



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



## **NOVEMBER 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 Eleven**

Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.

#### **Spiritual Principle**

Spiritual Awareness

### **Tradition Eleven**

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

#### **Spiritual Principle**

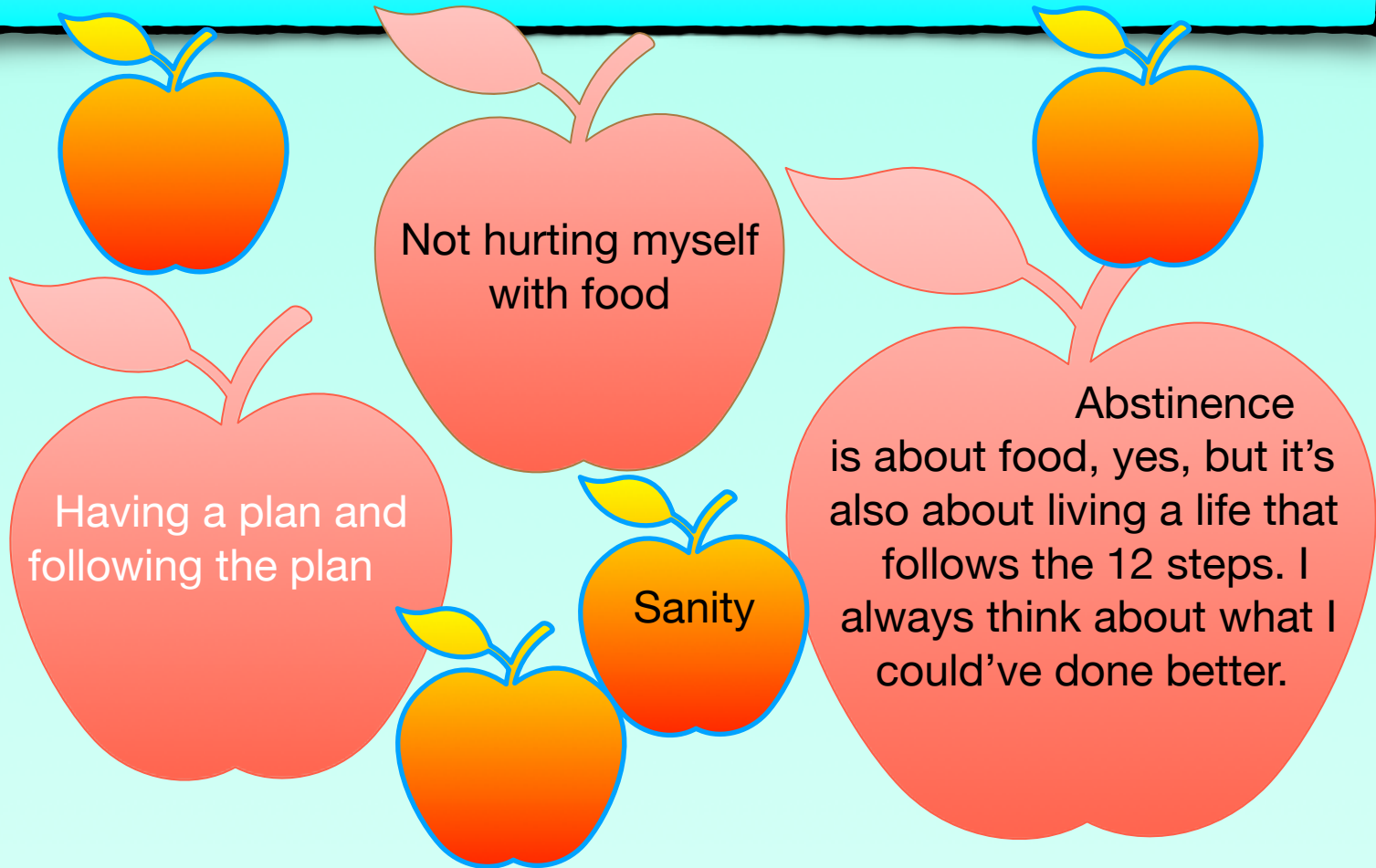
Anonymity

### **11th Step Prayer**

Lord, make me a channel of thy peace—that where there is hatred, I may bring love—That where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.

# November 2022 Question of the Month

## WHAT DOES ABSTINENCE MEAN TO ME?



# December 2022 Question of the Month

## How do I demonstrate my appreciation for the strength and fellowship I find in OA?

Click on the question to answer

## HAVE YOU SEEN THE OA BILLBOARDS?

They are displayed at seven locations throughout Albuquerque! Snap a picture of the billboard and tell us the location and we'll feature it in the next newsletter.

# World Service Business Conference

## ***Concepts of Service: The Heart of Fellowship***

April 25-29, 2023

Embassy Suites Albuquerque

Face-to-face attendance only. No virtual attendance.

The World Service Business Conference Needs You!

Every year, volunteers serve the Fellowship by assisting at the WSBC.

We need volunteers from Tuesday, April 25 through Saturday, April 29 for any number of days or amount of time.

Your service can make a difference at the Conference Support Committee desk, in the business meetings as pages and timers, and other roles.

For information on volunteering for Conference, please download the [Volunteer Information](#) or [contact](#) the World Service Office at 1-505-891-2664.

## ***Join us in Celebrating the Fall with Friends, Fun & Fellowship***

**Saturday, November 5, 2022 at noon  
Flying Star on Rio Grande**

Casual lunch (or beverage) get together  
with fellow OAs.

Buy your own; separate pay available.

Indoor or outdoor seating.

Menu available at [www.flyingstarcafe.com](http://www.flyingstarcafe.com)

RSVPs not necessary.

Contact Katie C at 505-300-8922 with questions;  
texts preferred but calls are fine.

All OAs welcome! Hope to see you there.



Contact Coop  
505-363-8774

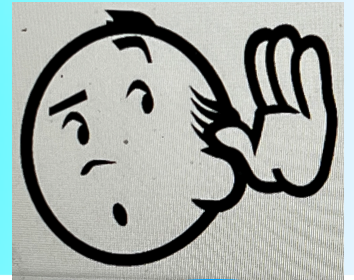
## SPOTLIGHT ON TWO LOS LUNAS ZOOM MEETINGS!

Mondays 1:30 Twelve and Twelve  
Thursdays 1:30 Lifeline

## NEW ALBUQUERQUE MEETING!

Wednesday at 6pm ZOOM  
Speaker and Big Book Meeting  
Contact: Vanessa G. (505) 507-9894

## HEARD AT A MEETING...



I had been  
missing a relationship  
with a loving, caring  
HP

I'm a quantity  
AND an emotional  
eater

What other  
people think of me  
is none of my  
business!

I was so  
scared at my  
1st OA meeting

Step 1  
is about  
emotional  
abstinence

I am  
addicted to  
the eating  
process

I ask God  
what is the next  
right thing to  
do

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



# **Congratulations to our new & continuing Trusted Servants**

2023  
Treasurer  
Mary S

Vice Chair  
Leonie W

Outreach:  
Deborah  
B

2022  
Treasurer  
Pat O

Chair  
Leslie SK

Archives:  
Amy D

IG  
Rep  
Support:  
Sandi C

PIPO:  
Jane V

Secretary  
Kathy M

12th  
Step  
Within:  
Gil G

Website:  
Taylor S

WSBC  
Delegate  
Mary C-W

## **Welcome New IG Reps**

Christi C (Mon 7),  
Sue M (Wed 6)  
Terri S (Las Cruces Sat 9:30),  
Sue C. (Sat 11)

Region 3 Rep: Open\*  
Young People's: Open\*  
Special Events: Open\*  
Newsletter: Open\*

\*To learn more about Open Positions call or email Mary S  
505-977-3445 ([broomstick2@gmail.com](mailto:broomstick2@gmail.com)) or [click here](#)

## **What happens at OA Intergroup meetings?**

Tune in to our next meeting at

**9 AM on Saturday, November 12.**

Send me ([LeslieSlowKaufman@gmail.com](mailto:LeslieSlowKaufman@gmail.com)) your email address and I'll forward you the zoom link. Join us!

**Want to learn how to design and create a newsletter?**

**Leslie is delighted to help you! If you have an apple computer, I can teach you whatever you need to know to create a colorful and informative newsletter. And it's so much fun!**

**Call or text me 505-250-9889**

## **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***

**December Newsletter Deadline: November 20, 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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