



CNMI NEWSLETTER

Volume No. XLV Issue No. 10

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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 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition 10: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

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, November 9, 2019, Everyone is welcome at all Intergroup and Committee meetings!

November Newsletter Deadline: Friday, November 1, 2019. Please e-mail news, announcements, and recovery stories to 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. **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

Region 3 Fall Assembly and Convention: Welcome Home

October 11 – 13, Las Vegas, NV

Contact Cheryl at 702-683-1824 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 if you would like to be added to the waiting list.

Meeting Updates:

Tuesday 12:30 p.m. Rio Rancho Meeting New Location Effective September 10

St. Francis Episcopal Church, 2903 Cabezon Road, SE
Northwest Corner of Cabezon and Golf Course
Carol Sm. 505-221-4515 or Margaret C. 505-898-2519

The Friday 5:30 p.m. Meeting is Suspended for Now

Please call Anna L at 505-265-2036 if you would like to attend a Friday evening 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, 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

Growing Up and Growing Old in OA (Or: I Knew I Was in Trouble When People Started Calling Me Sweetie)

Recently as I celebrated 17 abstinent years in OA I reflected on the inescapable fact that I am getting old. I've often said in the past few years that I grew up in OA, becoming able for the first time to handle the challenging events in my life as an adult instead of reacting like a frightened child. Now the time has come to face another transition.

The aging process has treated me gently for the most part, but there are still hard facts to be faced. I'm slowing down; it takes me longer to get things done. I worry about forgetfulness and am continually developing more strategies for keeping track of things. I work as hard as ever getting less done while wishing for more downtime.

I continue to pray for help in making decisions, in setting priorities, in communicating wisely and lovingly with others, and in remaining cheerful. I accept that my lifespan is limited now and that more so than ever my life and health and that of my husband could be altered forever at any time. Reminders that my life is becoming unmanageable crop up frequently.

I listen to friends who have my best interests at heart since God often speaks to me through them. I've become more adept at asking people for help and in saying no when asked to do something I know I can't or shouldn't take on and I look forward to making additional progress in this area.

Except when impossible due to circumstances beyond my control, I am now observing my prayer time, taking my walk and doing my PT exercises in the morning. Instead of fretting about what I'm not getting done I'm learning how to enjoy these activities while I'm fresh and alert.

What else do I need to do? I don't know but I trust that the answers will continue to be revealed. It's never too late for more recovery!

Mary S

From the Editor

As I look back over the last two years of my life, when I said "yes" to this new service position I had no idea what I was getting into. Due to having an entrepreneurial spirit as a business owner I was

learning about my computer but still scared of it. When the screen would change without my help I would become startled.

I knew I was in for a lot of learning when I took this service position. I owe a great deal of appreciation to the Chair for not giving up on me. I also am very grateful that I did not give up on myself. Yes, I got frustrated, angry and annoyed by all the details that go into a project like the newsletter. However, through lots of Prayer to my H.P. and sweat and determination I persevered! I spent time running ideas by my step sponsor as well as the team that I worked with each month.

What has changed? Once again, my perspective! Through prayer and meditation, journaling, working my program and working with others I have discovered that a lot can be accomplished.

Remember, I said I was scared of the computer!? Well today as I write my last Editor article, I now know that when the computer screen shifts around I probably touched something accidentally and need to check the screen to see how to get back to what I am working on. This is no longer a scary task nor an emotional trigger thinking "I did something wrong". I am a bad person. Instead, I know that I am an intelligent human being that makes mistakes. I have also learned that part of the editorial process includes having other people checking for spelling, grammar, punctuation and tradition violations. At first, having to work with a committee I thought this meant I was wrong as a person. I have learned not to take the criticisms as personal against me as an individual.

This is also the first time in my 29 years of being in the rooms that I am not taking another service position. I will still attend meetings because I know this is where I belong!

The time has come for me to take all the recovery that I have learned and apply it in "all my affairs". I am ready to be the whole human being that God created me to be! Yes, instead of believing and seeing myself as a broken and wounded being, I am growing into that beautiful butterfly with stronger wings than I could have imagined when I stepped into these rooms 29 years ago in June 1990. I am so grateful that I have 28 years of abstinence from compulsive anorexia/eating until I feel sick and many other compulsive behaviors.

Gratefully in recovery, Anna Charirose

Promises by Candlelight Ceremony, a Joyous Event

On September 20, the Monday Night meeting sponsored the Promises by Candlelight event. About 35 attended, which was beyond my wildest dreams given there wasn't much notice. I hope it's the first annual event!

Speakers shared their experience, strength and hope on individual promises. We're all vulnerable whenever we share at a meeting, but to share on something as personal as the promises to a large audience strikes me as taking special courage. The courage of these speakers made their shares beautiful, powerful and thought-provoking. We were truly blessed by the speakers and their willingness to share. Thank you all for your gift to our fellowship.

For those who aren't familiar with this ceremony, speakers select a single promise that's especially meaningful to them and speak on how that promise has come true for them in their program. As each speaker begins, they light a candle. At the end of the ceremony, all the attendees light a candle as we say the closing prayer. A candle lighting ceremony was the first special event I experienced in program, almost twenty years ago.

I'd like to thank our ad-hoc committee who found a wonderful venue, recruited great speakers, did the "advertising", obtained the materials, and planned the event in a short time. I'd especially like to thank the folks who brought fire extinguishers in the event something went horribly wrong. :-) Also, a big thanks to Grace United Methodist Church for the use of their beautiful space.

Frank

CNMI Board Member and Committee Chair Elections

Elections of New and Returning Board Members and Committee Chairs took place at CNMI's Annual Meeting on Saturday, October 5. The results of these elections will be included along with the electronic versions of the newsletter and meeting list to be distributed after this meeting. This information will also be posted at the CNMI website, www.oa-cnmi.org, under Latest News

Acceptance at Any Age

I am 19 years old and approaching one year of abstinence. I came into OA at 15, around the time I first figured out how to purge. I only came because my parents were longtimers; I grew up around program. Unfortunately, I was not ready for the message. I didn't want to get better, but I was a people pleaser (one of my many character defects).

My lowest weight was 103 pounds (47kg). On my body type, it looked like 83 pounds (38kg). I believed I was a monster. I was dating a boy who was over 200 pounds (91kg) and felt I was as big, if not bigger, than he.

Like any OA member, I was crazy with food. It inhabited my thoughts, and I was unable to be a real person. My parents took me to a psychiatrist, who told me I was bipolar. I may have seemed bipolar, but only because I never dealt with what I was feeling. Besides being bulimic, I was an anorexic, exercise bulimic and compulsive overeater. Lucky me—I got the entire package deal! It was not until later I realized this was a gift.

My parents knew I was bulimic, but I tried very hard to make sure they never heard me. If they were near the bathroom, I would go into my room, turn my music up as loud as I could, take out one of the trash bags I stored under my bed and purge in my trash can. While they slept, I would sneak the trash bag full of vomit out to the dump.

As if eating five times too many calories and then purging were not enough, to make sure I burned off all the calories, I would bike 10 miles (16 km) until I was ready to pass out.

Today I am the youngest person at the OA groups I attend. I tend to forget my age in those rooms because, unlike most people, people in OA understand and accept me. I no longer feel the need to party and stuff my face with junk food like others. It's difficult to explain, but I choose not to eat many kinds of food. I'm sure they taste great, but I never feel well afterwards, and insane thoughts fill my head again.

I would not be where I am today without OA, OA members and my Higher Power. The best advice I have is to keep coming back and take it one day at a time. As cliché as those phrases have become, they are true. One day at a time my Higher Power takes care of me, as long as I let him.

--Tara M. (*Lifeline* February 2010)

Side by Side in OA

I joined OA in 1993. I attend a few meetings a week, journal daily, commit my food plan to my sponsor every day, answer a question given to me by my sponsor at least four times a week, sponsor other OA members, give service and more.

My husband does not attend OA meetings regularly but does practice program principles. We tend to sponsor each other; this works well for us. I try to keep my nose out of his food choices, and he helps me stay committed to my food plan. I appreciate it rather than resent it. On Sundays we plan our dinners for the week. Every morning we discuss our program, challenges and progress and plan our lives together. His support is important to my recovery. We play by the same rules, OA's Twelve Steps, avoiding arguments by communicating. We support and encourage each other.

We have been attending the Region seven convention for a couple of years and enjoy leading meetings and workshops. Having him in OA keeps me honest when eating in restaurants or participating in social functions. He knows when I need a meeting and is not afraid to suggest I get to one quickly. Fortunately, we have never outgrown each other. He progresses more quickly than I in some areas, then I catch up, and vice versa.

OA is the best thing to happen to my marriage. I found OA three months after our wedding and we celebrated 11 years together this past June. I am grateful to this program because it brings us closer together. My food is the most intimate part of me; if I could not share that with him our bond would not be as strong as it is.

My family relationships have changed drastically since I found OA. We no longer celebrate the holidays with mass quantities of nonnutritious foods or tons of gifts. We focus on being together. My husband and I no longer force the entire family to get together for the holidays. We visit separate family members over a period of time, and everyone gets along better this way. I have learned how to say no and set healthy boundaries for my family and myself.

I do not babysit—not because I do not love my grandkids, but because I cannot handle it. My children understand and accept my limitations. I am no longer the family savior; I let people work things out without playing referee. I allow my kids to parent their children without judging them or telling them how I would do it better.

I am honest with my husband and he respects me for that. We communicate instead of argue. We can agree to disagree without one of having of us to be right. OA teaches me how to accept family members as they are and love them anyway. I am also learning how to accept and love myself the way God made me. I have shared my program with several family members, and a few of them participate in recovery groups.

Being clean with my food gives me more energy to attend to my family. God works wonders with us, and I continue to be amazed.

--S.T., Woodsboro, Maryland USA
September 2005 *Lifeline*

Translations from Around the World! We will share the Serenity Prayer in Finnish this month.

Gud
Gi meg slik Sinsro at jeg formar a godta de ting jeg ikke kan forandre...
Mot til a forandre de ting jeg kan..
Og Forstand til a se forskjellen...

This is one of several languages in Finland.

Recovery and Relapse Stories Needed!

I would personally like to thank everyone from R3 and other Regions who contributed their recovery stories to the CNMI Newsletter during my two-year tenure. The newsletter would not have been the same without your sharing of your experience, strength and hope! May we continue to trudge the road of Happy Destiny with our H.P.!

Thanks, Anna Charirose L (Newsletter Editor)