



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



SEPTEMBER 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. 9

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 Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others

Spiritual Principle

Love

Tradition Nine

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle

Structure

NINTH STEP PRAYER

Higher Power, I pray for the right attitude to make my amends,
Being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends
By staying abstinent, helping others &
Growing in spiritual progress.

NEW!

TWO CLOSED CAPTIONED ZOOM MEETINGS!

MEETINGS NOT RECORDED

SATURDAYS @ 11AM AND MONDAYS @ 7PM

IN PERSON MEETINGS!!!

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 PROMISES

Hosted By
Members of Region 5
Via Zoom, Zoom links will be sent the day prior to the Convention.

Are you interested in what happened at the World Service Business Conference? Learn all about it! Click below!

[World Service Business Conference 2023 Final Conference Report](#)

ONLY ONE MORE!!!!

Sorry OA friends, but this is my second to last newsletter as Acting Editor. It's been an enjoyable 19 months but it's time for me to devote my attention to the job as CNMI Chair.
Would you like to "try out" the role as Editor? It's pretty easy and I would be around to help.
Call me for more info at 505-250-9889.
It's been fun!
Leslie



July 11, 2023

What Is an Outside Issue: Are We Being Open-Minded in Our Meetings?

Beloved Members, Groups, and Service Bodies of Overeaters Anonymous,

We all come from different backgrounds and experiences. The OA program is for everyone with a desire to stop eating compulsively. We are meant to be inclusive and welcoming to all.

A subcommittee of the Unity with Diversity Conference Committee has been in contact with some members of specific-focus groups, including BIPOC, LGBTQIA+, and Health Issues, and has found that, despite all previous statements on inclusivity, there are still members who don't feel safe or included. The subcommittee was distressed to hear that some OA members, when sharing their life realities, were told that their life experiences were considered outside issues and were shut down.

How will we ensure that everyone is included?

The Unity with Diversity Committee's primary concern is that *all* OA members, in *all* meetings, feel safe while sharing their experience, strength, and hope and are not told that their share is an outside issue. Everyone needs to be able to share at meetings about factors in their lives that could cause them to act out with food.

The Unity with Diversity Committee is discouraged that efforts to date have not brought about sufficient change.

It is an urgent matter that people are not silenced at OA meetings. Action is required from the Board of Trustees and the whole Fellowship to create a safe space for all to share.

Respectfully,

OA Board of Trustees and Unity with Diversity Conference Committee

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!!

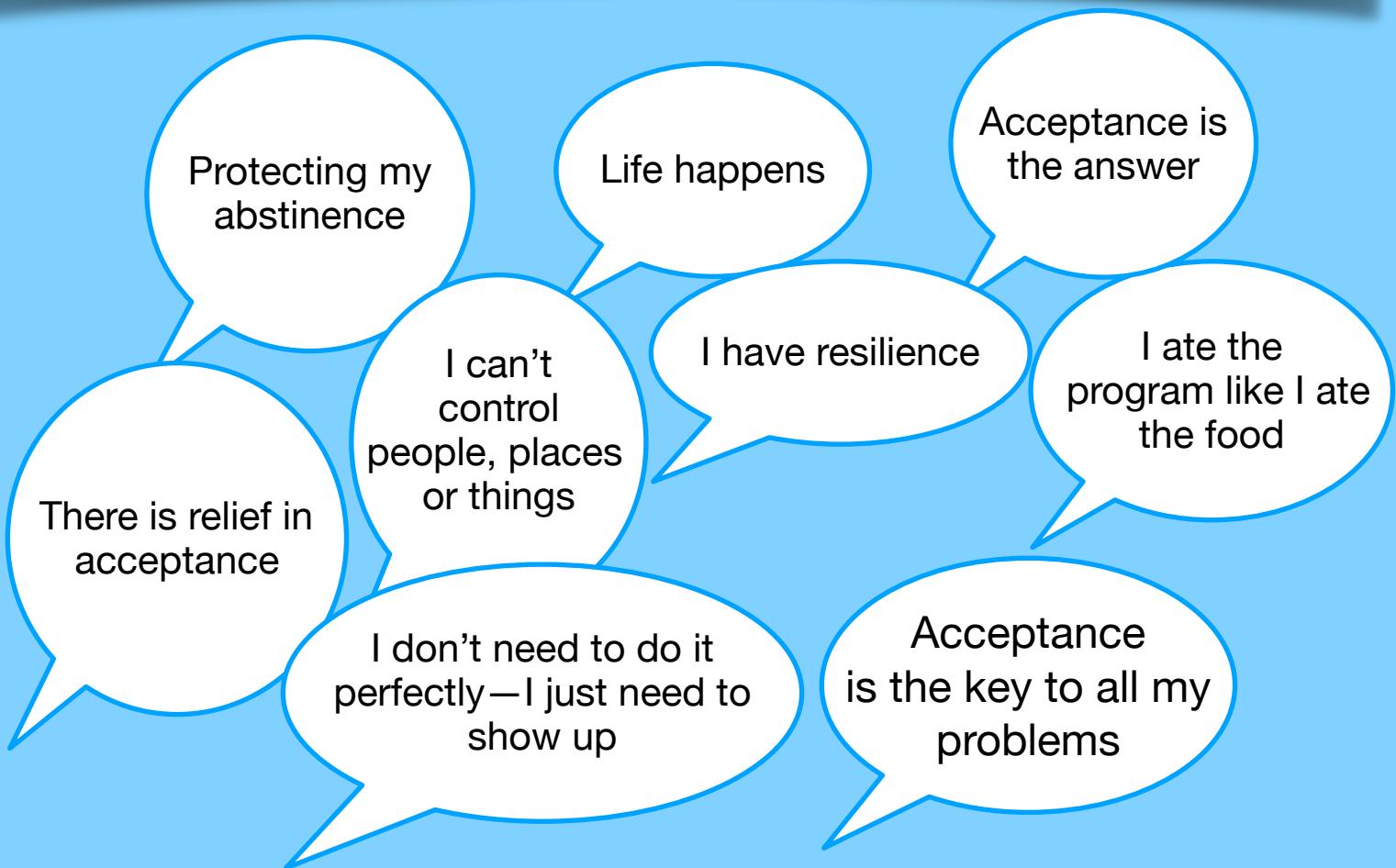
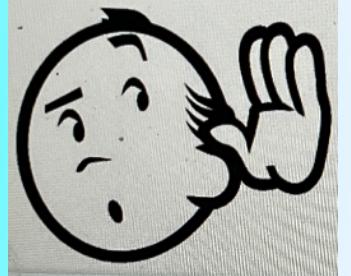
6075 Zenith Court NE • Rio Rancho, New Mexico 87144-6424 USA

Mail address: P.O. Box 44727 • Rio Rancho, NM 87174-4727 USA

Tel: (505) 891-2664 • Email: info@oa.org

Website: www.oa.org

HEARD AT A MEETING...



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 second of two official announcements of CNMI elections to take place at our Annual Meeting on October 14, 2023.

At our CNM meeting on August 12, 2023, we elected an alternate Region Representative to attend the fall assembly to be held in Houston, TX, on October 13. The permanent position is still available and may be filled by election at a later date. This could happen as early as the Annual Meeting but it might be better to wait until the November meeting when the alternate representative has returned and decided if they would like to run for the permanent position.

Each of the positions shown below 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 also fill an unexpired term, serving at 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 at any time in the past:

- WSBC Delegate*

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

- Region Representative

How You Can Help

With only a few weeks 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 spouses to step up to service at the Intergroup level.

Of particular urgency is the ECC position, which is responsible for maintaining our website and managing internal communications for the intergroup.

For more information 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
Wednesday 7pm Abq IN PERSON	*
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

October Newsletter Deadline: September 20, 2023
Please send stories or articles for the newsletter to

leslieslowkaufman@gmail.com