



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.**

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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?

I start my day by reading oa literature

Have a plan

Turn my will and life over to my HP

Talk to HP often

Take care of myself

Pray and meditate

Go to lots of meetings!

They're on zoom! Why not!!

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





Pat O's God Box

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

A new
beginning

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

Recovery
is a delight

Today I will
not stress over
things I cannot
control.

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

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

Silent Retreat—October 20-23

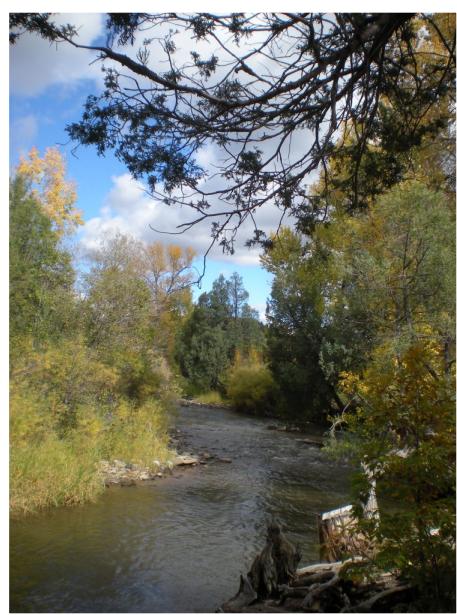
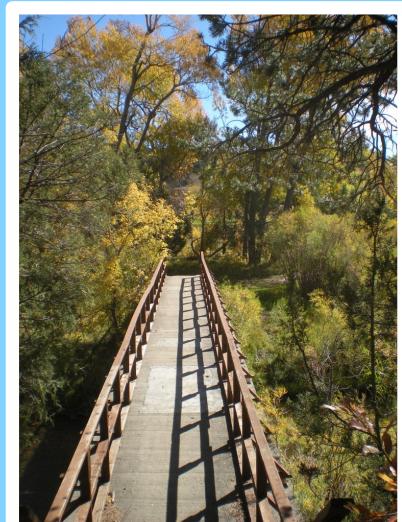
We are in the process of forming our committee to plan our Annual Silent Retreat in Pecos, NM.

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