



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



JULY 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.

Volume No. MMXXII Issue No. 4
Central New Mexico Intergroup P.O. Box 30273
Albuquerque, NM 87190-0273
CNMI Phone Number: (505) 261-3553 E-mail: oacnmi@gmail.com
Website: www.oa-cnmi.org

Step Seven

Humbly asked Him to remove our shortcomings

Spiritual Principle

Humility

Tradition Seven

Every OA group out to be fully self-supporting, declining outside contributions.

Spiritual Principle

Responsibility

One of Our Favorite Prayers **Seventh Step Prayer**

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to You and to my fellows. Grant me the strength, as I go out from here, to do your bidding.

July 2022 Question of the Month

How do you define your Higher Power?

My Higher Power is the spirit and creator of reality and the universe that dwells within me. I used to silence his/her voice with food. I try to listen now. Anonymous

My concept of a Higher Power is in flux right now. The concept I had for almost 18 years—the one I finally allowed myself to have after much struggle—is no longer working for me.

That Higher Power, whom I call Spirit, is loving, kind, and supportive. She is gentle, caring, and generous. She is powerful and has a sense of humor, but She is not big enough ... She is sometimes overshadowed by the concept of God I had when I first came into program – the one I clung to despite the fact that it hadn't worked for me or my recovery for a long time. I haven't allowed Spirit to be bigger because I didn't want to be overwhelmed by Her – much the way I was overwhelmed and dominated by my original image of God – a cosmic bully - punishing, vengeful, vindictive. He didn't care about me and certainly was not going to help me—especially with the food. That was a moral issue, and I was morally defective, which he wasn't going to help me with.

Now, I have to allow Spirit to grow, to expand to Her full capability. The Second Step chapter in the OA Twelve and Twelve (2nd Edition, page 14) states: "Our heartfelt concept of God wasn't working, so we became willing for it to be changed. ... We became willing to let go of any concept about God that wasn't helping us recover from compulsive eating." The implication is that the new concept need only work for me, not for anyone else. Higher Power is not stagnant— as I grow (and, hopefully, mature) in my recovery, my concept of a Higher Power needs to expand as well.

I need a Higher Power who is more – more of all the qualities and characteristics She has shown thus far. By allowing Her to expand (or shall I say allowing my concept of Her to expand) I can also expand and grow.

Now I realize my concept of Higher Power – Spirit – is love. Love is infinite and I need to allow that love to penetrate my life – to permeate all that I am and all that I do. I held back from that because I believed that love was in short supply, and I had to make certain that it lasted.

Now I know that love is in short supply when I hold back. I need to allow love to flow in me and through me, out into the world, underlying everything.

Is there a question you'd like OA friends
to answer?

Send your "Question of the Month" to
Leslie at oacnmi@gmail.com

August 2022 Question of the
Month

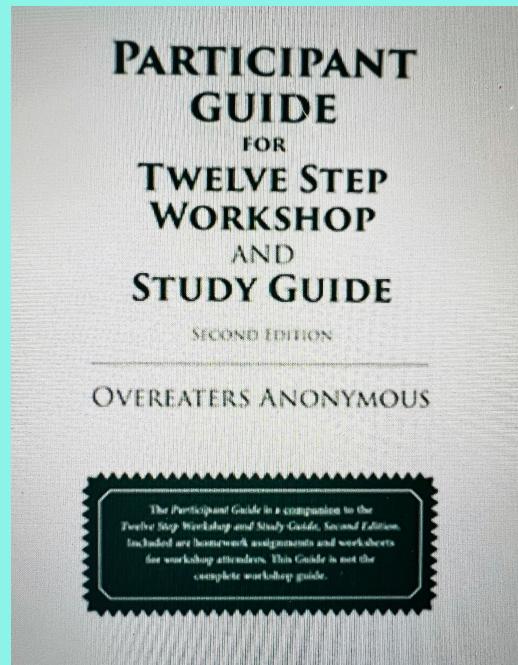
How did you find OA?
What was your first meeting like?

NEW Twelfth Step Within Virtual Workshop

Join us to complete all twelve steps during the workshop. While the workshop is intended for members who are struggling in OA, we have found it to be an excellent program for anyone who wishes to *strengthen their recovery*. Members relatively new to OA may wish to consult with their sponsor or trusted OA friend before signing up as it can sometimes be overwhelming for those who don't have some familiarity with twelve step programs.

The deets:

- September 13-December 20
- 6:30 PM – 8:30 PM Mountain Time
- Members work all 12 steps for 15 weeks
- [Participant Guide To Twelve Step Workshop And Study Guide](#)
- Meetings are virtual, using the Zoom platform. Out of town OA members are welcome!
- Starting the second week, the workshop is no longer open to new members
- Uses a variety of OA and AA literature
- Members commit to attending every week they can (we realize you may have other commitments)



Contact Gil at nvomxo@hotmail.com or (970) 302-1218 to sign up or for more information.

**HAVE YOU REGISTERED FOR THE SILENT RETREAT?
Don't miss out!**

<https://cnmisilentretreat.regfox.com/2022-oa-silent-retreat>

What does working the OA program mean?

OA is a Twelve Step Fellowship much like Alcoholics Anonymous. It's our one-day-at-a-time approach plus our members that make us different from other solutions you may have tried. You may not be familiar with a twelve-step program—and that's okay, we're here to help!

There is more information deeper in our website that will discuss in detail how to "work" these Steps. For now, let's uncover some terms you may not know.

Now that we've covered key parts of the program, it might look like to work on a daily basis.



Your day starts with program taking time to pray and meditate on what you have read or on something about the day ahead. You might phone, text, or email a program friend or your sponsor to go over your Plan of Eating for the day. You might even get to a meeting. At the end of your day, you may reflect on what happened and what you learned. This simple routine keeps us on track.

A handy guide to terms and concepts

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is achieved through living and working the Overeaters Anonymous Twelve Step program.

Tools: we have nine Tools that help focus us while we work our program of recovery, including:

Plan of Eating: This gives us a daily guide to avoid trigger foods and any destructive eating behaviors.

Sponsorship: Sponsors have been working the program to the best of their ability and walk you through the Twelve Steps. They help you understand each step and how to work the program in the best way for you. Sponsors go beyond being a supportive friend; they are truly a gift to the program.

Meetings: We offer over 6,500 face-to-face and virtual meetings worldwide, and in languages other than English. Find a meeting that will work for you and your schedule. Meetings help us learn about the Tools and Steps, and also provide fellowship, which is critical to our recovery. We have discovered we need each other to get well.

Telephone: We reach out to one another between meetings, for support for ourselves and to offer help to others.

Writing: Some call it journaling. When we put our difficulties down on paper, it becomes easier to see situations more clearly and determine any necessary action.

Literature: OA has excellent books, and pamphlets—that help us understand how to "work the Twelve Steps" and give us examples of what life in recovery looks like.

Action Plan: This Tool helps incorporate the use of all the other OA Tools to bring structure, balance, and manageability into our lives and helps us work our program consistently.

Anonymity: Anonymity gives OA members freedom of expression and safeguards us from gossip. A deeper understanding of this Tool is that it assures that we each are one among many. OA has no stars.

Service: You will hear a lot about service in OA. This Tool is addressed in greater detail deeper in our website. But, for now, please know that any form of service – no matter how small – helps reach a fellow sufferer while adding to the quality of our recovery.

Immediate Volunteer Openings in CNMI

CNMI service positions are open! Anyone interested in volunteering or who would like more information is encouraged to contact one of our committee members, Mary S phone: 505-977-3445 or via email: broomstick2@gmail.com.

Vice Chair – 6 month abstinence requirement

Region Representative – 1 year abstinence requirement and one year of service beyond the group level, past or present

OA Young People's – 3 month abstinence requirement

Electronic Communications Coordinator – 3 month abstinence requirement

Region Representative position may be held by **any** current CNMI voting member who meets the abstinence and service requirement.

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



Service will improve your program!!

Are you willing and able to be an OA
SPONSOR?

HAVE YOU BEEN PRAYING FOR AN OA
SPONSOR?

Send your name and email address
at oacnmi@gmail.com

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

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

BE ON THE LOOKOUT!!

COMING SOON!

Please participate in the CNMI Nominating Committee's *anonymous* survey. The survey is designed to share what might stop you from coming to Intergroup.

Coming to your Email box soon!!

The Overeaters Anonymous (OA) program offers physical, emotional, and spiritual recovery for those who suffer from compulsive eating. Members find recovery on all three levels by following a Twelve Step program patterned after Alcoholics Anonymous. Members who recover through the Twelve Steps find that yo-yo dieting and obsession with food is 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.

Annual Appeal Letter from Your WSO

<https://oa.org/app/uploads/2022/05/Appeal-Letter-22.pdf>

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

August Newsletter Deadline: July 25, 2022.

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

