



**OVEREATERS ANONYMOUS  
CENTRAL NEW MEXICO INTERGROUP**  
*Help for Compulsive Eaters, Bulimics and Anorexics*



## **SEPTEMBER 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 Nine**

Made direct amends to such people wherever possible, except when to do so would injure them or others

### **Spiritual Principle**

Love

### **Tradition Nine**

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

### **Spiritual Principle**

Structure

## **9th Step Prayer**

Higher Power, I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for Your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others & growing in spiritual progress.

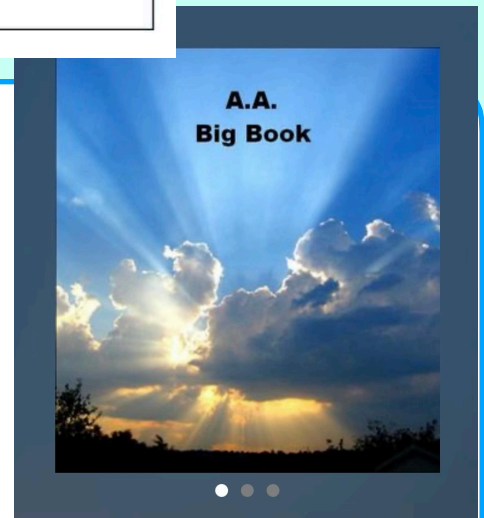
## September 2022 Question of the Month

Which is your **FAVORITE** OA publication? Tell us why!

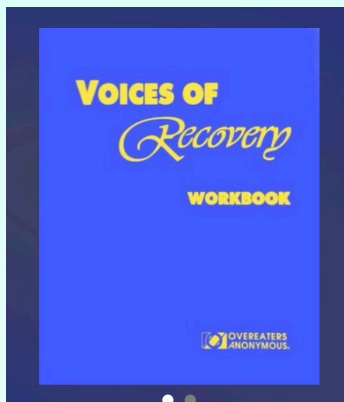
My favorite piece of OA literature is For Today. It is succinct and pithy (don't you love the word pithy—which means brief, forceful, and meaningful in expression). Everyday of the year there is something relating to my program. I dog-ear pages that are especially meaningful and often read those out of order. Leslie S-K



The AA Big Book is my fave. It gives me simple explanations of what my underlying problems are. It conveys a sense of urgency about my disease when it is easy for me to be in denial about how this is a lethal disease. Leonie



My favorite publication is the Voices of Recovery Workbook. It helps me explore and understand what I read daily. KH



## October 2022 Question of the Month

**What is one thing  
you have learned  
from your mistakes?**

Click on the question to answer

**LAST CHANCE TO  
SIGN UP FOR THE  
2022 SILENT  
RETREAT IN  
PECOS, NM**

**A Pathway  
to Freedom  
and Peace**

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*

**Region 3 Assembly  
& Colorado State  
OA Convention**

**OCTOBER 21-23, 2022**

Denver Marriott Westminster  
Westminster, CO

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

**Registration and  
more details at:**

[oacolostateconv.com](http://oacolostateconv.com)



**FREEDOM FROM F-E-A-R**

Face Everything And Recover through the 12 steps





# HEARD AT A MEETING...



I am  
overweight  
physically and  
underweight  
spiritually

I am not  
helpless

a  
permanent  
state of  
transition

My sponsor  
has a listening ear  
and a counseling heart

Living my  
heart's desire closer  
to who I really am

God will use me  
without my  
permission!

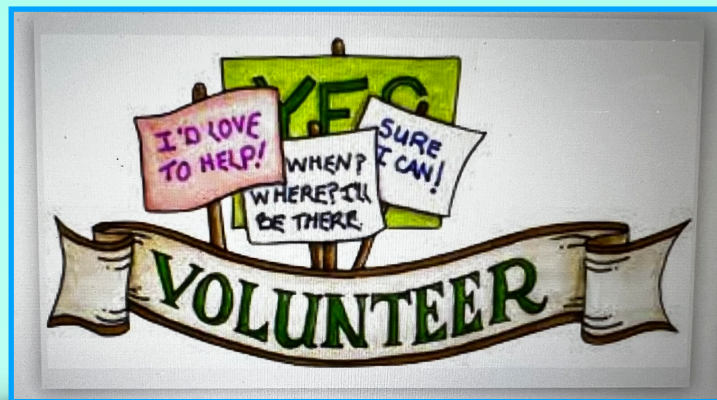
She  
stayed in  
relationships past  
their expiration  
dates

Behave better  
than you feel

The 12 steps are  
like 12 adjustable  
wrenches for any  
nut who comes  
through the door.

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

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



## CNMI ELECTION ANNOUNCEMENT

### Board Level:

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

### Experience Requirements

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

### Abstinence Requirements

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

### Committee Level:

Archivist \*\*\*  
Electronic Communications\*\*\*  
Coordinator \*\*\*  
Newsletter Editor \*\*\*  
OA Young People's \*\*\*

Each of these positions is available for a two year term except for the Vice Chair and Treasurer who will complete unexpired terms 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.

Many members with a long record of service will be delighted to see others step up to bring new energy and fresh perspective to this important work. If you chose to run for one of these offices, experienced members will stand by to mentor you as you undertake your new duties.

If any of these positions are of interest to you, contact me for additional information or see job descriptions on our website under [Service Opportunities](#). Please give prayerful consideration to fulfilling one of these vital roles!

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

**Sign up ASAP!**

## **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.

Are you curious about what happens at OA Intergroup meetings? Tune in to our next meeting at **9 AM on Saturday, September 10**. 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*

**October Newsletter Deadline: September 25, 2022.**

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

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