



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



March 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. 3

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 Three

Made a decision to turn our will
and our lives over to the care of
God as we *understood* Him.

Spiritual Principle

Faith

Tradition Three

The only requirement for OA
membership is a desire to stop
eating compulsively.

Spiritual Principle

Identity

THIRD STEP PRAYER

God I offer myself to Thee, to build with me and to do with
me as Thou wilt. Relieve me of the bondage of self, that I
may better do Thy will. Take away my difficulties, that
victory over them may bear witness to those I would help of
Thy power, Thy love and Thy way of Life.
May I do Thy will always.

Last Month's Question of the Month—answers to Are You a Sponsor? Why? Or Why Not?

Yes I am a sponsor. I currently sponsor one woman. I haven't taken on any new sponsees recently because I feel overwhelmed by my work schedule.

I am not able to maintain any length of abstinence; I do not feel qualified or capable to sponsor. I would surely drive any sponsee back to loading on the carbs and weight in no time flat.

BR

I am not currently a sponsor, but I have been in the past. My recovery is evolving into more programs in addition to OA, and I wonder if this has affected my attractiveness to potential sponsees.

I think sponsorship is SO important!

Not yet my sponsor says I'm not ready yet

I sponsor two OA members and offer to answer questions for others. Helping others helps me.

Yes, I am a sponsor but only in other 12-Step fellowships in the Steps, not sponsoring in OA. I don't feel I have solid recovery in OA yet. I gained improvement in OA through working the Steps but improvement is not freedom. So, I'm still a work in process.

RM, NM

Yes; I follow the BB suggestions in the first 2 paragraphs of Chapter 7; Working With Others.

Sponsoring keeps my program fresh and vital; it reminds me where I've been and how much I've been changed. It's a privilege to have the opportunity to witness another compulsive eater's transformation! Sue

Yes, because she still calls

I travel frequently, often internationally, so my travel schedule makes it difficult to be available on a regular basis. Also, I want to complete the Steps before sponsoring. I'm almost finished with Step 7. Checking into being a Temporary Sponsor. I do other service, just don't sponsor - yet.

March 2023 – Question of the Month

Have I been a people pleaser? Have I been afraid to say no to others? In what way has this harmed me?

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.

After two pandemic years of virtual, the OA World Service Business Conference (WSBC) will once again be held in person!

WSBC is the annual meeting of our fellowship, and delegates come from all over the world to do the business of OA. It is a fabulous opportunity for New Mexico members to meet our fellows from across the globe and to be of service. Please [read about the various volunteer jobs](#), and the times (shifts) when volunteers will be needed.

Volunteer slots are already starting to fill up, so please contact [Kathy M](#) and let her know what job you are interested in and what days and times you are available. You are most welcome to request more than one job and more than one time slot.

As an added bonus, there are regular OA meetings at least three times a day during the week of conference. Everyone is welcome, and it is inspiring to attend these meetings and share recovery with our fellows from all over North America and other continents.

Click for the [overall conference schedule](#) which includes the regular OA meeting days and times.

We are so fortunate to host this event here in Albuquerque, and we encourage everyone to take advantage of the opportunities for recovery it affords!

Wondering what OA events you can attend?

March events range from:

Body Image and the Gift of Self-Acceptance to Big Book Workshop (the Big Book path to your wildest dreams!).

Click [EVENT CALENDAR](#) to check out March's fabulous events.

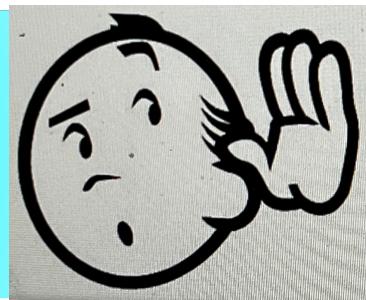


IN PERSON MEETING

FOCUS ON

Steps to Recovery
meeting Tuesdays from
noon to 1pm at The
Heights Club, 8520
Marble Ave,
Albuquerque

HEARD AT A MEETING...



On the train
of relapse, the
food is the
caboose

Take time to
volunteer

I am not a
victim today.

The
disease
never goes
away

Be not
afraid of
life.

Food is not a
solution — it'll
never be a solution

Change is
hard!!

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

OA's Podcasts & Videos

Click above 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!!

Did you hear the News!

Hey did you hear what the Las Cruces OA Fellowship is doing?

No what?

The Fellowship is having a 4 hour Workshop on Back to Basics!

Oh tell me more

Well it's about Abstinence and Gratitude . A guest speaker will open the workshop with the subject being Abstinence, then a writing exercise on the subjects followed by the other speaker on Gratitude ending with a Q & A.

WOW! That's what I need ,
When is the workshop scheduled?

March 18, 2023, at Saint James Episcopal Church,
102 St. James Ave., Las Cruces, NM

Nice, I'm going

So am I!

Click here to register



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

What happens at CNMI OA Intergroup meetings?

Zoom in to our next meeting at **9 AM on March 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
- 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 20-22, 2023 — Pecos, New Mexico

Join the committee to plan our Annual Silent Retreat in Pecos, NM.

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

Planning meetings are held via Zoom and we welcome new members.

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: March 24, 2023
Please send stories or articles for the newsletter to
leslieslowkaufman@gmail.com