



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



MARCH 2024 NEWSLETTER

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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 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Third Step Prayer

God, I offer myself to Thee To build with me & to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of
Thy Power, Thy love & Thy way of life, May I do Thy will always!

FOR TODAY Page 88, March 28



On action alone be thy interest, never on its fruits. – Bhagavad Gita

Why am I still obsessed with weight? I'm abstaining, I'm trying to work the steps; but I can't give up the scale. I'm terrified to stop the constant monitoring of my weight. What if I gain? How will I know it if I don't weigh?

The problem is, I'm trying to work this program without giving up control. But is that possible? The first three steps make it clear that those who wrote them and millions who followed, proved they could only recover by letting a Power outside themselves regulate their unmanageable lives.

If I say I have faith in a Higher Power, I can take the next step and turn my weight over to that Power. I can concentrate on taking the action – abstaining and working the steps – and leave the results to God.



For today: If I stop “supervising” my weight loss, it will be taken care of – in God's time. I pray for the willingness to do that.

Step 3: Power Surge



At my home meeting, a member shared a story about wanting a specific food and not being able to stop herself from going to buy it. While she was putting on her coat, she said a prayer. "God, if you want me to not eat this, you're going to have to help me." When she arrived at the shop, there was a sign on the door: "Closed—no electricity."

Hearing this story had an immediate and profound affect on me. I realized I'd never completely surrendered my food. I write it down, call it in to my sponsor, weigh and measure it, but I've never given it to God.

Maybe that's why I still struggle when I enter the grocery store? Or why the newest fad diet always grabs my attention? Could it be the reason why I want something to eat when my spouse is snacking in the evening?

After leaving the meeting, while riding home with another member, I realized I didn't want to struggle anymore. I was ready to surrender my food to God. So I visualized holding my food in my hands, lifting both hands up above my head, and saying, "Here, God, I give you my food."

What happened next was amazing. I felt as if a huge weight was physically lifted from my shoulders. I felt 10 pounds (5 kg) lighter. More important, I stopped struggling. The food stopped calling out to me. From the beginning, I had the willingness to do what was necessary. It was surrender that made the difference.

- Norinne M., Fort Myers, Florida USA

Reprinted from the Lifeline website <https://www.oalifeline.org/steps/step-3-power-surge/>

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ANNOUNCEMENTS AND UPCOMING EVENTS!

(WITHIN THE CNMI AND AROUND OA)
PLEASE SHARE AT YOUR MEETINGS...



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 oawenlascruces@gmail.com



ACTION PLAN



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/>

You Are Not Alone

Quarterly Region 3 Relapse Prevention Workshop

Saturday, March 16, 2024

Time: 1:00 pm - 2:30 pm CT

Hear speakers share their experiences with
relapse/relapse prevention

ZOOM ID: 963 218 9907

Password: Recovery

Questions? Email

r3tswregister@oaregion3.org

Sponsored by Region 3

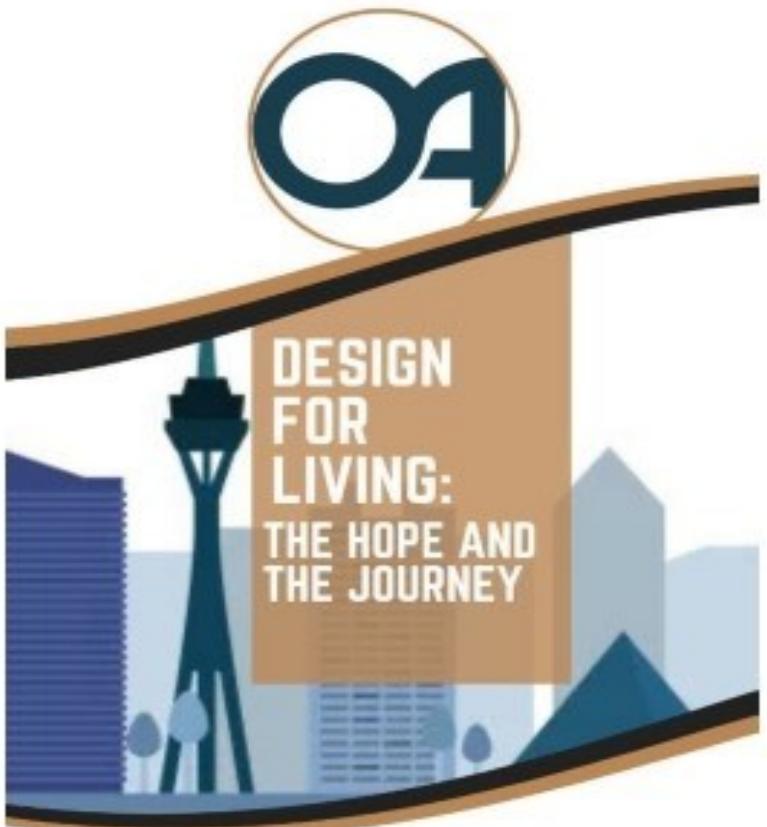




Region III
Spring
Assembly &
Convention



The Las Vegas "Sphere"



REGION III ASSEMBLY & CONVENTION

LAS VEGAS, NV
APRIL 4-6, 2024

Register Now

www.oaregion3.org/assemblyconvention

Sponsored by:
Las Vegas OA Intergroup

In The Virtual Region



*There is a
Solution
The Joy of Our
Diverse Membership
United in Recovery*

OA Virtual Region 2024 Convention

March 1-3

[Register NOW!](#)

We have over 66 sessions including keynotes, webinar sessions, step meetings, workshops, forums and newcomer meetings.

[Check out the program here.](#)

Our Open House and Convention outreach has reached over a thousand newcomers and returnees.

[Please sign up for service here.](#)

FAITH HOPE LOVE

MORE FROM THE VIRTUAL REGION

Signature

Phone Marathons

Sunday, March 10: Ramadan Begins – What Does Responsibility Look Like With The Tool of Sponsorship

Sunday, March 17: St. Patrick's Day – Gratitude for The Past, Hope for the Future

Sunday, March 31: Easter – This is a WE Program

Tuesday, April 9: Ramadan Ends – Being Authentic and True to Myself, in OA and in My Life

Monday, April 22: Passover – Carry The Message To Those Who Still Suffer



Meetings every hour from **8:00 am to 12 midnight ET (UTC -5)**

Phone: 712-432-5200; Conference ID: 4285115#

[Sponsored by The Virtual Intergroup. More info.](#)

OA R.I.S.E. Speaker Meeting

(Recovery Inspires Shared Experience)

We meet on Zoom on the first and third Sundays each month for a two and one half-hour speaker meeting.

March 3, 2024 4:00 – 6:30 pm ET (UTC-5)

Topic is: Steps 1, 2, 3

[https://zoom.us/j/94721259974?](https://zoom.us/j/94721259974?pwd=TnRQakpUSFpI0GZ0QTh3cmpGUjhTZz09)

[pwd=TnRQakpUSFpI0GZ0QTh3cmpGUjhTZz09](https://zoom.us/j/94721259974?pwd=TnRQakpUSFpI0GZ0QTh3cmpGUjhTZz09)



March 17, 2024 4:00 – 6:30 pm ET (UTC-5)

Topic is: Removing the Mask: living an authentic life in recovery

[https://zoom.us/j/94721259974?](https://zoom.us/j/94721259974?pwd=TnRQakpUSFpI0GZ0QTh3cmpGUjhTZz09)

[pwd=TnRQakpUSFpI0GZ0QTh3cmpGUjhTZz09](https://zoom.us/j/94721259974?pwd=TnRQakpUSFpI0GZ0QTh3cmpGUjhTZz09)

email: info@oarise.org Webpage: <https://www.oarise.org>



WORLD SERVICE BUSINESS CONFERENCE 2024

WE ALL BELONG: WELCOME TO OA!

DATES
MAY 7–11, 2024

In-person attendance only. No virtual attendance.

Registration

NEW REGISTRATION DEADLINE: March 27, 2024

REGISTRATION IS OPEN. The online registration form is hosted on an external, third-party website. Delegates, please follow the instructions included in the form to register and make payment for WSBC 2024. The registration fee is US\$249 per delegate. This is an in-person event ONLY.

DO NOT COMPLETE THE REGISTRATION FORM IF:

- You are an *alternate* OR
- You are a recipient of World Service Delegate Support Funds.

Instead, contact Znona Fern at zfern@oa.org or 1-505-891-2664 for registration instructions.

[WSBC Registration Form](#)

Hotel Reservations

HOTEL RESERVATIONS ARE OPEN. Rooms are available from May 4–13, 2024. The room rate is US\$160 per night for any occupancy (maximum of 4 people), plus \$22 tax, totaling \$182 per night. This rate includes **breakfast for two** (each additional person is \$10 per day), a refrigerator, internet, and a grocery shuttle. ***Please note taxes are subject to change.***

Reserve your room online or call the hotel reservation line at 1-800-262-2043 and reference “Overeaters Anonymous World Service Business Conference.” The hotel requires a deposit equal to the room rate and tax for the first night of each reservation.

[Hotel Reservation](#)

Roommate Requests

To find roommates, [join the Roommate Request List](#) (opens to third-party website).

Need more information? [Click here](#).

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**)



Find more events around the OA World [here](#)

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

HEARD IN A MEETING...

The power of Grace flows most fully when human will chooses to act in harmony with divine will.

Want to support this newsletter and your fellowship?

Send your story of experience, strength, and hope to oadeannag@gmail.com by the 20th of each month to be published in the next month's newsletter.



EDITOR'S MUSINGS...

Spring has arrived early this year. As a relatively recent transplant to New Mexico, I never cease to be amazed by the transformation and beauty each season brings to this state. Spring is so inspiring with *Mommy Nature* rebooting all the trees and bushes. The warmer days invite me to get out more and move my body. I was just sharing with a friend the other day, thanks to OA, my body is strong and healthy and has endurance now.

I could barely get off the couch before program. Not only do I now have willingness, I actually enjoy it and look forward to getting out there!

Thank you OA and HP for the gift of life!

Deanna G.

Do you have any comments or feedback? I would love to hear from you!

Please email me at oadeannag@gmail.com.

