



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.

Volume No. MMXXII Issue No. 6

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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!

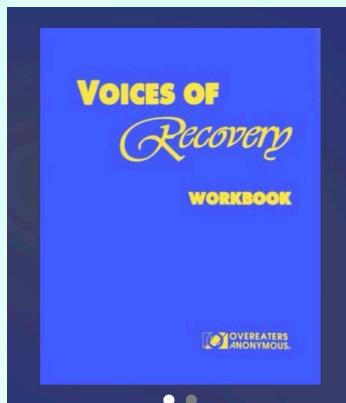
My favorite piece of OA literature is For Today. It is succinct and pithy (don't you love the word pithy—which means brief, forceful, and meaningful in expression). Everyday of the year there is something relating to my program. I dog-ear pages that are especially meaningful and often read those out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

FREEDOM FROM F-E-A-R

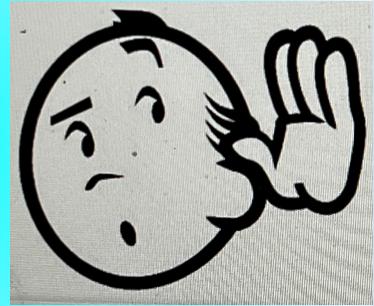
Face Everything And Recover through the 12 steps



Registration and
more details at:
oacolostateconv.com



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

She stayed in relationships past their expiration dates

God will use me without my permission!

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

Behave better than you feel

To include something encouraging that you've heard at a 12 step meeting, email 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
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 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) 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.

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