



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



DECEMBER 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 Twelve

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual Principle Service

Tradition Twelve

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Spiritual Principle Spirituality

12th Step Prayer

Dear God,

My spiritual awakening continues to unfold.

The help I have received I shall pass on & give to others,
both in & out of the Fellowship.

For this opportunity I am grateful.

I pray most humbly to continue walking
day by day on the road of spiritual progress.

I pray for the inner strength & wisdom to practice
the principles of this way of life in all I do & say.

I need You, my friends & the program every hour of every day.
This is a better way to live.

December 2022 Question of the Month

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

I make 7th step donations. It would seem to me that Zoom meetings don't collect as much as in person meetings.

I demonstrate my appreciation by giving back! I attend meetings. I do service—lots and lots of service. I sponsor and I serve on Intergroup.

I make phone calls!

I attend meetings, do service, and strive for abstinence

I'm a sponsor

January 2023—Question of the Month

Which OA principle do I plan to use the most?

Click on the question to answer

Integrity

Service

Hope

Responsibility

Honesty

Love

Surrender

Willingness

Courage

Awareness

Discipline

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.

**When was the last time you checked out
the CNMI website?**

**There's so much great info...
especially about upcoming OA events!**

**OA events are open to anyone
who has a desire to stop eating
compulsively.**

Newcomers are welcome!

**CHECK OUT OUR
WEBSITE
EVENT CALENDAR**



Contact: Vanessa
505-507-9894

FOCUS ON 10:30 AM SUNDAY ZOOM MEETING

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

HEARD AT A MEETING...



I
didn't want
to be me

I glance at the
past—I don't
stare at it

They
loved me until
I could love
myself

Never let
go of the
lifejacket

You need to
work all 12
steps until you
get it

Doing it by
myself is
isolating

To include something encouraging that you've heard at a 12 step meeting, email LeslieSlowKaufman@gmail.com



OVEREATERS ANONYMOUS

12TH STEP WALK FOR RECOVERY AROUND OLD TOWN

Monday, December 12, 2022 at 12 noon

**Meet at Tiguex Park 1800 Mountain Road NW
Walk at much (or as little) as you want
with fellow OA 12th Steppers**

For more info: Call or text Gil at 970-302-1218

What happens at CNMI OA Intergroup meetings?

Tune in to our next meeting at
9 AM on Saturday, December 10.

Send your email address to **cnmi@gmail.com** and
we'll forward you the zoom link. Join us!

NEW ALBUQUERQUE MEETING!

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

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

January Newsletter Deadline: December 20, 2022.

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