



## OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

*Help for Compulsive Eaters, Bulimics and Anorexics*



# May 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

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

### **Step Five**

Admitted to God, to ourselves,  
and to another human being  
the exact nature of our  
wrongs.

### **Spiritual Principle**

Integrity

### **Tradition Five**

Each group has but one primary  
purpose—to carry its message to  
the compulsive overeater who still  
suffers.

### **Spiritual Principle**

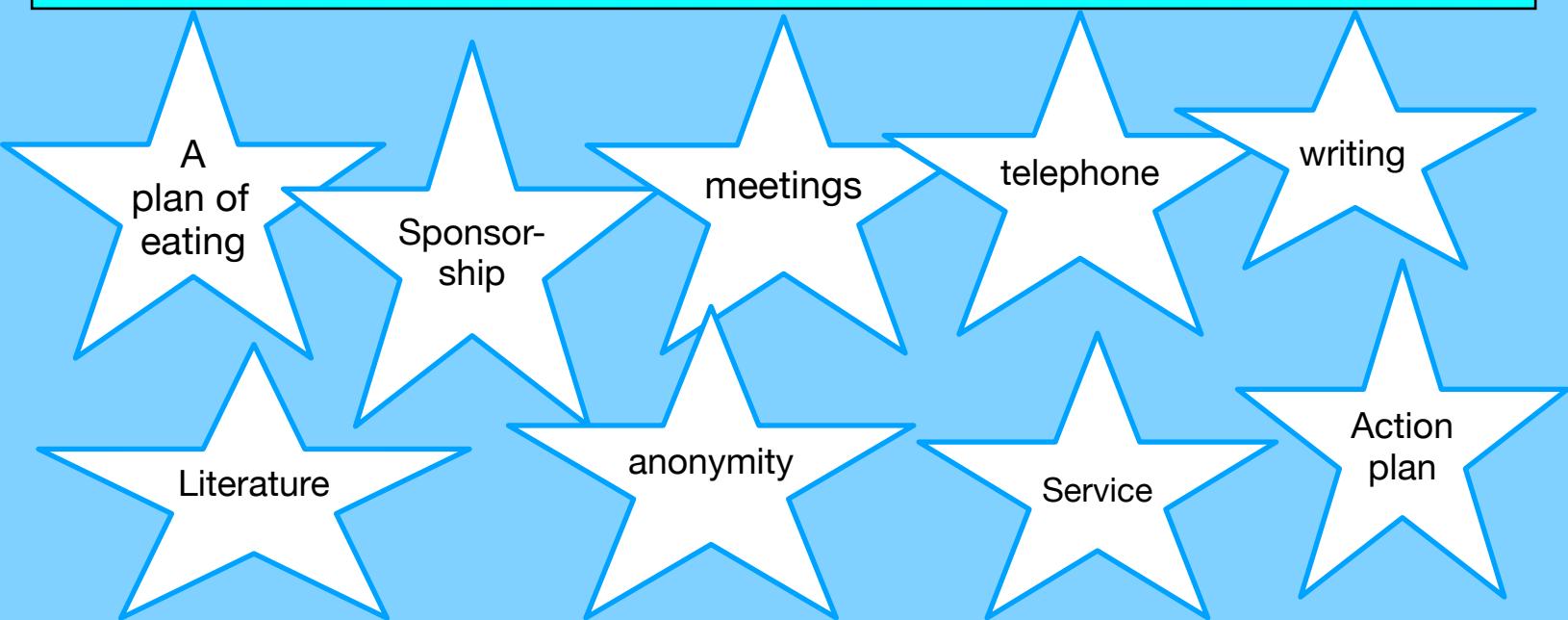
Purpose

## **FIFTH STEP PRAYER**

Almighty God, my inventory has shown me who I am, I  
admit to my wrongs, yet I ask for Your help in admitting  
my wrongs to another person and to You. Assure me, and  
be with me, in this step, for without this step I cannot  
progress in my recovery. With Your help, I can do this.  
Amen.

## Last month's – Question of the Month May 2023

What tools do I regularly use?



## Question of the Month June 2023

**Do I read the Big Book?**

**Why? Or why not?**

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



**IN PERSON!!!**

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

**Many thanks**

to all the local OA members who generously gave their time to serve as volunteers at the 2023 World Service Business Conference. I

hope you enjoyed this service. The delegates, board of trustees and World Service Office staff very much appreciate the support provided by you.

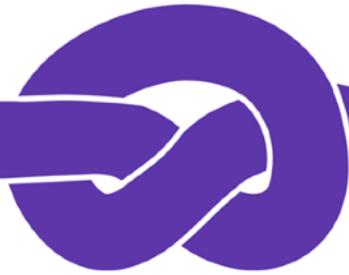
# OA Virtual May Events

## ROCKING

presented by Overeaters Anonymous  
Ocean and Bay Intergroup

## ROLLING

## RELAPSE !?@#%\$&!



**How to avoid! How to get back on track!**

**Three relapse survivors** will share their experience strength & hope!

**WHEN:** **Wednesday, May 3,**  
at 6:30 PM to 8:30 PM EDT  
Room will remain open until 9 PM  
for additional fellowship

**ZOOM INFO:** <https://zoom.us/j/84747457308> **MEETING ID:** 847 4745 7308  
**PASSCODE:** 796200

**QUESTIONS:** Margie  
304-615-4336 (calls or text),  
email: mom1925j@gmail.com

## CAME TO BELIEVE & SPIRITUALITY: 3 SPIRITUAL JOURNEYS

**Saturday, May 6, 2023 | 10am - 11:30am PST**

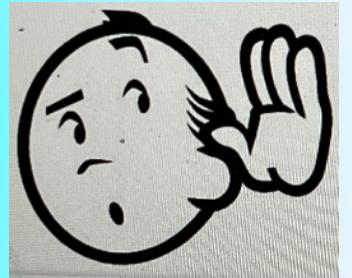
3 speakers sharing their experience, strength and hope on their spiritual path in OA

There will be a breakout room option for general sharing, and fellowship after the event in the Zoom room.

See [oasf.org/events](http://oasf.org/events) for event information



# HEARD AT A MEETING...



If someone else did this, would I make the same excuse?

For Today March 27

My greatest fear is that everyone would realize what a failure I was.

God got my attention by giving me my pre-abstinence body.

It amazes me that I'm not alone.

You've got to ask for help! You can't do it on your own.

I cherish my abstinence.

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

## 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!!

CNMI continues to seek members willing to step up to service beyond the group level.

Your service and your presence in our monthly meetings would be most welcome, and now is a great opportunity to become involved with only a short-term commitment.

Each of these Committee Level jobs requires three months of current abstinence.



**Newsletter Editor** – Not sure this job is for you? Are you a Mac user? Leslie stands ready to show you how she puts together an attractive, informative newsletter. Time commitment only 1-2 hours per month. No previous experience is required.



**Special Events Committee Chair** – Use your creativity to work with fellow members to plan programs to celebrate OA's official annual observances including Sponsorship Day which is coming up in August. Bring the same skills to organize local fellowship events—walks, lunches, picnics, you name it!

**Young People's Committee Chair** – Reach out to carry the message of OA recovery to young people in the 18 - 30 age group. Are you a younger member of OA? Do you enjoy working with young people? Did you come to OA as a young person yourself even if it was years ago?

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 meeting 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, at least in part, by CNMI and Region 3.

Finally, your voice and fresh perspective will be greatly appreciated at our virtual CNMI meetings held at 9 am on the second Saturday of the month. For more information about these 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

Hosted by Overeaters Anonymous - Central New Mexico Intergroup

## More will be Revealed...

October 20th - 22nd

Our Lady of Guadalupe Abbey, Pecos Benedictine Monastery  
Pecos, NM

### Mark your calendars and plan to join us

Online Registration and Requests for Scholarships  
will be available soon.

An invitation and link to Register will be emailed  
directly to you and posted on the [oa-cnmi.org](http://oa-cnmi.org) webpage.

Contact Information  
[cnmireteat@gmail.com](mailto:cnmireteat@gmail.com)  
Vanessa G. (505) 507-9894  
Mary Lou A. (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

June Newsletter Deadline: May 23, 2023  
Please send stories or articles for the newsletter to  
[leslieslowkaufman@gmail.com](mailto:leslieslowkaufman@gmail.com)