



## OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

*Help for Compulsive Eaters, Bulimics and Anorexics*



# April 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 Four**

Made a searching and  
fearless moral inventory of  
ourselves.

### **Spiritual Principle**

Courage

### **Tradition Four**

Each group should be autonomous  
except in matters affecting other  
groups or OA as a whole.

### **Spiritual Principle**

Autonomy

## **FOURTH STEP PRAYER**

God, Please help me to be free of anger and to see that the world  
and its people have dominated me. Show me that the wrong-  
doing of others, fancied or real, has the power to actually kill me.  
Help me to master my resentments by understanding that the  
people who wrong me were perhaps spiritually sick. Please help  
me show those I resent the same Tolerance, Pity and Patience that  
I would cheerfully grant a sick friend.

## Last month's (March) question

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

March's question was answered only by one person who wrote:  
“No, no, I’m not a people-pleaser.”

### ***How Do We Avoid Being People Pleasers?***

Here are some suggestions:

- Practice saying no in a gentle way which is honest but firm.
- Guard your own time, and do not overcommit to plans, responsibilities or projects.
- If you find yourself overcommitted, ask for help from others.
- Limit your stress by limiting your commitments.
- Learn how to advocate for your own needs (For example: Don’t say you are fine, if you are not.)
- Find time for yourself so that you do not become frustrated.
- Accept that it is ok to disagree with others, doing so without anger but voicing your own opinion.
- Do not go along with what others want just to avoid creating friction.
- Remember no one is nice, cheerful and friendly all of the time.
- Do not try to be wonderful all the time.
- Learn to recognize your own wants and needs, as well as those of others.
- If you feel that someone is taking advantage of you, find a way to confront them to avoid holding a resentment.
- Place People Pleasing on your character defect list and pray for guidance from your HP to remove this trait.

Organized by Coop

## May 2023 – Question of the Month

**What tools do I regularly use?**

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.

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. Volunteers are needed throughout conference week to support the delegates in various ways. There are no abstinence requirements for volunteers. 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! And it's a blast! If you haven't done this before, fear not! Training will be provided!

To read about WSBC service before you commit, [click here](#).

Fill out the survey to select your service opportunities, though you may not be assigned every job for which you volunteer. [WSBC VOLUNTEER SIGN-UP](#) to indicate your interest and availability to fill open shifts. Volunteer job descriptions are included in the survey. Kathy M, Volunteer Coordinator, will contact you to let you know which shifts you are assigned and with instructions about where to check in.

Please contact [Kathy M](#) and let her know what job you are interested in and what days and times you are available. Join us to meet with OA'ers from all over the world!

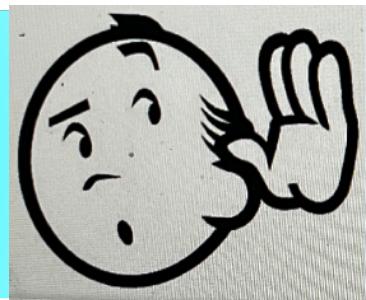


# IN PERSON MEETING!!

## FOCUS ON

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

## HEARD AT A MEETING....



Don't waste  
energy trying to  
be right

Relapse  
snuck up on  
me!

We're all here  
because we're not all  
there!

Being useful is  
not the same as  
fixing things.

Who would you  
be without your  
resentments?

Who would  
you be without  
your anger?

To include something encouraging that you've heard at a  
12 step meeting, email [LeslieSlowKaufman@gmail.com](mailto:LeslieSlowKaufman@gmail.com)



Your Intergroup is still seeking candidates to fill the following positions. Three months of current abstinence is required.



**Newsletter Editor** – Not sure this job is for you? Are you a Mac user? Apprentice with Leslie to learn how to put together an attractive, informative newsletter before committing.

**Special Events Committee Chair** – Use your creativity to work with fellow members to plan programs to celebrate OA's official annual observances and to sponsor 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 positions of World Service Business Conference Delegate and Region Rep are currently filled by temporary alternates.

Our alternate **World Service Business Conference Delegate**, Leonie W, will represent us at the WSBC April 25 – 29. The position will then be open for election for a full two-year term beginning in 2024. This position requires one year of abstinence and two years of service beyond the group level, now or in the past.

Our **alternate Region Rep**, Sue M, has attended the Spring Region 3 Assembly. The position is open for someone to run for a full two-year term beginning with the Fall Assembly in Houston, October 13 – 15. This position requires one year of abstinence and one year of service beyond the group level, now or in the past. As an extra bonus free travel is provided courtesy of CNMI and Region 3.

Finally, 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).

# 2023 OA Silent Retreat

Hosted by Overeaters Anonymous - Central New Mexico Intergroup

## More will be Revealed...

October 20th - 22nd

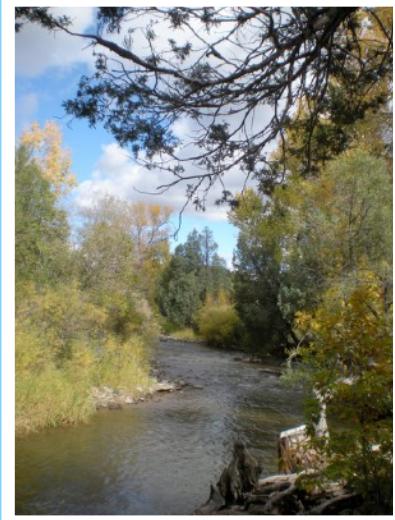
Our Lady of Guadalupe Abbey, Pecos Benedictine Monastery  
Pecos, NM

## 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



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.

For further information,  
please contact  
Vanessa 505-507-9894  
or Mary Lou A  
830-279-9526.

# Intergroup Reps!!

Monday noon Abq	?
Monday 1:30 Los Lunas	Coop
Monday 7pm Abq	?
Tuesday noon Abq	Annamaria L IN PERSON
Tuesday 5:30 Durango.	?
Wednesday noon Las Cruces	Terri S
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
Sunday 10:30am Abq	Valerie G

## 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!!

**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

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