



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



OCTOBER 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 Ten

Continued to take personal inventory
and when we were wrong, promptly
admitted it.

Spiritual Principle

Perseverance

Tradition Ten

Overeater Anonymous has no opinion on
outside issues; hence the OA name ought
never be drawn into public controversy.

Spiritual Principle

Neutrality

TENTH STEP PRAYER

I pray, God, that You remove my selfishness, dishonesty, resentment and fear.

ABSTINENCE PRAYER

My Dear Lord God, I have made a decision to use abstinence as a tool for recovery – the most important tool in my tool box. For me, that means my abstinence is a self imposed decision not to eat compulsively and not to eat anything I honestly, in my heart, know to be personal binge foods and not on my current food plan. I make a decision to do the aforementioned this day until I am spiritually ready and willing to let the compulsion go. I do this with the hope of gaining stability in my life until I am able to accept God's gift of abstinence as a way of life. Abstinence as a tool and abstinence as a gift from God work together and, for me, is a logical path to follow through the twelve steps, however long it takes. It's OK for me to use abstinence as a tool, yes, it is necessary until I'm spiritually healthy enough to let God take the food compulsion away----- then and only then will I have abstinence as a way of life.

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.

Los Lunas OA Meeting

Monday, 1:30pm MDT

Step and Tradition Study

We welcome you to our meeting!!

We'd love to share our ESH with you!

Meeting ID: 817 1247 4027

New Password (as of September 1) : lloa

UPCOMING OA EVENTS

[Learn About All OA Events](#)

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](#)

LAST NEWSLETTER

EDITED BY LESLIE

Sorry OA friends, but this is my last newsletter as Acting Editor. It's been an enjoyable 20 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!

Suggestions for finding a sponsor

Here are some ways to find a sponsor. We suggest you look first to the groups in your area for sponsors, attending as many meetings as you can. You are not limited to any minimum or maximum number of meetings. Visit other meetings and local OA events. Sponsors are often asked to identify themselves, and you can then approach them and ask if they are available.

Another resource for sponsors is telephone and/or online meetings. The Telephone Meeting or Online Meeting search will help you gather names of members in other areas who are willing to sponsor long distance, in a variety of electronic ways.

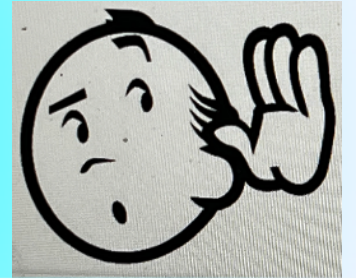
Sometimes local intergroups/service boards provide a list of members willing to sponsor. To locate the intergroup or service board closest to your area go to the Find Service Body section of the Find a Meeting page.

You can also contact your region who may have a list of names of members willing to sponsor. To contact someone in your region, go to the region page. You will find the region map and websites where you can send a request for assistance. Each region and service body is autonomous; therefore, some regions may have this service while others do not.

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!o

HEARD AT A MEETING...



Expectations
are Resentments
under
construction

God gives
me strength &
courage

Old belief:
No one suffers
like I do

I protect my
abstinence

I don't need to
do it perfectly

Service gets me
out of my head!

Pray for the
willingness to
be willing

Live in faith rather than in
fear!

I don't think less
of myself; I think
of myself less

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



With less than a month now until CNMI's Election Day at our Annual Meeting on October 14, we still have some great service opportunities available.

The following positions require three months of abstinence and are available for a two-year term:

- ❖ Newsletter Editor
- ❖ OA Young People's Chair
- ❖ Special Events Chair

A person with the right set of interests and skills could find any of these positions to be a great way to step up or return to intergroup-level service. If you've done this kind of work before or would like to try something different in a supportive environment, one of these jobs may be perfect for you or a good fit for one of your friends or sponsees.

The following position requires 6 months of abstinence and is also available for a two-year term:

- ❖ Vice Chair

It would be helpful for the Vice Chair to have some background in intergroup-level service and to be familiar with the Twelve Traditions. It's a good opportunity for someone wanting to return to service, or for someone presently serving in another capacity.

This position requires one year of abstinence and one year of service beyond the group level, currently or at any time in the past. This person will complete an unexpired term, serving at two assemblies in 2024.

- ❖ Region Representative

We have elected an alternate 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 at the Annual Meeting or at a later date if the alternate decides they would like to run for the permanent position.

We are happy to announce that we have candidates for the following positions:

- ❖ Treasurer
- ❖ Electronic Communications Coordinator (ECC)
- ❖ Intergroup Representative Support
- ❖ Public information/Professional Outreach (PI/PO)
- ❖ WSBC Delegate

As a reminder, self-nominations and nominations from the floor at the Annual Meeting will be accepted for any of the above positions. The candidate must be present at the meeting or have sent a written acceptance of the nomination.

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

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.

Taking reservations until Oct. 4
[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

It's been my honor to serve as Acting Newsletter Editor!
Hope to see all of you soon!
Leslie