



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



## **FEBRUARY 2023 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. MMXXIII Issue No. 2

Central New Mexico InterGroup P.O. Box 30273; Albuquerque, NM 87190-0273

CNMI Phone Number: (505) 261-3553 E-mail: oacnmi@gmail.com

Website: oa-cnmi.org

### **Step Two**

Came to believe that a Power  
greater than ourselves could  
restore us to sanity.

### **Spiritual Principle**

Hope

### **Tradition Two**

For our group purpose there is but one  
ultimate authority—a loving God as He  
may express Himself in our group  
conscience. Our leaders are but trusted  
servants; they do not govern.

### **Spiritual Principle**

Trust

## **SECOND STEP PRAYER**

I know in my heart that only You can restore me to sanity. I  
humbly ask that You remove all twisted thought and  
addictive behavior from me this day. Heal my spirit and  
restore in me a clear mind.

## Last Month's Question of the Month

### What actions do I take to maintain and achieve abstinence?



## March 2023— -Question of the Month

[Are you a sponsor? Why? Or why not?](#)

Click on the question to answer! It's anonymous! It's easy!

# 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.

Wondering What's Going on with OA? Check out OA's Event Calendar

## [EVENT CALENDAR](#)

February 26, 2023 at 11:30 local time

### **UNITY DAY!**

A day for OA members worldwide to pause and reflect on the strength inherent in OA's unity.

**FOCUS ON**  
Monday Noon  
ZOOM MEETING





Would YOU like to make a God Box? Here's how.

[How to make a God Box](#)

## HEARD AT A MEETING...



I give up  
trying to handle  
my food and  
weight

I choose to  
live in joy

My God has  
gotten a lot  
bigger

Today I will  
not stress over  
things I cannot  
control.

A new  
beginning

If that defect  
was lifted, how  
would you behave,  
how would you  
act?

Recovery  
is a delight

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



## What's a Glossary Volunteer?

Compulsive eaters worldwide are struggling to access our Overeaters Anonymous program because of language barriers. Can you help them?

- Are you an active member of Overeaters Anonymous?
- Is English a second (or third) language for you?
- Are you willing to give service beyond the group level?

The OA Glossary is a compilation of hundreds of the most common English words and phrases used in our OA meetings and literature. These words, such as *abstinence*, *recovery*, *sponsor*, *plan of eating*, *food plan*, *Higher Power*, and *World Service Business Conference*, often have a special meaning in OA. As an OA Glossary Volunteer, you can consider the special meaning of each English word and phrase and suggest the best translation for your language.

Being a Glossary Volunteer is a great opportunity for service and recovery! Your service can accelerate the translation of all OA literature into your language and help carry the message of Overeaters Anonymous worldwide!

To become a Glossary Volunteer, contact your local or national language translation committee or your region chair or trustee and ask to join a translation or validation team. It is also helpful to read *Guidelines for Translation of OA Literature and Materials* found at [oa.org/document-library](http://oa.org/document-library) under category "Translation."

### FEBRUARY

#### 04 WINTER RETREAT

FEB

##### PASSPORT TO RECOVERY

Sponsored By: North Jersey Intergroup Region 7

Event Type: Virtual

Register By: February 3, 2023

#### 04 "WHAT DOES RECOVERY LOOK LIKE?" WORKSHOP

FEB

Sponsored By: Suburban North Intergroup

Event Type: Face-to-face

#### 05 PUBLIC INFORMATION & PROFESSIONAL OUTREACH - SOCIAL MEDIA TRAINING

FEB

Sponsored By: Virtual Region

Event Type: Virtual

#### 11 "BILL'S STORY" SPEAKER MEETING

FEB

Sponsored By: A Design for Living Virtual Intergroup

Event Type: Virtual



# Intergroup Reps!!

Do you know who the intergroup representative is for your group?

Would you like to give service as an intergroup rep?

The IG meetings are fun, succinct & informative!

For information about what an IG rep does, call Sandi C at 505-821-9175

Monday noon	Abq	?
Monday 1:30	Abq	Coop
Monday 7pm	Abq	Christi C
Tuesday 5:30	Durango	?
Wednesday noon	Las Cruces	?
Wednesday 6pm	Abq	Sue M
Thursday 1:30	Los Lunas	?
Thursday 7pm	Abq	Jimmy J
Friday 11am	Abq	?
Saturday 11am	Abq	Sue C
Sunday 10:30am	Abq	Valerie G

## What happens at CNMI OA Intergroup meetings?

Zoom in to our next meeting at **9 AM on February, 11.**

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

Join us!

## Your Intergroup is looking for candidates to fill the following positions



- World Service Business Conference Delegate
- Region Representative
- Newsletter Editor
- Special Events Committee Chair
- Young People's Committee Chair

For more information, please contact Mary S at 505-977-3445 or [broomstick2@gmail.com](mailto:broomstick2@gmail.com)

## Silent Retreat—October 20-23

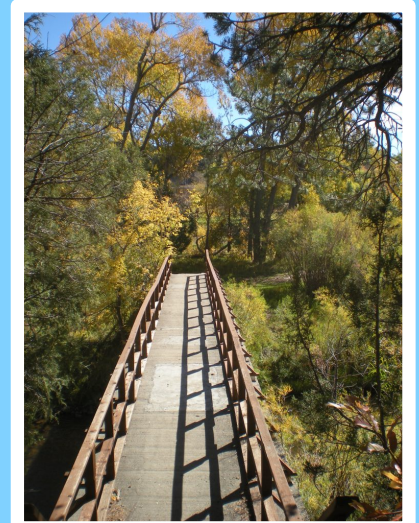
We are in the process of forming our committee to plan our Annual Silent Retreat in Pecos, NM.

Most of last year's members will continue in service and new member are welcome to join!

Planning meetings are held via Zoom and we plan to have the first one in late February.

The Chair position is still open, so please consider providing this valuable service!

For further information, please contact Mary S at 505-977-3445 or Mary Lou A at 830-279-9526.



### **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***

March Newsletter Deadline: February 24, 2023  
Please send stories or articles for the newsletter to

[leslieslowkaufman@gmail.com](mailto:leslieslowkaufman@gmail.com)