



# OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



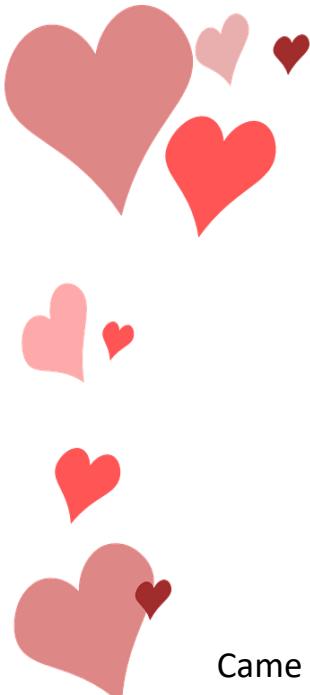
## FEBRUARY 2024 NEWSLETTER

Volume No. MMXXIV Issue No.2

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### **OA Responsibility Pledge:**

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



### **Step 2**

Came to believe that a power greater than ourselves could restore us to sanity.



### **Tradition 2**

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

### **Second Step Prayer**

Heavenly Father,  
I know in my heart that only you can restore me to sanity.  
I humbly ask that you remove all twisted thought &  
Addictive behavior from me this day.  
Heal my spirit & restore in me a clear mind.

# Step 2: Loving Restoration

<https://www.oalifeline.org/steps/step-2-loving-restoration/>



When I heard Step Two read aloud at meetings, it used to bother me. “Restored to sanity?” I thought disbelievingly. “I can’t point to a time when I ever was sane! What sanity is there to restore me to?”

Indeed, I behaved very insanely before I came into program, which was ten years ago when I was 13 pounds (6 kg) heavier than I am now. I used to sneak food and hide wrappers; plan to eat just one, but finish the whole box; and bring home several days’ worth of binge food and eat it all in front of the TV at one sitting.

Also insane were the mental games I’d play. I’d fixate on food at every party and ignore the people attending. I’d deny myself “bad” food for a while, trying to feel “pure.” Then I’d throw self-control out the window and dive in. When I was angry, sad, or upset, I’d drown the feelings in food before I ever had a chance to feel them.

Once I entered OA and started working the Steps, I was sure I didn’t want to be restored to that state. So how could I work Step Two?

Then I remembered another meaning of “restore.” I have friends who bought a house over a hundred years old, and they set about restoring it. Not only did they fix broken stairs and replace missing roof shingles, they did more. They pored over books and catalogs to understand how their house might have been intended to look when it was designed.

They researched paint colors and molding trims. They scoured antique sales to find just the right furniture to go inside. They lovingly hung curtains and found linens to match. They didn’t care whether their house originally had those things; they wanted to make it the best it could be.

This is how God is restoring me. God is not just fixing what’s broken, but lovingly giving me all the comforts and beauty he wanted me to have all along. I’m being restored to a much better state than I’ve ever been before.

*Joan P., Mountain View, California USA*

**Reprinted from the Lifeline website <https://www.oalifeline.org/steps/step-2-loving-restoration/>**

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# FROM WITHIN THE FELLOWSHIP...



## Self-Care

I was recently on the way to a self-care appointment, and I thought to myself, “I do all these wonderful things to take care of myself on a regular basis. Why don’t I feel better?” I realized that, while I do a lot of things for self-care for my body, I don’t do self-care things for my soul – self-acceptance, self-esteem, self-respect, self-love. I still struggle, especially when depression is present, with accepting myself as I am and my body as it is. When I look in the mirror, I immediately begin to find fault with what I see. I and my body have been through a lot in my 70+ years – why am I not more kind to myself and more accepting? So, once again I ask my Higher Power for help – for the humility to accept myself and my body and my circumstances. I ask HP for help to love myself just as I am. I ask my HP to help me change my critical and judgmental ways, especially with myself.

-Anonymous January 2024

\*Personal stories express the experience, strength, and hope of the individual member and not of OA as a whole.

*Want to support this newsletter and your fellowship? Send your story of experience, strength, and hope to [oadeannag@gmail.com](mailto:oadeannag@gmail.com) by the 20th of each month to be published in the next month's newsletter.*

## Heard In A Meeting...

**“My disease is a disease of self-hatred. To recover, I need to be loving, kind and gentle to myself.”**



# ANNOUNCEMENTS AND UPCOMING EVENTS!

(WITHIN THE CNMI AND AROUND OA)

PLEASE SHARE AT YOUR MEETINGS...

## PRE-HOLIDAY WORKSHOP HAVE A CONNECTION WITHOUT A CONFECTION

Sponsored By 90-Day Phone Meeting Virtual Intergroup

QUESTIONS?

JEAN: 617-767-9134 [jeanfloa@gmail.com](mailto:jeanfloa@gmail.com)



**Sunday, February 11th  
10am to noon PST/1 to 3pm EST**

**Zoom ID 837 1100 7258  
Passcode 021124**



### DETAILS:

Speaker, sharing, writing activity (bring paper and pen/pencil).

There are other things to do instead of eating sweets! Discover and share your interests with other OA members on this participatory workshop.

Zoom meeting ID: 831 1100 7258  
Passcode: 021124

You can also join by telephone using your usual dial-in phone number or by contacting the meeting organizer for assistance.

[Seventh Tradition link](#)

**Keep scrolling to see more events!**

# NJIOA's 29th Annual Winter Retreat Time To Recover

Saturday, February 10, 2024  
9:00 a.m. to 5:00 p.m. EST.

Register Online here:  
<https://www.njioa.org/retreat>

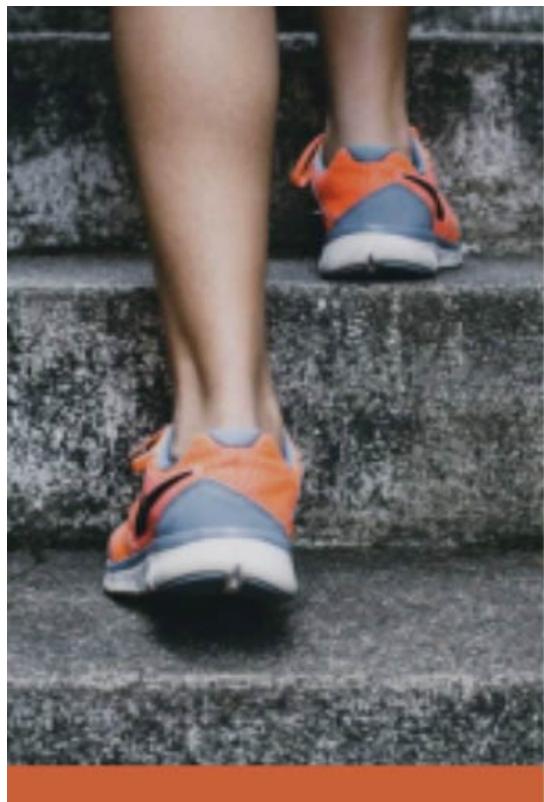
Suggested Donation:  
\$25, \$30, or \$35.

CONTACT PEOPLE:  
Mary Ann C., Registration • (973) 568-2761  
ToniAnn A. • 973-945-0233  
[register@njioa.org](mailto:register@njioa.org)

Register by mail: snip & complete this form and mail it out with a check, payable to njioa.  
mail this registration to: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703

NAME: \_\_\_\_\_ CELL: \_\_\_\_\_  
EMAIL: \_\_\_\_\_  PLEASE ADD MY NAME & CELL TO THE 'WE CARE' LIST

I WOULD LIKE TO DO SERVICE AT THIS EVENT:  MODERATOR OR TIMER  ZOOM COMMITTEE  I CAN HELP AS NEEDED



OA Central Ontario Intergroup

Presents a Series of:

## Quick Step Studies

- By Zoom or phone
- Free - 7th Tradition
- Session Format: Write on the step, share on the step. (Read the step ahead of time.)
- Registration is limited:
  - Please do so early to receive the handouts and zoom details.
  - Registration required 24 hours ahead of the start time.
  - Register by emailing:  
[coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org) and include in your email the date of session you would like to attend.

**Great for  
Newcomers or  
LongTimers!**

### DETAILS

February 20 – Steps One, Two, and Three  
February 27 – Steps Four and Five  
March 5 – Steps Six and Seven  
March 12 – Steps Eight and Nine  
March 19 – Steps Ten, Eleven, and Twelve

We will read about the Steps ahead of each session, write about the Steps individually during the session, and then share our writing in small groups (2-3 people). We will actually work through the Steps, for example writing out a Fourth Step inventory and writing amends letters/scripts. You don't have to attend every session.

### Schedule for each session (approximate)

1. Introductions – 15 min
2. Writing on the designated Steps – 30 min
3. Explain the sharing – 5 min
4. Share our writing in small groups – 30 min
5. Evaluation and wrap up – 10 min

### Other details:

- FREE (suggested Seventh Tradition donation).
- Great for newcomers and longtimers.
- Join via Zoom or telephone. Ask us for help if you are new to videoconferencing.
- Interpreters welcome! Bring your own interpreter.
- You don't have to attend every session, but please register 24 hours before your first session to receive the handouts and zoom details.

To register, you may email: [coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org).

For questions, email [coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org) or contact Pat at 647-520-2742 or [pattig123.0@gmail.com](mailto:pattig123.0@gmail.com)

# UNITY DAY CELEBRATIONS



**This day recognizes the strength of the OA Fellowship worldwide  
OA members all over the world come together the last weekend of February to recognize  
the strength inherent in OA's unity!**

Join us as we celebrate and cherish our dear Fellowship.

Saturday, February 24  
8:00 am – 10:15 pm MT  
Zoom ID: 870 2056 7548  
Passcode: 728164

Sponsored by the  
Northern New Jersey Intergroup of OA.  
[\*\*More Information\*\*](#)

Hear 4 Speakers Share How They Have Found Unity in OA

Saturday, February 24  
11:00 am – 1:00 pm MT  
Zoom ID: 914 633 2988  
Passcode: 121212

Sponsored by the Westchester United Intergroup & Greater NY Metro Intergroup of OA.  
[\*\*More Information\*\*](#)

Join us for speakers and sharing on unity, gratitude, and recovery. We will join hands virtually!

Saturday, February 24  
11:00 am – 1:00 pm MT  
Zoom meeting ID: 837 1100 7258  
Passcode: 022424

QUESTIONS?  
JEAN 617-767-9134 jeanfloa@gmail.com

Sponsored By the  
90 Day Phone Meeting Virtual Intergroup

Hear nine diverse perspectives on recovery in OA in three speaker panels.

Saturday, February 24  
11:00 am – 1:30 pm MT  
Zoom meeting ID: 538 040 418  
Password: 002478

SUGGESTED CONTRIBUTION US\$6  
QUESTIONS? EILEEN 314-570-9333  
mangogeorge2@gmail.com

Sponsored By  
St. Louis Bi-State Area Intergroup

This event is open to all compulsive eaters. Join us for speakers, a panel discussion, and time for sharing. We will participate in a worldwide Serenity Prayer at 12:30 P.M. MST

Saturday, February 24  
12:00 pm – 2:30 pm MT  
Zoom meeting ID: 840 1567 1076  
Passcode: 314864

Sponsored By  
Greater Pittsburgh Intergroup  
12th Step Within Committee  
[\*\*More Information\*\*](#)



Find more events [here](#)

**Looking for local meetings? Visit the OA-CNMI.org website and download the meeting list or [click here](#)**



## Central New Mexico IG

oa-cnmi.org

Central New Mexico Overeaters Anonymously Las Cruces Retreat Workshop

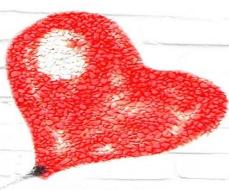
**Join us at our Second Annual Back to Basics Retreat in Las Cruces, New Mexico with the emphasis on the OA Tools of Recovery. Three guest speakers and three workshops. March 23, 2024 from 9 – 4:30 at Saint James Episcopal Church. Registration fee is \$35.00. Restaurants are nearby or you can bring your lunch, church has a kitchen which is available to us. You can contact us at 575-496-9067 or email us at [oawenlascruses@gmail.com](mailto:oawenlascruses@gmail.com)**



**This retreat is a great way for a newcomer to start and better understand their journey to recovery, also the perfect path for those who are in recovery to help support and strengthen their commitment.**



For more information: <https://oa-cnmi.org/events/back-to-basics-tools-of-recovery/>



## A DOSE OF INSPIRATION



**FOR TODAY** Page 232, August 19

*The remedy of all blunders, the cure of blindness, the cure of crime, is love.*

*Ralph Waldo Emerson*

All growth, all healing depends on love. Love is what God is all about. A loving God – as I understand God – does not preach or dictate or threaten. God is my backer, supportive of me, no matter what I do. God does not make deals: “Do this and I’ll do that.” God does not bully or punish or say, “I told you so.” God listens and accepts me as I am, loves me as I am. God doesn’t give advice. God knows that learning comes only from experience – experience I am not led to until I am ready.

**For today:** God’s perfect love is mine any time I am willing to receive it. I let go the God of my childhood and believe, with all my heart, in this God that brought me here and gave me new life.

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**Also heard in a meeting...**  
**“Go with love;**  
***I am enough”***



# VOLUNTEER OPPORTUNITIES

CNMI is looking for a member to wrangle volunteers at the Marriott Pyramid North Hotel during the week of **World Service Business Conference, May 7-11, 2024**.

The Volunteer Coordinator is expected to be onsite from Tuesday about 10 am until 5 pm, Wednesday-Friday 7 or 7:30 am until 5 pm, and Saturday, 7:00 am to noon when the Conference wraps up.

Doing this service is a wonderful opportunity to meet your OA fellows from CNMI and around the world, and to support the delegates as they do the business of OA! Previous experience either volunteering at WSBC or being a delegate would be helpful, but is not required.

For more information about this position, or to consider apprenticing as Volunteer Coordinator, **contact Kathy M, 505-730-6788**

## Editor's Musings

In this season of love, I find myself thinking about the self-hate I used to have before program. After 11 plus years of abstinence and practice of the tools in program, I can honestly say I actually like myself; this is no less than a miracle. I pray that this self-like and self-respect can grow to full blown self-love as I continue to trudge this road of recovery. This is only possible when I remember to rely on the loving God of my understanding while pursuing all of my daily activities.

How has your opinion of yourself changed since coming into program? Write to me at [oadeannag@gmail.com](mailto:oadeannag@gmail.com) and let me know!

In loving service, Deanna G.

