



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



June 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 Six

Were entirely ready to have
God remove all these defects
of character.

Spiritual Principle

Willingness

Tradition Six

An OA group ought never endorse,
finance or lend the OA name to any
related facility or outside enterprise, lest
problems of money, property & prestige
divert us from our primary purpose.

Spiritual Principle

Solidarity

SIXTH STEP PRAYER

GOD, help me become willing to let go of all the
things to which I still cling. Help me to be ready to
let You remove all of these defects, that Your will
and purpose may take their place. AMEN

Last month's — Question of the Month June 2023
Do I read the Big Book? Why? Why not?

Yes....it is our original source and foundation literature of 12 step recovery.

Yes. Always want to, phrasing is in my memory forever.

Yes, I read the Big Book. Masterful explanation of the spiritual malady behind my compulsive eating.

Yes, I love reading the big book. My sponsor and I read it together every week. The stories are strong and empowering.

Question of the Month July 2023
What is there about me that is
courageous?

Click on the question — It's easy! It's Anonymous!

OA's Podcasts & Videos

Click to watch Interviews, Readings, Workshops & Meetings on a variety of topics where members share their experiences, strength & hopes to bring the 12 step program of Overeaters Anonymous to Life!!

OA Virtual June Event Calendar

June 10 Big Book Workshop

WE ARE NOT A GLUM LOT!
FINDING JOY IN THE BIG BOOK

Sponsored By:

7:30 pm Oak Park Big Book meeting #51233

Event Type Virtual

June 11 BODY ACCEPTANCE WORKSHOP

EXPLORING BODY ACCEPTANCE

Sponsored By: Philadelphia Area Intergroup

Event Type Virtual

TWO IN-PERSON MEETINGS IN ALBUQUERQUE!

Tuesday 12pm MDT

Albuquerque IN-PERSON Meeting

Steps to Recovery

STEP STUDY FORMAT

The Heights Club,

8520 Marble Avenue NE – From the intersection of Lomas and Virginia (just west of Wyoming) go north to Marble, turn right, and follow the street around the curve. Plenty of parking.

Wednesday 7:00 PM MDT

Albuquerque IN-PERSON Meeting

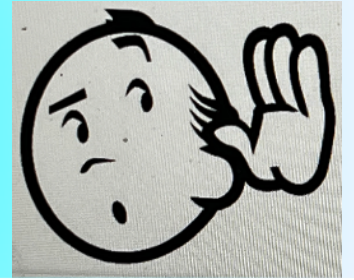
Stayed For The Sanity

ROTATING FORMAT Aspen room,

Presbyterian Kaseman Hospital 8300

Constitution Ave NE, 87110 Park in lot near ER, enter through ER and turn left through double doors. Double doors will be locked, if someone from the meeting is not there to let you in, ask someone at security to let you in.

HEARD AT A MEETING...



OA has brought me a quality of life that I've never experienced before

It's about the reason behind the weight

Keep working the steps

I can finally admit when I make mistakes

Where am I still unable or unwilling?

I was riddled with fears

Talk to at least one OA friend today

First & most importantly, I ask God for relief from my cravings

Read appropriate OA literature

Self loathing was my 1st addiction

I wasn't that bad

Do I still play the comparison game?

To include something encouraging that you've heard at a 12 step meeting, email [LESLIE](#)

Perhaps

now is the time to express my gratitude by offering what talents I have in service to OA. Organizational skills are needed at all service levels. A gift for speaking can attract many who still suffer to the program. Gentleness and understanding are qualities everyone wants in a fellow member.

For Today, May 25

CNMI continues to seek members willing to step up to service beyond the group level. Your service and your presence at our monthly meetings will be most welcome. Now is a great opportunity to become involved with only a short-term commitment. If elected now your term would run until our Annual Meeting in October when you can decide if you'd like to run for a full two-year term. Each of these positions requires 3 months of current abstinence.



- [?] Newsletter Editor – Leslie stands ready to show you how to put together an attractive, informative newsletter. No previous experience required.
- [?] Special Events Committee Chair – Use your creativity to work with fellow members to plan programs to celebrate OA's official annual observances and to organize local fellowship events.
- [?] Young People's Committee Chair – Reach out to carry the message of OA recovery to young people in the 18 - 30 age group.

The Region Representative position is open and a candidate can be elected before the CNMI annual meeting. Qualifications include one year of abstinence and one year of service, current or previous, beyond the group level. A Rep elected before the annual meeting will attend the Fall Region Assembly, October 13-15, 2023, in Houston, TX. Travel, registration, hotel and meal expenses will be paid by CNMI and Region 3.

The position of World Service Business Conference (WSBC) Delegate is covered at present by our temporary alternate but will be available for election at our Annual Meeting in October.

Your voice, vote and fresh perspective will be greatly appreciated at our virtual CNMI meetings held at 9:00 a.m. on the second Saturday of the month.

If you would like more information about these service opportunities please contact Mary S at 505-977-3445 or at broomstick2@gmail.com.

Your Intergroup Reps!!

***BECOME A REP FOR YOUR MEETING!**

Monday noon Abq	*
Monday 1:30 Los Lunas	Coop
Monday 7pm Abq	*
Tuesday noon Abq IN PERSON	Annamaria L
Tuesday 5:30 Durango	*
Wednesday noon Las Cruces	*
Wednesday 6pm Abq	Sue M
Thursday 7pm Abq	Jimmy J
Friday 11am Abq	Regina
Saturday 11am Abq	Sue C
Saturday 9:30 Las Cruces.	Terri S
Sunday 10:30am Abq	Valerie G

Do you have a situation that is
troubling you?

Can't quite find an answer?

Click on Twelve Stepping a Problem

[Twelve Stepping a Problem](#)—This writing exercise is an approach using the Twelve Steps of OA to deal with life's challenges without turning to food. Enhance your recovery by using this document individually or as the focus of a workshop.

2023 OA Silent Retreat

Sponsored by Overeaters Anonymous
Central New Mexico Intergroup
More Will Be Revealed

Join us for a weekend of contemplation
and shared experiences
among the quiet and the beauty.
The weekend will include a shared
24hr Silent Period
October 20 – 22, 2023
Pecos, NM
Our Lady of Guadalupe Abbey,
Pecos Benedictine Monastery
[TO REGISTER CLICK HERE](#)

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

July Newsletter Deadline: June 22, 2023
Please send stories or articles for the newsletter to
leslieslowkaufman@gmail.com