



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



July 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. 7

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 Seven

Humbly asked Him to
remove our
shortcomings

Spiritual Principle

Humility

Tradition Seven

Every OA group ought to be
fully self-supporting, declining
outside contributions

Spiritual Principle

Responsibility

SEVENTH STEP PRAYER

I am now willing that You should have all of me, good and bad.
I pray that You now remove from me every single defect of character
which stands in the way of my usefulness to You and my fellows.

Grant me strength, as I go out from here, to do Your bidding.

Amen

Last month's — Question of the Month July 2023

What is there about me that is courageous?

Sorry OA Friends! Due to repeated lack of response, "Question of the Month" will no longer be offered.

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!!

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.

OA Virtual Events

July 2023

July 22

SPONSORSHIP WORKSHOP on SPONSORSHIP SATURDAY

Sponsored By: Tuesday Noon Sacramento OA Meeting (#36145)

Event Type Virtual

Sign up here: [Sponsorship Workshop](#)

July 22

RESTRICTING, BULIMIA, AND ANOREXIA RECOVERY WORKSHOP

UNDEREATING IN OA: RESTRICTING, BULIMIA, AND ANOREXIA

Sponsored By: San Francisco Intergroup of OA

Event Type. Virtual

Sign up here: [Restricting, Bulimia, and Anorexia Recovery](#)

July 23

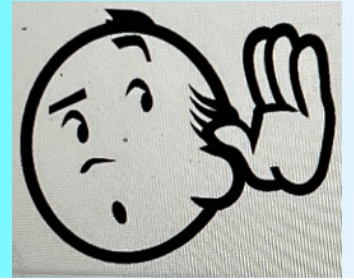
LIGHTEN UP! LET GO! LAUGH! WORKSHOP

WE ARE NOT A GLUM LOT!

Event Type Virtual

Sign up here: [Lighten Up!](#)

HEARD AT A MEETING...



I'm here for
the kindness

I forgot to ask
for help

Happy Joyous
& Free

I have a
freedom—I
don't have to
eat!

I already have
the gift

I woke up
abstinent!!

What
actions am I
going to do to
keep my
abstinence going
TODAY

What do I do
when the food
calls my name?

Feelings are
not facts

Feelings are
not final!

Do you have a case of
the RIDS? (Restless,
irritable, discontent)

To include something encouraging that you've heard at a 12 step meeting, email [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



If you've been watching this space in recent newsletters, you know that CNMI will hold elections at our Annual Meeting in October to fill a number of vacant and coming-vacant positions. We hope to attract members new to service at the intergroup level to bring their talents to these positions and fresh perspectives to our monthly meetings.

Please give these service opportunities your prayerful consideration and encourage your sponsees to think about stepping up to CNMI service.

These three positions are presently vacant and can be filled temporarily before October if candidates would like to test the waters before committing to a full two-year term:

- **Newsletter Editor** – Leslie stands ready to show you how she puts together an attractive, informative newsletter. 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 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.

We are seeking a candidate or candidates for the critical position of **Electronic Communications Coordinator (ECC)** which will also be available for election at the Annual Meeting. This individual manages the CNMI website, maintains the CNMI meeting list, and handles all electronic communications with CNMI members including distribution of meeting lists, newsletters, and other announcements. Anyone who is interested in this position is welcome to contact the current incumbent, Taylor S, at oacnmi@gmail.com for more information.

An election will also be held for the **Public Information/Professional Outreach (PI/PO) Committee Chair**, who works with their committee to provide outreach to carry the message of OA to individuals and professional organizations.

Each of these positions requires three months of current abstinence.

The **Region Representative** and **World Service Business Conference (WSBC) Delegate** positions are presently vacant and open for election. The Region Rep position requires one year of abstinence and one year of service beyond the group level, now or in the past, and the WSBC Delegate position requires one year of abstinence and two years of service beyond the group level, now or in the past. Please see the position descriptions at <https://oa-cnmi.org/service-opportunities/> for more information.

Yours in Service, Mary S, Nominating Committee Chair 505-977-3445

Your Intergroup Reps!!

***BECOME A REP FOR YOUR MEETING!**

Monday noon Abq	*
Monday 1:30 Los Lunas	Coop
Monday 7pm Abq	*
Tuesday noon Abq IN PERSON	Annamaria L
Tuesday 5:30 Durango	*
Wednesday noon Las Cruces	*
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 S
Sunday 10:30am Abq	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 on your own or as the focus of a workshop.

Spots are filling fast!!
SILENT RETREAT
SIGNUP



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

August Newsletter Deadline: July 23, 2023
Please send stories or articles for the newsletter to
leslieslowkaufman@gmail.com