



## CNMI NEWSLETTER

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Central New Mexico Intergroup

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

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

### 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, June 8, 2019. Everyone is welcome at all Intergroup and Committee meetings!

**June Newsletter Deadline:** Friday, May 31, 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

### 2019 World Service Business Conference

**Volunteers Needed Thursday, May 9, and Friday, May 10!**

Embassy Suites Hotel

Albuquerque, NM

**If you can help please contact Mary S.**

**505-977-3445 or by email at [broomstick2@gmail.com](mailto:broomstick2@gmail.com)**

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



**Friday, October 25 – Sunday, October 27**  
Pecos Benedictine Monastery, Pecos, NM  
**For additional information contact Leslie SK**  
**505-250-9889**

### 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 The Comfortable Shoe

I was recently engaged in an email conversation with a fellow OA member about our tool, A Plan of Eating. Reflections on her wise words became the inspiration for this article.

As noted in our OA pamphlet, *The Tools of Recovery*, there can be as many plans of eating as there are members, but most of us agree that some kind of plan is needed. With 16 plus years of abstinence I can say that my plan of eating has been a true godsend. It's not something I would recommend to everyone, but I can say that the rewards of taking the time and effort to find a sustainable plan can be a lifesaver. Our pamphlet, *A Plan of Eating*, makes the important point that this is not about deprivation. Choosing to follow a reasonable plan represents a "positive choice for life."

I've been fortunate to slip into each new iteration the way I would slip my foot into a comfortable shoe. I doubt that most of us will wear the same pair of shoes for 16 years, but hopefully each time we replace them we'll make sure they are still a comfortable fit!

Great information about developing a plan of eating can be found in the two pamphlets mentioned above, in *Dignity of Choice*, and in our new pamphlet *Where do I Start?*

Mary S.

**From the Editor**  
**The Fourth/Fifth Step**

I have had the privilege once again to work with a sponsee going through the 12 Steps of OA.

As I embarked on this journey with a fellow OA member I didn't know how the process would unfold. This journey of traveling with someone is unique for each person.

There will be things that I can identify within my own journey as well as things that I do not relate to. What is important is that I be as present as I can be while being connected to my H.P. so that I am being truly of service to the sponsee.

I have been reminded through this opportunity that whether I spend once a week every week with the sponsee or once a month is dependent on what works for the two of us.

When I did my fourth and fifth steps in California, the sponsor I had at the time suggested we get together in person once a week for two hours at a time until I finished sharing my fourth step. This worked quite well and took most of the summer that year.

What is working with my current sponsee is to meet in person once a month for two hours at a time. I am very excited to be able to share my experience, strength, and hope in this particular format again!

Grateful to be in recovery!  
Anna Charirose L.



**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**

Two guidelines documents have been revised and are now available for download.

[Treasurer Guidelines](#) have been extensively revised for clarity and will be especially helpful to willing OA members who have less experience with bookkeeping, budgeting, and reporting. Find it on the Treasurer Materials page or on the Documents page under "Group Treasurer Materials."

[OA C.A.R.E.S. Correspondence Program Guidelines](#) have also been revised to offer clear suggestions and cautions for giving service through written correspondence to OA members who are incarcerated in jail, prison, or another criminal justice facility. Find the *OA C.A.R.E.S. Guidelines* on the Guidelines page or on the Documents pages under "Guidelines."

**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. This selection is from "Our Invitation to You".

**We will share in English/Portuguese this month!**

The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive eaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

A resposta é até você. Se você vai encarar honestamente a verdade sobre si mesmo e da doença; se você vai manter a voltar para reuniões de falar e ouvir outros comedores compulsivos em recuperação; se você vai ler nossa literatura e que de Alcoólicos Anônimos com uma mente aberta; e, mais importante, se você estiver disposto a contar com um poder maior do que você mesmo para a direção em sua vida e tomar os Doze Passos para o melhor de sua capacidade, nós acreditamos que você pode realmente se juntar às fileiras daqueles que recuperar.

**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 [oacnmi@gmail.com](mailto:oacnmi@gmail.com) so that our newsletter editor might have a wonderful selection to choose from in the future!

