



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

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

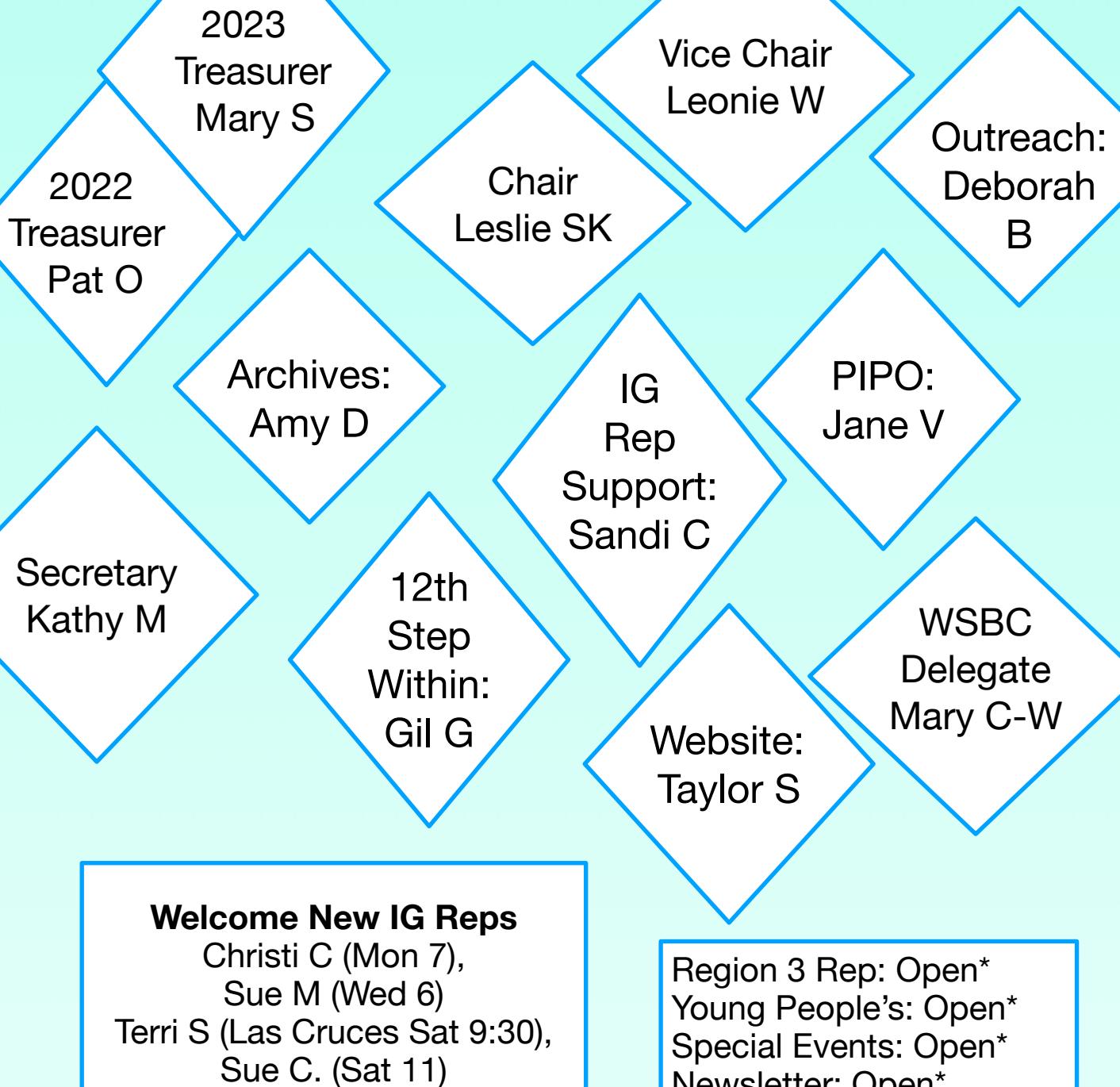
Step 1
is about
emotional
abstinence

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

Congratulations to our new & continuing Trusted Servants



*To learn more about Open Positions call or email Mary S
505-977-3445 (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) 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.

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