



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



MAY 2022 NEWSLETTER

OA Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.

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Step Five

Admitted to God, to ourselves,
and to another human being
the exact nature of our
wrongs

Spiritual Principle

Integrity

Tradition Five

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

Spiritual Principle

Purpose

Is your Meeting concerned about

ZOOM SECURITY

Check our website oa-cnmi.org under the Resources Tab.
You will find several presentations from other service groups
with specific suggestions

May 2022

Question of the Month

Was it easy or hard to ask
someone to sponsor you?

What did you say?

What did she/he/they say?

It took me a long time to get the courage to ask someone to sponsor me. As a man in OA, there aren't a lot of choices for male sponsors. The first two people (women) I asked turned me down - I was crushed since I took it personally. Finally I did find a man who agreed to sponsor me. I don't remember what we said as we agreed to work together; I just remember we had many fine discussions about program but we absolutely could not talk about politics! Frank L

I was desperate for help to stop eating compulsively, so it wasn't hard to ask someone to sponsor me. I have been lucky to attend a lot of meetings with strong recovery and committed members. The first person I ever asked to sponsor me was very structured in her approach to sponsorship. I called in every morning at a certain time, shared my food for the day, and talked about recovery issues. When I relapsed and left the program, I was gone for over three years. When I returned, I asked for a new sponsor who was happy to help me, because she was kind, generous, patient, and had worked all the steps. I simply asked if she was available to sponsor and she said yes. We discussed where I needed to start up again, which was the 6th step. My character defects were derailing my professional life and I had to find a way to live sanely with food, people, and the things I could not change. Since I've been shown such unconditional support, I always say yes when I am asked to sponsor..Amy D

I came into OA when I was 29 weighing over 200# and feeling like I was dying. In my first OA meeting I felt like I was with "my people". People understood and accepted me as a CO/bulimic. That first year, I bought a Big Book and thought I could work the steps by myself. I did not think I needed anyone's help. I went to a lot of OA meetings and got involved in service. In spite of not working with any one person, I wrote a limited 4th step and gave it away to my sister's sponsor in another program. About 2-3 years after joining OA, I went to a local OA Shareathon. There was a woman there who was in my home group. When she shared her story I heard my own story. I cried as I listened to our similar life experiences. I was so moved that I asked her if she would sponsor me. She said yes. Working with another CO as a sponsor was the missing-link for me. I had been missing the identification that comes with one CO working with another. I am forever grateful for all the experience, strength and hope she shared with me.....Anonymous

June 2022 Question of the Month:

In what ways has my
attendance at meetings been
helpful to me and the
Fellowship of OA?

What would you like to hear from other
OA members in this newsletter?

Would you like to answer the question of
the month? Reach out to me (Leslie) at
oacnmi@gmail.com

ONLINE REGISTRATION IS NOW OPEN
through the OA CNMI website:
<https://oa-cnmi.org/pecos-retreat-2/>



2022 OA Silent Retreat

Hosted by Overeaters Anonymous Central New Mexico Intergroup

A Pathway to Freedom and Peace

October 14th - 16th / Pecos, NM

Our Lady of Guadalupe Abbey, Pecos Benedictine Monastery

*Join us for a weekend of contemplation
and shared experiences
among the quiet and the beauty.*

The weekend will include a shared 24hr Silence Period

Contact Info
cnmiretreat@gmail.com
Terranda K. 805 284-7263
Mary Lou A. 830 279 9526

The OA Promise

I put my hand in
yours, and together
we can do what we
could never do alone.

No longer is there a
sense of
hopelessness, no
longer must we each
depend upon our own
unsteady willpower.

We are all together
now, reaching out our
hands for power and
strength greater than
ours, and as we join
hands, we find love
and understanding
beyond our wildest
dreams.

*Rozanne S, OA
Founder*

Immediate Volunteer Openings in CNMI

Did you know that service strengthens your program? Well, IT DOES!
Your sponsor will verify this.

Here are some opportunities at the intergroup level:

- Vice Chair
- Region 3 Delegate
- Electronic Communications Coordinator
- Young Persons Committee Chair

For requirements and job descriptions on each of these, go to <https://oa-cnmi.org/cnmi-service-position-descriptions-pdfs/>

ZOOM vs IN-PERSON MEETINGS

All OA Meetings I've attended since summer of 2020 have either been on the phone or on Zoom. That's a long time! What do I miss? Hugs from folks I've known for years. Smiles that seem more real, with the beginnings of the smile turning up the corners of the lips even before the smile!

How am I doing with strictly Zoom meetings?

I'd much rather be in a room with OA members than on Zoom! However, I'm still vulnerable to Covid and its new variants because I'm older and my health is not perfect. So I'll continue as is and hope there will be a time soon when we can all meet in person. I still believe that I'm making progress in my Recovery using Zoom! And--Oh! When the wind is cold and the rain falls, I'm really glad to have the meeting on my computer, right in my cozy home!!...Anonymous

I think Zoom meetings are great. Allows me to go to a meeting without traveling there. I like the opportunity to meet other OAs from other locations and has actually increased my awareness and knowledge of the program and what it can really do to help myself and others. Valerie G

Zoom is the best thing ever! I don't even have to get out of my pjs and still i'm able to meet with friends from around the world (even in the middle of the night!).

I miss in person meetings because I cannot give or receive any hugs. That's awful, to be sure, but I don't believe I will return to in person meetings. The online meetings are just right for me now.
LSGK

Zoom meeting are so great for people who are ill, have no Transportation or find themselves in a position to be unable to attend in-person meetings. The variety of Zoom meetings is wonderful. And it is always great to hear other people's take on the program and how they use it to get through life.

It is true that Zoom meetings lack the hugging experience and that is missed by many but OA members have friendships or sponsorships that they use for in-person contact.

For myself I think I prefer Zoom for now but as in person meetings spring up again it will be wonderful to have the choice and I feel many of the in-person meetings will become hybrid meetings. Kay

Please send 7th
Tradition
donations to:
PO Box 30273
Albuquerque, NM
87190-0273

For the most up-to-date
information on what's
happening at OA in
Central New Mexico,
visit www.oa-cnmi.org

The Overeaters Anonymous (OA) program offers physical, emotional, and spiritual recovery on all three Twelve Step program Alcoholics who recover through that yo-yo dieting and a thing of the past. They no longer wish to return to eating compulsively. The first OA meeting was held in 1960 in Los Angeles, California. Since that time, it has grown to over 6,400 meetings in more than 80 countries—about 54,000 members



recovery for those who eating. Members find levels by following a patterned after Anonymous. Members the Twelve Steps find obsession with food is

June Newsletter Deadline: May 23, 2022.

Please e-mail news, announcements, and recovery stories to cnmi@gmail.com.