



# OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

*Help for Compulsive Eaters, Bulimics and Anorexics*



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## JUNE 2022 NEWSLETTER

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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.

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### **Step Six**

Were entirely ready to have God remove all these defects of character

### **Spiritual Principle**

Willingness

### **Tradition Six**

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.

### **Spiritual Principle**

Solidarity

## **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.

June 2022

### Question of the Month

In which ways has my attendance at meetings been helpful to me and the fellowship?

I have been attending OA meetings for close to 33 years and have heard many good things in meetings. Members honestly sharing their experience, strength, & hope of recovery in meetings has been key to my recovery. I am reminded again & again that I am not alone – I share this disease with thousands of other people, and I am fortunate that I share this program of recovery with thousands of others as well.

My sharing of experience, strength, & hope has helped others. There have been numerous times over the years when people have approached me after a meeting and told me how much they appreciated my sharing – that they really needed to hear what I had to say. Another way that my attendance has been helpful is that, in giving service to my home group by being the Zoom host for a year, I allowed people into the Zoom room and in doing so, I gave them the opportunity to participate in the meeting and share their experience, strength, and hope with others.

Gloria B.

Being at a meeting tells me I am not alone. Being allowed to share my hope could help others.

Judy from UK

Although I didn't realize it at the time, I began a "90-in-90" (90 meetings in 90 days) in early February of this year.

As a result-and after 3 decades in OA-I just celebrated my first 3 months of complete surrender to the 12 Steps of OA. I am also celebrating 3 months of total abstinence and freedom from the obsession of the mind.

And the most amazing and miraculous of all, I am celebrating sharing my recovery with a sponsee who is halfway through her 9th Step and beginning to experience the Promises in her life too!

Anonymous

**HAVE YOU REGISTERED?  
Don't miss out!!**

**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*

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**Contact Info**

**cnmiretreat@gmail.com**

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**Mary Lou A. 830 279 9526**

# ZOOM vs IN-PERSON MEETINGS

Zoom is a good stop-gap when in-person meetings can't be held due to the pandemic—Zoom allows a people to attend any meeting anywhere and anytime—new people can also attend anonymously and just listen without their camera on to check out OA—for some people Zoom is the only alternative.

Given this, I miss in-person meetings desperately—the spontaneity this allows—the hugs and informal sharing after the meeting—and I am able to focus better when I'm not looking at a screen and may have something else going on around me.

We operate according to “group conscience,” and right now people are desiring to stay on Zoom—I hope that in time an in-person option will again reappear for someone like me—perhaps some meetings may go hybrid. The main thing is that OA is continuing!  
--Anonymous

I miss the hugs from in-person meetings, but I like the convenience of Zoom meetings - I can be in a meeting in minutes rather than the time it would take to get ready, drive to the meeting, then drive home again.

Another thing I enjoy about Zoom meetings is that people from around the world can attend, which means new faces and new perspectives on recovery.

Gloria

I love that Zoom meetings allow people from all over the world to attend  
But I REALLY miss the hugs

Looking forward to meeting in person before too long!  
Kathy M

Meetings either in person or on Zoom are a core tool and lifeline for me. I enjoy them both but miss hugs on Zoom mtgs.

They are the lifeblood for all OA worldwide in my opinion because without them how would members: learn about the program, be inspired by others, ask questions and feel connected to our fellowship?

Yea, meetings - both life blood and lifeline.  
Vonnie. ATX

I LOVE Zoom meetings because they allow me to visit my old meetings back in Los Angeles, and make new friends all around the world. I have met so many people I would never have had the opportunity to know.

The best part for me is learning that no matter where we are, there are others who share my disease and the experience, strength, and hope that program brings us. It reinforces the idea that I am not so terminally unique! I need to keep hearing that and build my tribe of recovering fellows every day.

Thank God for OA and for technology.

Deanna G

## Immediate Volunteer Openings in CNMI

The following 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](mailto:broomstick2@gmail.com). Job descriptions can be found on the CNMI website ([oa-cnmi.org](http://oa-cnmi.org)) under Service Opportunities.



Service will improve your program!!

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

As a reminder, the 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/>

# BE ON THE LOOKOUT!!

COMING THIS MONTH!

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!!

For the most up-to-date information on what's happening at OA in Central New Mexico, visit [www.oa-cnmi.org](http://www.oa-cnmi.org)

Are you willing and able to be an  
**OA SPONSOR?**

**HAVE YOU BEEN PRAYING FOR  
AN OA SPONSOR?**

**HERE IS YOUR ANSWER**

In the next newsletter, we will publish a list of email addresses of available sponsors.

Send me (Leslie) your name and email address at [oacnmi@gmail.com](mailto:oacnmi@gmail.com)

Please send 7th Tradition donations to:

PO Box 30273  
Albuquerque, NM 87190-0273

## 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*

June Newsletter Deadline: June 22, 2022.

Please e-mail news, announcements, and recovery stories to [cnmi@gmail.com](mailto:cnmi@gmail.com).

