



# OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



## JANUARY 2024 NEWSLETTER

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**HAPPY NEW YEAR—WELCOME 2024!**



### OA Responsibility Pledge:

Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.

### Step 1

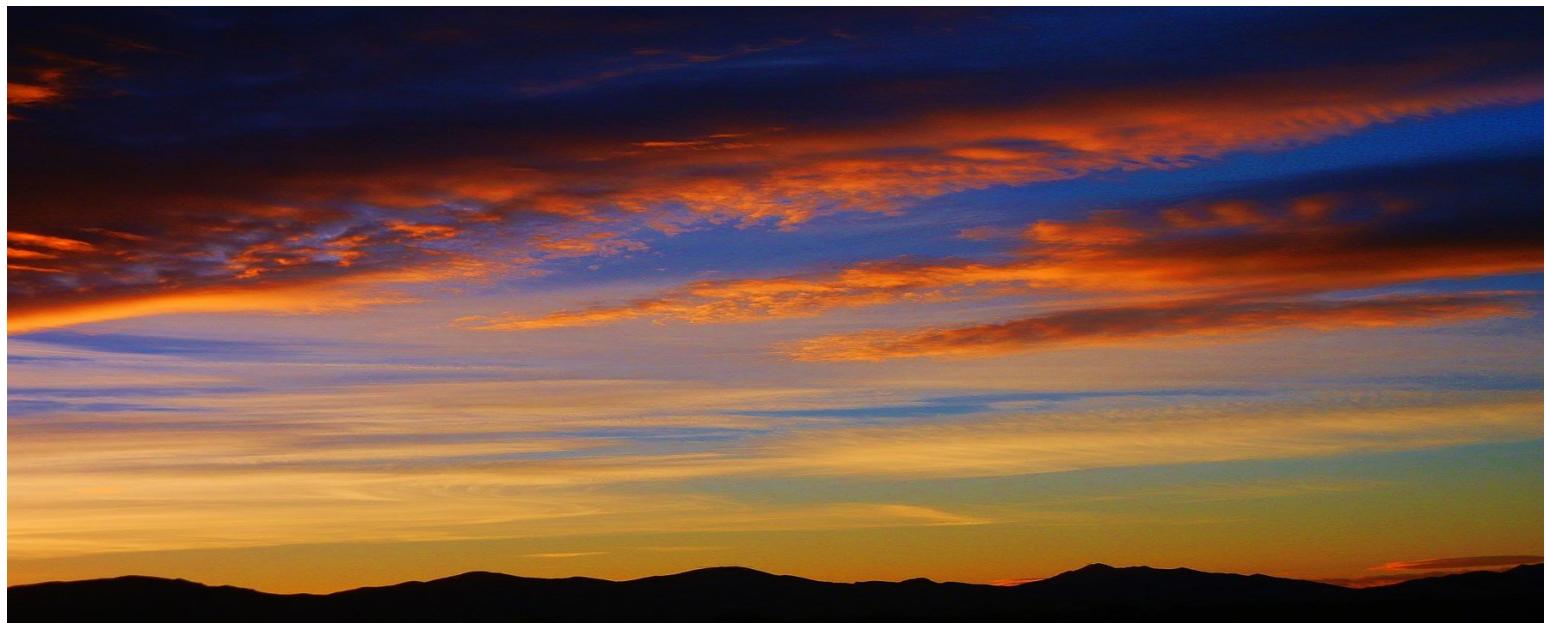
We admitted we were powerless over food—that our lives had become unmanageable.

### Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.

### 1st Step Prayer

I admit I am powerless. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all of my denial.



## For Today—January 1

*Year's end is neither an end nor a beginning, but a going on with all the wisdom that experience can instill in us. - Hal Borland*

Whether it is the beginning of a new year or a new month, week or day, it's tempting to make resolutions, to swear off, to promise to reform. Before OA I did not know that these pledges were misguided attempts to be in control, to try yet again to make a normal eater out of myself.

Do I want abstinence with peace of mind? Have I been able to achieve it on my own? I can admit my powerlessness now or I can wait for another calendar "beginning." But the best time to give up my will, my old ideas, my defects is any time I am ready to grow.

**For today:** Instead of resolutions, promises and vows, I mark this day as I do all others: by surrendering my will and my life to God. *I give up trying to handle my food and my weight.*

OA 'For Today'—Page 1

## Heard In A Meeting...

*I am powerless over food but not powerless over footwork.*

# Lifeline—Step One Relief



On May 28, 2017, I attended my first OA meeting. The courage to attend arose when I discovered the pamphlet *Maintaining a Healthy Weight*. I finally admitted I did not like my body or my weight. I realized I could not manage my weight by myself. Most importantly, I realized and admitted that not liking myself made me have nasty, weird thoughts about myself and my relationships with other people. I needed to ask for help both from a group and from a Power greater than my self-determination and ego.

I started reading about [Step One](#) even before I asked a woman to be my sponsor. The more I read, the more I realized I needed to honestly examine why I ate the way I did despite knowing the harmful consequences. The “why” would lead me to know my powerlessness and unmanageability. Working Step One, by reading, writing, talking with my sponsor, and asking my Higher Power to stay close to me, helped me uncover a long list of unhealthy, false beliefs and denial about my compulsive eating.

Becoming aware of these unhealthy beliefs, however, did not change my actions, even though I was now even more uncomfortable with myself. Feelings of shame and guilt and the nasty, jealous thoughts about others continued. Still, as I grew in awareness, I felt only support and understanding from my sponsor and other members of my OA group. Step One, I found, was not an exercise in self punishment. Step One was opening my eyes to acceptance. As *Voices of Recovery* states, “I don’t have to beat myself up for being a compulsive overeater any more. I also don’t have to waste time trying to ‘fix’ myself in ways that don’t work” (p. 71) and “What a relief to discover that it wasn’t just a matter of willpower!” (p. 84).

I felt the relief. In fact, relief, hope, and freedom started for me in Step One. Hope was tangible in the faces and sharing of my sponsor and others at meetings, and I was not alone. Freedom rose from trusting that a Power greater than me would do what I couldn’t do for myself.

Before I could surrender to the program, I needed to experience my powerlessness. I needed to own all the ways my life had become unmanageable because of compulsive overeating. Step One allowed me to write my own OA prayer and write and rewrite my own plan of eating. I shared both with my sponsor as I worked the First Step. I continue to use the [Tools](#). My first action plan was “Ways I take care of myself that do not involve food.”

I am a newcomer, already feeling welcome and accepted in OA. I am so grateful for phone calls from members who barely knew me, for my willing sponsor, for our literature, for the [Step One podcast](#) on oa.org, and for all OA members who have kept this program healthy and growing. I will return the gift I have been so generously given.

Mary Beth S.

<https://www.oalifeline.org/steps/step-one-relief/>



# ANNOUNCEMENTS AND UPCOMING EVENTS!

**PLEASE SHARE AT YOUR MEETINGS...**

## **Las Cruces Second Annual *Back to Basics* Retreat**

**Saint James Episcopal Church**

**102 St. James Ave, Las Cruces, NM**

**March 23, 2024 9:00am – 4:30pm**

**Registration is \$35**

Join us at our Second Annual Back to Basics Retreat in Las Cruces, New Mexico with the emphasis on the OA Tools of Recovery. Three guest speakers and three workshops.

Restaurants are nearby or you can bring your lunch, the church has a kitchen which is available to us. Contact us for more information and to register:

Phone: 575-496-9067 or email: [oawenlascruses@gmail.com](mailto:oawenlascruses@gmail.com).

## **New and Changed Meetings within CNMI**

There is a new Silver City In-Person meeting. Thursdays at 5:15-6:15pm MT. Church of the Good Shepherd 615 N Texas St Meeting Hall Silver City, NM 88061 Contact: Abby 575-313-7305

The Albuquerque Wednesday 7:00pm In-Person OA Meeting, *Stayed for the Sanity*, is changing locations beginning January 10th, 2024. The new location is the First Unitarian Church, 3701 Carlisle Blvd NE, Albuquerque 87110, in the La Amikoj room (at the SE corner of the church campus). Contact Frank 505-688-0788 or Katie 505-300-8922 (text best) for questions.

Find the full list of the CNMI Meetings [here](#).



## **Virtual Overeaters Anonymous Workshop on the Twelve Steps**

The Central New Mexico Intergroup of Overeaters Anonymous is sponsoring a 15 session workshop designed to help participants achieve and maintain abstinence through working all Twelve Steps. The workshop is based on the "Participant Guide for Twelve Step Workshop and Study Guide", available at <https://bookstore.oa.org/books.asp>

**January 27 - May 4, 2024**

**Saturdays, 1:00 - 3:00 p.m. Mountain Time**

**Meeting via Zoom**

The following literature is used in the workshop:

- *Participant Guide for Twelve Step Workshop and Study Guide*
- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Ed.*
- *Alcoholics Anonymous, Fourth Edition (Big Book)*
- *Twelve Steps and Twelve Traditions by Alcoholics Anonymous*
- *Overeaters Anonymous, Third Edition*
- *Voices of Recovery*
- *For Today*

The program was originally intended for those in relapse, but we've found it valuable for anyone wishing to strengthen their recovery through the Twelve Steps of OA. All are welcome, though we've found that those who are new to OA and have not been in other twelve step programs may want to discuss attending with their sponsor first as this workshop can seem intense for those who are being exposed to the steps for the first time.

*\*\*The workshop is closed to new attendees after the second meeting and participants are expected to commit to attend and participate in all sessions.*

**For more information or to sign up, please text Frank at 505-688-0788 or Gil at 970-302-1218 / email at [nvomxo@hotmail.com](mailto:nvomxo@hotmail.com). Participation will be limited.**



# More Opportunities

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# More Possibilities

Looking for more inspiration? Check out the list of upcoming events on OA.ORG Click [here](#)

## Editor's Musings

Welcome to 2024! I hope your holidays were warm and serene. Many of us look to the beginning of a new year for opportunities to start again. While ANY day is that opportunity, the change of the calendar makes it easier to recommit to our program. Personally, I don't set resolutions, rather, I set intentions as I see them as more forgiving when I miss the perceived mark. For me, this year's intention is more SELF-CARE. This means for me, more meditation, continuing to make healthier food choices, and utilizing the tools of program more diligently. Also, respecting my needs for more rest and fun!

If you have any thoughts on these themes and want to share them with our Intergroup, I would love to have an article submitted from you for publishing in our February Newsletter. Please email any submissions by February 1 to [oadeannag@gmail.com](mailto:oadeannag@gmail.com).

My New Year's wish for each of you is lots of self-care, self-respect, self-love, serenity and abstinence.

Blessings!!

Deanna G