



## CNMI NEWSLETTER

Volume No. XLV Issue No. 8  
Date: August 2019  
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 Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.**

**Tradition Eight: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

### 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, September 14, 2019. Everyone is welcome at all Intergroup and Committee meetings!

**September Newsletter Deadline:** Friday, September 6, 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

#### Sponsorship Day Weekend

**August 17 – 18**

See article on page 3 for suggestions about observance of Sponsorship Day

#### Candle Lighting Ceremony

**Sponsored by the Monday 7:00 p.m. Meeting**

**Coming up in September!**

Date, time and location to be announced

### Region 3 Fall Assembly and Convention:

#### Welcome Home

October 11 – 13, Las Vegas, NV

Contact Cheryl at 702-683-1824,

[chair@lvoa.org](mailto:chair@lvoa.org) or see

<http://lvoa.org/838-2/850-2>

for additional Information

### CNMI Silent Retreat:

#### Living the Promises

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

Pecos Benedictine Monastery, Pecos, NM

Retreat reservations are now at full capacity.

Contact Mary S at 505-977-3445 or

[broomstick2@gmail.com](mailto:broomstick2@gmail.com) if you would like

to be added to the waiting list.

### Meeting Updates

There were no major changes to report this month.

The current meeting list is always available at:

<http://oa-cnmi.org/meetings/current-meetings/>

### 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 Enlightenment and Healing Through Service

Three years ago I was injured in a car crash. No one was seriously hurt, but I suffered two small pelvic fractures which limited my ability to walk until they were healed. Several months later I had the opportunity to give service as a page at the WSBC. Here is what I wrote at the time for the May 2017 CNMI Newsletter.

“One of the aftermaths has been a worsening in my already precarious abilities with respect to balance and posture. I’ve worked with my chiropractor and other healing arts practitioners, have taken a senior balance class, and have done the assigned exercises when I wasn’t too busy. I must mention here that one of my character defects is to almost always find myself too busy to exercise.

"Four days ago I worked my first shift as a page at the World Service Business Conference. I felt I could still do this but probably with great difficulty, while stumbling around at a snail's pace. I anticipated fatigue and expected that I would need to sit down frequently. I wondered if it was finally time to give up on this, my favorite form of WSBC service.

"To my delight and surprise I was able to stand for all but a few minutes of each shift, and to walk quickly up and down the rows between the delegate's [sic] seats without feelings of unbalance or discomfort. I was even able to serve as a "runner" during one of my shifts, crossing quickly across the back of the room to relay messages to my counterpart on the other side.

"This did not involve superhuman effort on my part. My help came from a Power greater than myself, who lovingly showed me that I can do more and better than I think I can. Had I passed on this opportunity to give service I don't know if or when I would have had this insight."

This is a single example of the countless benefits I've received from doing service for many years, accomplishing things I never thought possible. Kathy M tells a similar story in her article in this issue about being "Connied", and Pat O has told us in previous issues about the many opportunities she has had to acquire entirely new skill sets.

Right now there are many service opportunities in CNMI and in our individual meetings as well. We also have many capable, abstinent members we would like to reach to carry the good news about service. Please read on to see about more ways you can enhance your recovery through OA service!

Mary S

#### **From the Editor**

We are now in August of 2019! My how the time flies. Step eight is about making a list of people I have harmed.

How is it possible that I have harmed people? Our natural instincts cry out against this idea because we know that others have hurt us. The longer I am in program the more I realize that because each one of us is a human being hurting others is going to happen because we are individuals. Our job is to become aware of when this happens, to take responsibility and to correct the situation as soon as possible. However, in the process of becoming aware we also get the opportunity to check with our sponsors to have a balanced approach. Sometimes we think we need to make amends which are not necessary and may be harmful to ourselves and others. The beauty of this step is that we do not have to do it alone. Just as the working of all the 12 steps is not done alone. We are traveling this journey together.

Grateful to be in recovery,  
Anna Charirose L.

#### **You Can Do It! The Joys of OA Service**

We had an expression in the St. Louis Bi-State area intergroup that described the process of being nudged into doing OA service. We called it "being Connied". Not being conned, but Connied. Connie H is a former Trustee who had an irresistible way of inviting, cajoling, strongly suggesting, and encouraging people into taking on service positions they had never even thought about doing. I was Connied in 2009, soon after I'd moved to New Mexico. Connie phoned me to say that she was going to be the Conference Support Chair for the World Service Business Conference the following spring, and since I now lived in Albuquerque, home of WSBC, she wondered if I would be willing to be her Volunteer Coordinator. I didn't know the first thing about WSBC, and I had no idea what a Conference Support Chair or Volunteer Coordinator were. I'm sure I must have asked Connie what the heck that service involved, but I have no recollection of what she said. It's likely that she expressed confidence in my ability to do the job. I'm not sure whether I told her I'd think about it or if I just agreed on the spot, but before you know it, I was the Volunteer Coordinator for WSBC. Fortunately, Mary S had done the job the year before and she agreed to help me understand what the job entailed and provided me with the tools I'd need to do it. And it turned out to be a wonderful experience. So wonderful, in fact, that I ended up doing it at least two more times after that. So here is what I've heard about OA Service: "When someone asks you to do service, say yes." "God doesn't call the equipped, He equips the called." "Service is Slimming."

My first internal responses to being invited to take on a service position are always "No." "I'm too busy" or "I'm afraid I'll screw it up." This is fear talking. I'm a perfectionist and I want to do everything the right way, right from the start, making no mistakes. I want everyone to praise and laud and thank me for the great job I'm doing. What if they don't? That's my ego talking. Nowhere in this first reaction are the questions "I wonder what I will learn?" or "I wonder how this service can be helpful to other recovering compulsive eaters?" or the trusting assertion that "God and my fellows will help me to do what is necessary." Those things would be recovery talking.

My experience being Connied into being the WSBC volunteer coordinator is a great example of the rewards that come from trusting HP, taking a leap of faith, believing that fellow OA members can see an ability in me that maybe I didn't see, and saying Yes to a service opportunity. It's a great example of the pure joy of meeting new friends, and the satisfaction of accomplishing something I'd never even considered doing.

So when you get Kathyd or Kayd or Maryd, when you're invited to take on a service position for our Intergroup, you may think you have other priorities. You may think you can't do the job because you don't know anything about it. You may think you'll fail. But just remember what happened to me. Other OA members were there to help me learn what to do. My HP had my back. I met all sorts of new people and had a great time. My recovery was boosted. Just remember all that. And say Yes to Service.

Kathy M

### **CNMI October Elections**

In accordance with our bylaws, CNMI will hold elections for officer and committee chair positions at our October meeting (October 5). The positions up for election at that time include the following:

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

The new treasurer will transition with Howie S's assistance from October through December, and will completely assume the Treasurer responsibilities on January 1, 2020.

In addition, several other positions are open **now**, and could possibly be filled before October if a candidate is identified. If not filled before, we could elect these committee chairs in October as well. Committee chair positions have a 3 month abstinence requirement.

Electronic Communications Coordinator  
Intergroup Rep Support Chair  
Special Events Chair

Given the large number of vacancies, the nominating committee could use your help. Please consider people you know (spousees, program friends, fellow meeting attendees, maybe yourself) who might be good candidates. If you have someone in mind, feel free to suggest to that person that they take advantage of a CNMI service opportunity (service is slimming)! If someone is open to nomination or even to 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.

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)

### **Sponsorship Day Weekend** **August 17 – 18**

Although CNMI will not be hosting a Sponsorship Day workshop this year groups and individuals may wish to observe this OA holiday. Groups are encouraged to consider conducting a special topic meeting on sponsorship during the week before or after the August 17 – 18 Sponsorship Day weekend. The August issue of *Lifeline* includes a series of excellent articles on "Having a Sponsor" and "Being a Sponsor" from which to choose.

There will also be a telephone meeting marathon, "The Rewards of Having and Being a Sponsor" on Saturday, August 17, beginning at 6:00 a.m. MDT and ending with the meeting starting at 3:00 p.m. MDT. The number to call is 712-432-5200 and the PIN is 4285115#.

If you have a creative streak and are interested in planning workshops and activities for future events such as Sponsorship Day, CNMI currently has an immediate opening for a Special Events Committee chair. Please contact Kathy M at 505-730-6788 for more information.

### **Mending Family Rifts**

My daughter and I have a complicated history. Early on in Program I had made amends to her. As a result, we had a great relationship for many years—beyond my wildest dreams. Then, while I was in relapse and she was dealing with some heavy childhood issues, I fell back into an old pattern of letting her walk all over me. When I became abstinent again and was not "swallowing" my feelings about being treated poorly, I angrily set some limits with her. After a few more incidents, she stopped speaking to me and withdrew from my life entirely.

It was incredibly painful—holidays without her, no Mother's Day card. No pain is quite like that of being alienated from one's child. I was angry and hurt and felt I did not deserve it. At an OA retreat, the leaders offered anyone who had a resentment to take a "resentment chip" and hold onto it until the resentment was gone. At that point we should release the chip at a meeting to someone else who needed it. When I owned my resentment, amazing things started to happen.

First, I started praying for her every day. I prayed she would have every good thing: peace, happiness and a great life, whether it included me or not. I kept the chip in my pocket or purse, and every time I felt it I prayed for her.

Then I worked Steps Four through Eight around the issues I had during my relapse. At first this was hard. After all, wasn't I the victim here? But after a while, I understood my part in

what had happened and became ready to make amends. In July of last year, I left my chip at a meeting. I called my daughter and asked to set a time to make amends to her. She said yes, but could not set a time. After she broke the third appointment we had set, my sponsor said she thought my daughter did not want to hear the amends and to let it go.

Two weeks later my daughter called me and made a date for watching a television show we had enjoyed together for several years before the rift. I suspect she did not want to hear my specific amends because she did not want to look at her part in it. So I let that go and became determined to make a living amends. I set appropriate boundaries and lived up to the new character attributes I was replacing my defects with. At first we were tentative, neither of us trusting the other. Every time I went to see her I felt anxious and fearful. We had a minor flurry at Christmas, but I stayed within my guidelines and our relationship was soon friendly again.

Now our trust is growing. She likes getting hugged by me again. We are becoming more open and considerate with each other. Last week, when I set a limit I thought she was likely to resent, I asked her to listen to me carefully as I explained where I was coming from—and she listened respectfully! A miracle!

The Steps work. In a year's time, we have healed a seemingly insoluble situation. The aching hole in my heart has been repaired. The other lesson that hit home for me was how much damage I do to others while I am in relapse. Even with 15 years of recovery behind me, while in relapse I ended up doing things that caused a fragile relationship to break. The only way I can "live well and be well" is to live the Steps, praying each day to be abstinent and relieved of the bondage of self. I am grateful.

--Edited and reprinted from *Together We Can* newsletter, Region One, Fall 2004 (September 2005 *Lifeline*)

### I Forgive Myself...

For not knowing how to mother myself better.  
For not loving myself before now.  
For having this trauma, fear and rage.  
For having this insomnia.  
For abandoning myself so readily.  
For not being better at living inside my own skin, inside each moment.  
For making mistakes while I am learning.  
For being at war with my own wounds, needs, and humanity.  
For not protecting myself from harm, in part by taking things on myself that are not about me.  
For pretending to be other than I am for most of my life.  
For not forgiving myself.  
For demanding too much of myself.  
For punishing myself and accepting abuse.

For not trusting God to be big enough for me to honor the limits of my humanity.

J.S., Franklin, North Carolina USA (*Lifeline* September 2005)

### ***Lifeline Magazine's Final Issue***

After 55 years as our "Meeting On the Go," offering stories of experience, strength, and hope for recovery through OA's Twelve Steps, *Lifeline* magazine and its online format, [oalifeline.org](http://oalifeline.org), will be discontinued at the end of 2020. Multi-year subscribers with issues still remaining at the end of 2020 will receive a prorated refund. Information and options will be available at a later date for subscribers whose subscriptions will end in the period from January to October 2020.

### **Translations From Around the World** German/English

**Gott, gib mir die Gelassenheit, die Dinge zu akzeptieren, die ich nicht andern kann, den Mut, die Dinge zu andern, und die Weisheit den Unterschied zu erkennen**

**God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference.**

### **Recovery and Relapse Recovery Stories needed!**

A Friendly reminder that anyone in program that 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!

Thanks, Anna Charirose L (Newsletter Editor)