



**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.

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Central New Mexico InterGroup P.O. Box 30273; Albuquerque, NM 87190-0273

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### **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



WORLD SERVICE OFFICE

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

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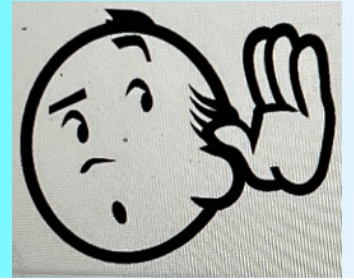
Tel: (505) 891-2664 • Email: [info@oa.org](mailto:info@oa.org)

Website: [www.oa.org](http://www.oa.org)

## 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...



Protecting my  
abstinence

Life happens

Acceptance is  
the answer

I can't  
control  
people, places  
or things

I have resilience

I ate the  
program like I ate  
the food

There is relief in  
acceptance

I don't need to do it  
perfectly—I just need to  
show up

Acceptance  
is the key to all my  
problems

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 sponsees 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](mailto:leslieslowkaufman@gmail.com)**