



## 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 Seven: Humbly asked Him to remove our shortcomings.**

**Tradition Seven: Every OA group ought to be fully self-supporting, declining outside contributions.**

### 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, August 10, 2019. Everyone is welcome at all Intergroup and Committee meetings!

**July Newsletter Deadline:** Friday, August 2, 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

### CNMI Silent Retreat: Living the Promises

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

Pecos Benedictine Monastery, Pecos, NM

**PLEASE REGISTER SOON IF YOU PLAN TO ATTEND!**

We are nearing room capacity. A \$50.00 deposit holds your space until August 15.

For additional registration information contact

Mary S at 505-977-3445  
[broomstick2@gmail.com](mailto:broomstick2@gmail.com)

For general retreat information follow this link to:

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

### Meeting Changes

## NEW BIG BOOK MEETING IN ALBUQUERQUE

Tuesday 6:30 p.m.

Kaseman Presbyterian Hospital  
8300 Constitution, NE – Aspen Room  
Enter through ER and turn left. Go past the gift shop and through the double doors.  
Contact: Lisa G 505-377-3866

## THE DEMING HYBRID MEETING HAS CLOSED

Many thanks to those who have supported this meeting!

### 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:

Thoughts on Humility

*Step Seven: Humbly asked him to remove our shortcomings*

The chapters on Step Seven in both the OA and AA 12 & 12 contain much wisdom about the guiding principle of humility, and how this concept is frequently misunderstood. In rereading both of these powerful pieces I've come to a

greater appreciation of how acceptance of humility as a way of life is necessary for long-term recovery.

If we've truly take Step One we have humbled ourselves by admitting not only that we are powerless over food but also that our lives are unmanageable. This is a courageous step to take since our illness often predisposes us to reject the notion of powerlessness and to pride ourselves on our imagined ability to manage our own lives. This level of humility is a huge breakthrough and has carried us safely through the next five steps. Then at Step Seven we are asked to look at humility again.

The AA 12 & 12 makes the point that the alcoholic who has come so far has garnered enough humility to stay sober, but may not have sufficient reserves to meet an emergency. Who among us as compulsive eaters does not continue to face emergencies regardless of the strength of our recovery?

I see the daily practice of Step Seven as an opportunity to build up the needed reserves.

Mary S

(Note: The AA *Twelve Steps and Twelve Traditions* book mentioned in this article is OA approved literature.)

#### From the Editor

We are now in July 2019 and the year is flying by. As I sit here thinking about what to share, I realize that Step 7 is about Humbly asking my H.P. to remove my shortcomings.

I look back at 29 years of being in the rooms of OA and how I have observed so many go before me in the ups and downs of the recovery process. I have had plenty of opportunities to ask for and be relieved of some of my shortcomings. One of the biggest challenges I have had over the years has to do with learning my own boundaries and how to respectfully share my need to be respected. I don't think this is an easy subject for any human being. It is especially more difficult for someone who was taught that my choices were not acceptable according to the people that I grew up with. Even a child has a few choices like which clothes am I going to wear and how I'm going to wear my hair for a special event. When none of these choices are afforded to a human being of any size then that normal becomes what is normal.

I am grateful that I found OA when I did. Thank you for loving me until I could begin to love myself again. Thank you for being my family when I have needed it most.

Gratefully in recovery, Anna Charirose

#### The Nominating Committee Needs Your Help

A number of CNMI positions (see below) are available to be filled immediately, and a few other positions will be open for election in October. The honesty and candor of those who have recently resigned their positions is much appreciated, as is their previous service to CNMI.

Given the large number of vacancies, the nominating committee could use your help. Please review the following service positions and start looking people you know (spousees, program friends, fellow meeting attendees, maybe yourself) who might be good candidates. If you have someone in mind, consider discussing a CNMI service opportunity with that person. If they are open to nomination or even further discussion, let a member of the nominating committee know and we will contact them. Current nominating committee members include me, Kathy M, Kay G and Mary C-W. CNMI service position job descriptions can be found on the CNMI website under the Service Opportunities tab.

Following are the **immediately available service opportunities**, all of which have a 3 month abstinence requirement:

Electronic Communications Chair  
Intergroup Rep Support Chair  
Public Information Chair  
Professional Outreach Chair  
Special Events Chair

In addition, the **following positions will be up for election in October**:

One WSCB Delegate (1 year abstinence requirement)  
One Regional Representative (1 year)  
Treasurer (6 month abstinence requirement)  
Vice Chair (6 mos abstinence)  
Newsletter editor (3 mos abstinence)  
Outreach chair (3 mos abstinence)  
Archivist (3 mos abstinence)

The new treasurer will transition with Howie's assistance from October through December, and will completely assume the Treasurer responsibilities on January 1, 2020. Thank you for your thoughtful consideration and your assistance in recruiting members to fill these positions.

In service

Kathy M  
Nominating Committee chair  
505-730-6788  
[picardysmom@yahoo.com](mailto:picardysmom@yahoo.com)