



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



JANUARY 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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Website: oa-cnmi.org

Step One

We admitted we were powerless
over food — that our lives had
become unmanageable

Spiritual Principle

Honesty

Tradition One

Our common welfare should
come first; personal recovery
depends upon OA unity

Spiritual Principle

Unity

FIRST STEP PRAYER

I admit that I am powerless over food.

I admit that my life is unmanageable when I try to control it.
The true meaning of powerlessness. Remove from me all
denial of my addiction.

January 2023 Question of the Month

Which OA principle do I plan to use the most?

Honesty starting with myself with HP help and then with others

Integrity

Love

Willingness as a reminder that through all the extra temptations during the holidays if I remain willing to work my program I'll have good chance to remain abstinent.

Hope

Responsibility

Service

Surrender—when I turn things over to my HP, I feel a relief. That's when I find the peace to follow my program.

Spiritual Awakening

Discipline

Courage

February 2023—Question of the Month

What actions do I take to maintain and achieve abstinence?

Click on the question to answer! 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. No virtual attendance.

The World Service Business Conference Needs You!

Every year, volunteers serve the Fellowship by assisting at the WSBC.

We need volunteers from Tuesday, April 25 through Saturday, April 29 for any number of days or amount of time.

Your service can make a difference at the Conference Support Committee desk, in the business meetings as pages and timers, and other roles.

For information on volunteering for Conference, please download the [Volunteer Information](#) or [contact](#) the World Service Office at 1-505-891-2664.

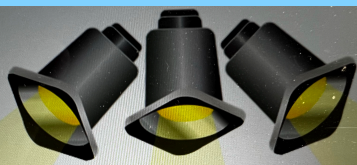
**When was the last time you checked out
the CNMI website?**

**There's so much great info...
especially about upcoming OA events!**

**OA events are open to anyone
who has a desire to stop eating
compulsively.**

Newcomers are welcome!

**CHECK OUT OUR
WEBSITE
[EVENT CALENDAR](#)**



Contact: Mary S.
505-977-3445

FOCUS ON 7PM Monday Newcomers ZOOM MEETING

Want to learn how to design and create a newsletter?
Leslie is delighted to help you! If you have an
apple computer, I can teach you whatever you need to
know to create a colorful and informative newsletter.

And it's so much fun!
Call or text 505-250-9889

HEARD AT A MEETING...



I have every
confidence I'll
be welcome at a
meeting

Advice from
a failure

Please help
me avoid
distractions

The OA
program is not
about weight

We get a life!

The
message is—
hang in!

Slogans help

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

Back in the day, we talked a lot about God Boxes. We decorated them and made them attractive. We would write something we wanted to turn over to our Higher Power and put it in the box. Do you still have your God Box?



Do you
have a God
Box?

[How to make a God Box](#)

Send [Leslie](#) a picture of your God Box and we'll post it in the February newsletter. Won't that be cool?

What happens at CNMI OA Intergroup meetings?

Tune in to our next meeting at **9 AM on Saturday, January 14.**

Send your email address to **cnmi@gmail.com** and we'll forward the zoom link. Join us!

NEW ALBUQUERQUE MEETING!

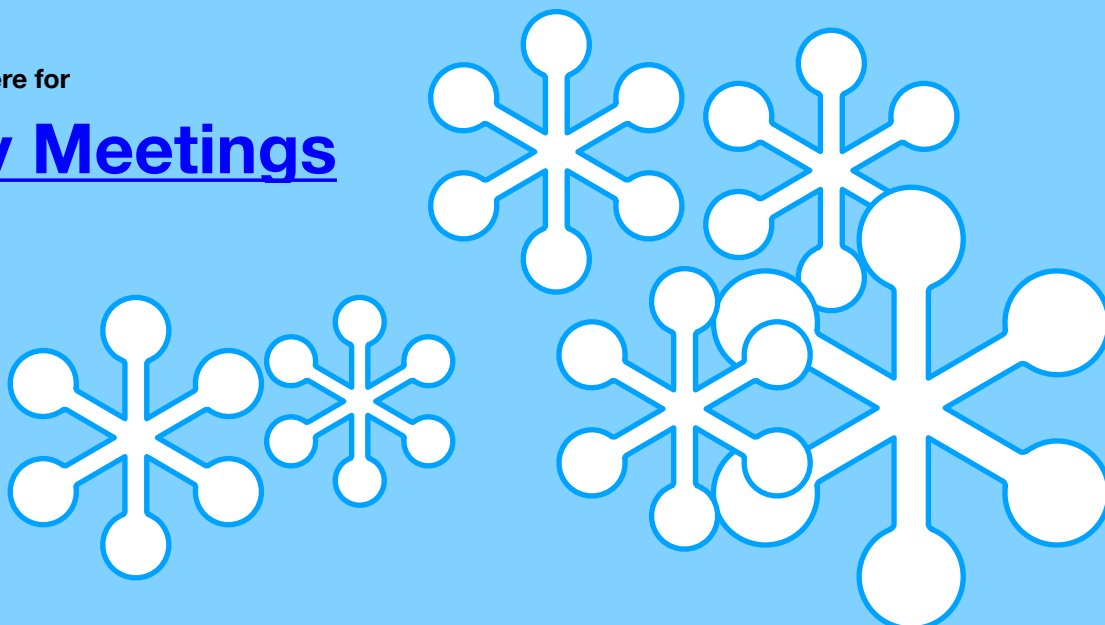
Wednesday at 6pm ZOOM

Speaker and Big Book Meeting

Contact: Vanessa G. (505) 507-9894

Click here for

[Holiday Meetings](#)



THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

THE 63RD ANNUAL OA BIRTHDAY PARTY

Age of Miracles

63rd OA Birthday January 13-15, 2023!

Here is the link to the in-person Birthday Party in Los Angeles!

<https://www.oalaig.org/oa-birthday-party/>

Other intergroups are planning celebrations that weekend. Watch the [oa.org](https://www.oa.org) Event Calendar.

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

February Newsletter Deadline: January 20, 2023

Please e-mail news, announcements, and recovery stories to cnmi@gmail.com.