



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



AUGUST 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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Step Eight

Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual Principle
Self-Discipline

Tradition Eight

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Spiritual Principle
Fellowship

EIGHTH STEP PRAYER

Higher Power,

I ask Your help in making my list of all those I have harmed.

I will take responsibility for my mistakes &

Be forgiving to others as You are forgiving to me.

Grant me the willingness to begin my restitution.

This I pray.

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.

UPCOMING OA VIRTUAL EVENTS

[Click here for more information](#)

Saturday, September 9th, 2023

One Day Virtual Convention – 8 AM to 4 PM CT/9 AM to 5 PM ET

STEPPING INTO THE



Hosted By

Members of Region 5

Via Zoom, Zoom links will be sent
the day prior to the Convention.

What Is Cross Talk?

Reprinted from Lifeline, Ask-It Basket, August 1999

Q: What is cross talk? Are all responses and comments to another person at a meeting cross talk? Is thanking someone for something he or she shared cross talk? Or is it cross talk only if the comments are negative?

A: OA literature does not specifically define cross talk. The Suggested Meeting Format states: "As you share your experience and strength in OA, please also share your hope. Please confine your sharing to your experience with the disease of compulsive eating, the solution offered by OA and your own recovery from the disease, rather than just the events of the day or week. If you are having difficulties, share how you use the program to deal with them. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting."

Discouraging cross talk provides the freedom in OA to say what is difficult to express elsewhere. Shares not focusing on your own experience may constitute cross talk, including comments in support of or opinions in response to another person's share. Such responses are not sharing your experience; they are offering your view of others in the room.

However, members do frequently share situations or describe feelings common to the group. Members want to hear about others' recovery, to see how others have dealt with similar situations and to know that they are not alone. Your intentions and tone determine whether responding to another's situation is the best way to share your experience, strength and hope. Clearly this is a gray area, and since you never know how others will interpret your remarks, sometimes it is best not to comment. It is especially difficult not to respond immediately to a member in pain. A loving hug, a pat on the shoulder or a talk with the person after the meeting is the best expression of support.

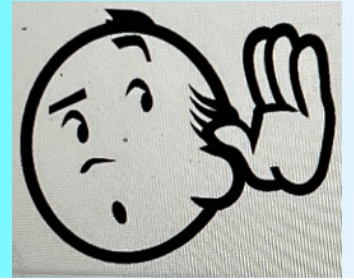
Interrupting is also considered cross talk. Interruptions may disrupt the meeting and deny the speaker adequate opportunity to share. To prevent this, many groups ask members to raise their hands for recognition before sharing. If cross talk troubles your group, request a steering committee meeting to discuss the problem. Consider each member's personal definition of cross talk. Ultimately, the group's consensus on what constitutes cross talk in its meeting should apply.

-- Members of the Board of Trustees provide answers to these questions

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!!

HEARD AT A MEETING...



The disease
never goes away

Recovery is a
delight!

I'm not a
victim today

Be not afraid of
life

I found love &
fellowship with
people in this
fellowship

I don't know
what I'd do
without my
sponsor

Slogans really
help

Change is
hard

Take
time to
volunteer

The message is
hang on!

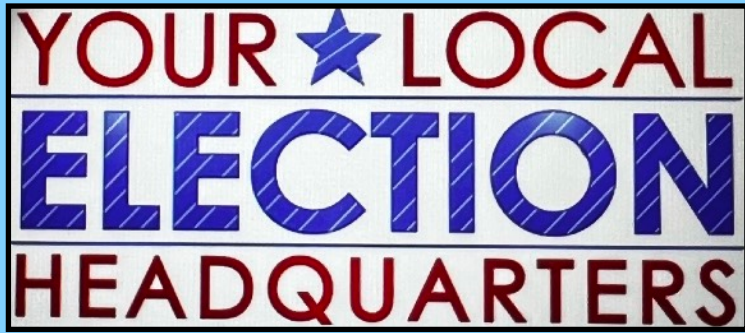
To include something encouraging that you've heard at a 12 step meeting, email [LESLIE](#)

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

CNMI ELECTIONS ANNOUNCEMENT



This is the first of two official announcements of CNMI elections to take place at our Annual Meeting on October 14, 2023. There will also be a special election at the upcoming August meeting for a Region Representative to attend the Region 3 Assembly in Houston, TX, also to be held on October 14.

Each of these positions is available for a two-year term except for the World Service Business Conference (WSBC)

Delegate who will complete an unexpired term ending in 2024, and the Region Representative who will serve a term to fill a long-standing vacancy beginning with the Fall Assembly in October and expiring after the two assemblies in 2024. We have candidates for the positions indicated by an asterisk, although other nominations, including self-nominations, may be made prior to the Annual Meeting or from the floor. Candidates must be present at the Annual Meeting or have submitted a written statement of qualifications and interest in the position.

These positions require six months of abstinence:

- Vice Chair*
- Treasurer*

These positions require three months of abstinence:

- Electronic Communications Coordinator (ECC)
- Intergroup Representative Support*
- Newsletter
- OA Young People's
- Public Information/Professional Outreach (PI/PO)*
- Special Events*

This position requires one year of abstinence and two years of service beyond the group level, currently or in the past:

- WSBC Delegate*

This position requires one year of abstinence and one year of service beyond the group level, currently or the past:

- Region Representative

How You Can Help

With two months remaining until the elections we hope to add more stars (*) to the list above. Please give prayerful consideration to running for one of these positions, and Sponsors are asked to encourage abstinent sponsees to step up to service at the Intergroup level. Of particular concern is the ECC position, which is responsible for maintaining our website and managing internal communications for the intergroup.

For more information or to volunteer to run for any of these positions please contact one of the members of the Nominating Committee: Deborah B, 505-604-3253; Valerie G, 505-414-3981; Mary S, 505-977-3445

Respectfully Submitted,
Mary S, Nominating Committee Chair

Your Intergroup Reps!!

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

Monday noon Abq	*
Monday 1:30 Los Lunas	Coop
Monday 7pm Abq	Maggie K.
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.

RESERVE YOUR SPOT NOW

[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

September Newsletter Deadline: August 23, 2023
Please send stories or articles for the newsletter to

leslieslowkaufman@gmail.com