



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

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

Website: [oa-cnmi.org](http://oa-cnmi.org)

### **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

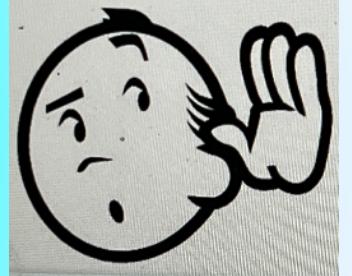
STEP STUDY FORMAT  
The Heights Club,  
8520 Marble Avenue NE – From the  
intersection of Lomas and Virginia (just  
west of Wyoming) go north to Marble,  
turn right, and follow the street around the  
curve. Plenty of parking.

- 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](mailto: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](mailto:broomstick2@gmail.com).

# Your Intergroup Reps!!

## \*BECOME A REP FOR YOUR MEETING!

Monday noon Abq  
Monday 1:30 Los Lunas  
Monday 7pm Abq

\*  
Coop  
\*

Tuesday noon Abq IN PERSON  
Tuesday 5:30 Durango

Annamaria L  
\*

Wednesday noon Las Cruces  
Wednesday 6pm Abq

\*  
Sue M

Thursday 7pm Abq

Jimmy J

Friday 11am Abq  
Saturday 11am Abq  
Saturday 9:30 Las Cruces.  
Sunday 10:30am Abq

Regina  
Sue C  
Terri S  
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](mailto:leslieslowkaufman@gmail.com)