For additional information contact Leslie SK

505-250-9889

LAST MINUTE REMINDER!

A Day in the Life of OA Workshop

The OA Virtual Region is sponsoring a workshop tomorrow, April 14, at 1:00 p.m. MDT. Those who subscribe to electronic copies of this newsletter received a flyer about this event a few days ago.

Login via Zoom:

<https://zoom.us/j/557696207>

Login by Phone:

1-720-707-2699

Meeting ID: 557 696 207#

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 oa-cnmi@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 See You at the WSBC!

Every year I look forward to spending time at the World Service Business Conference. This amazing event is coming up in less than a month now, and I hope that many of you will consider joining us there as well. The WSBC is our annual business meeting, described in the 12 Concepts of OA Service as “the voice, authority, and effective conscience of OA as a whole”.

Close to 200 delegates and trustees from around the world will gather at the Embassy Suites Hotel in Albuquerque during the week of May 6 through May 11 to conduct the business of the fellowship and to participate in meetings and workshops. It's difficult to describe the joy of being present amid such a display of OA recovery and commitment to service.

Would you like to be part of this? If so, please consider volunteering to provide service as the delegates arrive or later in the week during the business sessions. Here are brief descriptions of the jobs available for volunteers.

Boutique Monitor: The boutique is a place for delegates to sell items created by their service bodies and for them to relax and visit. Boutique monitors oversee activity in the boutique and interact with delegates during their visits. They may be asked for directions and information about local attractions. While WSO is not responsible for sale items or money left in the boutique, the monitors are expected to be vigilant during their shifts. Monitors also ensure that service body representatives placing items in the boutique sign a release form.

Delegate Services (aka Conference Support Committee)
Desk: Help is most needed in this position all day Tuesday and on Wednesday morning as the delegates arrive. Volunteers greet delegates, assist them in locating their mentors and mentees, and in signing up as present for their assigned committees. They also maintain the lost and found box, answer directional questions and take messages for inquiries requiring follow up. An experienced person is always present on Tuesday and Wednesday. Once the business sessions begin on Thursday there is little activity except during the delegates' breaks and lunch hour.

Center Mic Assistant: This individual adjusts the microphone stand height and angle to accommodate delegates who come forward to address the body during the business sessions. Please consider signing up for a full day or for all five sessions if you are interested in this job.

Door Monitor: The two door monitors ensure that everyone entering the room for the business meeting is wearing an appropriate badge. They make announcements when directed by the conference chair to those outside the room when voting is about to take place, and ensure that the

doors are closed and that no one enters the room during a vote.

Page: Pages are responsible for receiving and delivering messages, for collecting written ballots and the 7th Tradition offerings, and for advising the appropriate personnel of facilities issues such as room temperature complaints, shortage of drinking water, etc. Page/Tellers assist in counting written ballots.

Timekeeper: The two timekeepers assigned to each business session work as a team to time report presentations, debate, and question and answer sessions as directed by the conference chair.

For more information or to sign on as a volunteer please contact me at bromstick2@gmail.com or by phone at 505-977-3445.

Whether you volunteer or not you are also welcome to attend all OA meetings taking place during the week and may attend other sessions as a visitor. For more information about the schedule please check out the Tentative Conference Agenda:

<https://oa.org/files/pdf/Delegate-Schedule.pdf>

With Love and Gratitude,

Mary S

From the Editor The Fourth Step: “Made a searching and fearless moral inventory of ourselves.”

I had an experience surrounding the topic of cooking recently. I had a recipe that I wanted to try out which included a whole bulb of garlic to be chopped and diced.

As I started the process of gently removing each clove I realized that I was embarking on a new adventure in my kitchen. I observed that there are many layers to a bulb of garlic, both membranes surrounding the outside and membranes enveloping each individual clove.

These are not one thin covering but multiples around each clove. Yet, these thin layers do not come off easily. The appearance is that of minutely sewn layers of cloth that are interconnected. In order to start the process of removal I press down with the side of a knife to get the layers loosened up. I didn't know how sticky I could get from this project.

The idea that came to my mind was if my H.P. is able to put this much care and detail into this particular plant, how much more does my Spiritual Power desire to work with me on removing the details that have cluttered my living patterns through my compulsive eating/not eating, and food behaviors?

I have also recently interacted with my mom and had an old behavior rear its head which threw me off for a few hours compared to days or weeks.

My fourth step is about being honest with myself whether I have a very old behavior that is very hard to let go of or I am triggered by an old behavior I thought was gone for good.

The fourth step simply asks me to take an inventory as honestly as possible in the moment. By making a searching and fearless inventory, I will be given clarity about the very next indicated step or steps I need to take.

My H.P. doesn't give me any more than what I can handle at any given time.

Grateful to be in recovery!
Anna Charirose L.



The Chicken and the Egg (or, Sun, Irrigation, and Soil)

Which comes first, physical abstinence or a strong sense of Higher Power in my life? Do I need to address my character defects before I can really stick to a food plan in the long run? Does OA recommend that I engage all three "legs" of the recovery stool (physical, emotional and spiritual abstinence) at the same time in order to achieve the serenity and freedom from food obsession for which I long?

In my experience, the three areas of recovery don't "cause" each other, they support each other. They also seem to "work" by themselves, but work best when all three are engaged. Maybe the stool isn't the best analogy for me, since a one-legged or a two-legged stool just falls over.

Since I'm an avid gardener, perhaps I can use the garden as my metaphor. Vegetables in my garden do best when they have all three essential ingredients: sun, irrigation, and good soil. But, depending on location, many veggies will grow with sun by itself. Some veggies will grow with little sun as long as they have some moisture. And veggies often survive in poor soil. They have a will to grow, just like humans!

I've asked myself this chicken and egg question because I have found that I can pray for abstinence (spiritual) but unless I'm willing to apply some discipline to become physically abstinent (refraining from compulsive eating and behaviors), the prayer doesn't seem to go fully heard. And if I allow my emotions to run my life (anger, resentment, fears), I have difficulty with physical recovery. If I ignore my Higher Power and just focus on my food plan, I fall into dieting and a focus on my weight.

Thank goodness there's no perfect formula and no perfect answer. I'm just happy to report that I have recently become

willing to actually follow a food plan, and as I go through the withdrawal pangs of letting go of sugar and deal with cravings to snack at night, I feel my Higher Power's energy more strongly. It's flowing a bit like electricity through my psychological life. And as I work on Steps 4 and 5 and look forward to more steps, I find I'm more aware of my emotional reactions, my character defects, and my emotional sobriety grows. When I eat compulsively, shame takes over and emotional and spiritual connections get weak.

The three ingredients are working in my life and I don't need to worry about the chicken or the egg! (I'm mixing metaphors!) Instead, I just keep letting the sun shine, irrigating my garden since I live in hot New Mexico, and composting and fertilizing my soil. I can feel them working together in my life!

Cynthia D.

Silent Retreat Registration is Now Open!

We are happy to announce that registration is now open for the CNMI Silent Retreat, "Living the Promises", to be held at the Pecos Benedictine Monastery on the weekend of October 25 – 27, 2019. Please follow this link to the CNMI website for more information about this event and for a copy of the brochure and registration form:

<http://oa-cnmi.org/pecos-retreat-2/>

For additional information about plans for the retreat or to volunteer to assist with planning please contact Leslie SK at 505-250-9889. For registration and inquiries about scholarships contact Mary S at 505-977-3445.

News From the WSO

EACH ISSUE OF THIS NEWSLETTER WILL NOW FEATURE A SUMMARY OF RECENT NEWS ITEMS FROM THE WORLD SERVICE OFFICE FOR YOUR INFORMATION.

Help Young Compulsive Eaters Find Recovery

Members who were between the ages of 18 and 30 when they joined OA, regardless of their current age, are encouraged to submit their stories of recovery for inclusion in a new pamphlet. For more information follow this link to a flyer and release form:

https://gallery.mailchimp.com/73645822c06a4c7e0156a79cb/files/d498fb98-c5f8-4425-a4f0-f3df33f7149b/YP_Story_flyer_and_release_form_mailchimp.pdf

Young Persons' Podcasts Are Being Planned

The OA Young Persons' Committee is looking for members between the ages of 18 and 30 who are able to share their experience, strength and hope as a speaker for a series of young persons' podcasts. If you are interested please

complete the interactive questionnaire by January 31, 2021.

<https://www.surveymonkey.com/r/YPC19>

New 2019 Catalog and Order Form Can Help You Stock the Literature Table

OA's literature catalog and price lists are updated every year, and can be downloaded here:

https://oa.org/files/pdf/catalog_listing.pdf and
<https://oa.org/files/pdf/Order-Form.pdf>

OA Literature List by Copyright Date /Revision Date

This document will tell you when each piece of literature was last updated to reflect OA's group conscience. Groups may want to review literature on hand to determine if they are stocking the most recent editions.

https://oa.org/files/pdf/OA-Literature-List-by-paraceptarlas cosasCopyright-Date_1_14_19

H.P.'s Humor

This morning I awoke to hear It raining outside. My mind went right to excuses for not going to the OA meeting. The rain was pouring down hard, and it would have been so much easier to crawl back into bed! But I heard my sponsor's voice saying, "No excuses," so I started getting ready.

As I was finishing up in the bathroom, I noticed the sky had brightened and the rain had stopped. It was as if Higher Power were saying, "See, you do your part, and I will do mine!" On the way to the meeting, I passed a sign that read, "Let us not give up on meeting together." (Does God have a sense of humor or what?)

Susan, North Central Ohio USA (*Lifeline* March/April 2011)

"Betes" Thinking

Starved for entertainment, my 13-year-old son and I make skits with our cats. We have three cats that have all sorts of "conversations and episodes." Oreo is a large, black-and-white, male cat that eats, sleeps, and uses the litter box.

My son told Oreo he would develop diabetes if he didn't quit eating so much. I'm not sure how my son learned this, but I'm glad he made the connection between overeating and diabetes, which is rampant in our family.

In the skit Oreo responded in typical Oreo fashion, shoving the other cats out of the way to get to the food dish even faster and saying, "I've got the 'betes.' I could drop dead any minute, and I don't want to die hungry!"

This reminds me of how my disease twists sound thinking to something absurd---contortion with a motive. May we see the "betes" thinking for what it is today and listen instead to that deeper voice, our Higher Power, showing us the way. Amen.

Janice B., Spartanburgh, South Carolina USA (*Lifeline* March/April 2011)

Upcoming *Lifeline* Topics and Deadlines

April 15

Sponsorship Day: Sponsorship Day will be celebrated August 17–18, 2019. How has being or having a sponsor made a difference in your recovery? How did you find the right sponsor? How has sponsorship helped with honesty in your program? What are your sponsor's words of wisdom?

April 17

***Lifeline* 2020 Call for Topics:** What recovery topics do you want to read or write about in *Lifeline* in 2020? Email info@oa.org with subject "Lifeline Topics".

May 15

Maintaining Abstinence Through Illness: Your OA fellows have asked for stories about maintaining abstinence when illness, whether long-or short-term, is a threat. Give service and hope by sharing your story about staying abstinent during illness, HALT, or a similar challenge.

Translations From Around the World!

Please take note that we are adding a new section to the Newsletter that will share ideas in two languages through prayers, slogans, and other interesting items for your reading enlightenment.

We will share in English/Swedish this month!

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.

Gud, ge mig sinnesro att acceptera det jag inte kan förändra, mod att förändra det jag kan och förstånd att inse skillnaden.



Recovery and Relapse Recovery Stories Needed!

Here's a friendly reminder for anyone in program who would like to share their recovery story through poems, poetry, comedy, a slogan, etc.! We encourage you to send your thoughts to oadnmi@gmail.com so that our newsletter editor might have a wonderful selection to choose from in the future!

Thanks, Anna Charirose L
Newsletter Editor