



## OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

*Help for Compulsive Eaters, Bulimics and Anorexics*



# AUGUST 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 Eight**

Made a list of all persons we had harmed and became willing to make amends to them all.

#### **Spiritual Principle**

Self-Discipline

### **Tradition Eight**

Overeaters Anonymous should remain forever nonprofessional, but our service Centers may employ special workers.

#### **Spiritual Principle**

Fellowship

## **One of Our Favorite Prayers: Serenity Prayer**

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

## August 2022 Question of the Month

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

I was introduced to OA at a lunch with a new friend, who seemed to have everything I wanted for myself. I asked him what his secret was and he said OA. My first meeting did not take place until months later, when I was in crisis, and remembered that lunch. I went to a meeting, and felt very welcome, but also very ashamed. It took me a while to speak.

Taylor

I found my first OA meeting sometime in 1984 or 1985. I was in so much pain, I honestly don't remember how I heard of it. If I had to guess, I must have seen something in the newspaper.

At the time there was a meeting that met twice a week on Mondays and Fridays and each meeting was two hours. I loved those meetings and became abstinent right away.

In 1987 I stopped going to meetings and lost my abstinence. In 2001 I returned to OA. I've been attending meetings ever since.

Leslie S-K

I probably heard about OA before it ever occurred to me that I might need such a program. I heard much about AA through the years and at one point, when I realized I had a problem with food, I thought "Too bad I don't have a problem with alcohol – at least I know where to go to get help." My first real exposure to the reality of OA was via a book by an OA member who wrote about her experiences working the 12 Steps of OA and the recovery she experienced. She shared what an amazing difference it made in her life. By the time I finished the book (or should I say I "devoured" it), I knew where I belonged, despite the author saying that if you choose to work the OA program, it will be the hardest thing you will ever do.

## SEPTEMBER 2022 Question of the Month Which is your FAVORITE OA Publication?

**Tell us why!**

**Email**

[LeslieSlowKaufman@gmail.com](mailto:LeslieSlowKaufman@gmail.com)

The first meeting I attended was a Beginner's Meeting. The format was a speaker meeting and the invited member shared their experience, strength, and hope in working the Steps. The speaker at that meeting was a teenager dressed in black, with multiple piercings. My first thought was "I don't have anything in common with her." When she began sharing, I was amazed at how much we had in common – anorexia, (exercise) bulimia, compulsive overeating and undereating/restricting. Afterward, other members shared their experience, strength, and hope and by the end of the meeting, I knew I was in the right place.

## BITS AND PIECES

I'll write a few paragraphs on a wonderful "recipe" that I have between zoom and face-to-face meetings.

I go to two Zoom meetings first thing in the morning to get my day started and then depending on the day, I may attend a speaker meeting or a special Workshop or decide to go to a face-to-face meeting.

I am in several programs that are returning to in-person mtgs, it's a nice balance that I get to see people that I've missed and yet meet a lot of new people on Zoom with wonderful programs that I admire! It's the best of both worlds!!!

Claudia H. grateful compulsive overeater

I define my higher power as my best friend. He is always standing by to listen, support and help. He is definitely a power greater than myself, but without the actual nature and limits (if there are any) of his power are mysterious.

Taylor

Online Registration & Scholarship Request  
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*

# HEARD AT A MEETING...



Slogans  
really help.

I'm happy that  
you're happy!

Weight does NOT  
tell the whole story.

Hope despairs and  
despair hopes.

Sponsoring  
strengthens my  
recovery!

God is in  
charge

My HP  
wants me to  
be of  
service.

*To include something encouraging that you've heard at a 12 step meeting, email [LeslieSlowKaufman@gmail.com](mailto:LeslieSlowKaufman@gmail.com)*

## Coming SOON! 12th 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.

- Tuesdays, September 13-December 20
- 6:30 PM – 8:30 PM Mountain Time

Contact Gil at [nvomxo@hotmail.com](mailto:nvomxo@hotmail.com) or (970) 302-1218 for more information.

## Keep OA Strong—Consider Service!!

I don't take OA for granted...it has saved my life, literally. If you would agree with this statement—consider giving some service. I get more than I give when I do service...

# CNMI ELECTION ANNOUNCEMENT

This is the first of two announcements about elections for CNMI board members and committee chairs to be held during our annual meeting on October 8.

### Board Level:

Chair \*  
Vice Chair \*  
Secretary \*  
WSBC Delegate \*\*  
Region Representative \*\*

### Committee Level:

Archivist \*\*\*  
Electronic Communications  
Coordinator \*\*\*  
Newsletter Editor \*\*\*  
OA Young People's \*\*\*  
Outreach \*\*\*  
Special Events \*\*\*  
Twelfth Step Within \*\*\*

### Abstinence Requirements

6 month abstinence \*  
1 year abstinence \*\*  
3 month abstinence \*\*\*

Each of these positions is available for a two-year term except for the Vice Chair who will complete an unexpired term ending in 2023. Most of these positions are currently filled and some who are in office now

have chosen to run again while potential candidates for other positions are currently undecided.

### Experience Requirements

WSBC Delegate must have 2 years service beyond the group level  
Region Rep must have 1 year service beyond the group level.

My nearly 20 years of service at the Intergroup level have brought many rewards in personal growth and opportunities to meet and work with extraordinary people in recovery. I am only one of

several members with a long record of service who would be delighted to see others step up to bring new energy and fresh perspectives to this important work. If any of these positions are of interest to you, contact me for additional information or see the job descriptions at [oa-cnmi.org](http://oa-cnmi.org) under Service Opportunities. Please give prayerful consideration to fulfilling one of these vital roles!

Yours in Service, Mary S. Nominating Committee Chair 505-977-3445  
[broomstick2@gmail.com](mailto:broomstick2@gmail.com)



## Region 3 Assembly & Colorado State OA Convention

OCTOBER 21-23, 2022

Denver Marriott Westminster  
Westminster, CO

# FREEDOM FROM F-E-A-R

Face Everything And Recover through the 12 steps



- This will be an in-person, vaccinated event!
- Scholarships available
- Registration now open!

Registration and  
more details at:  
[oacolostateconv.com](http://oacolostateconv.com)



Are you curious about what happens at OA Intergroup meetings?  
Tune in to our next meeting at **9 AM on Saturday, August 13.**  
Send me ([LeslieSlowKaufman@gmail.com](mailto:LeslieSlowKaufman@gmail.com)) your email address and  
I'll forward you the zoom link. Hope to see you there!

### 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*

**September Newsletter Deadline: August 21, 2022.**

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