



# OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



## MAY 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 5**

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

### **Tradition 5**

Each group has but one primary purpose—  
to carry its message to the compulsive overeater who still suffers

### **Fifth Step Prayer**

Higher Power, my inventory has shown me who I am, yet I ask for Your help, in admitting my wrongs to another person and to You. Assure me, and be with me, in this Step for without this Step I cannot progress in my recovery. With Your help, I can do this, and I do it.

#### **For Today – Page 299 October 25**

*Better hazard once than always be in fear. – Thomas Fuller*

My fears are just below the surface. I am not aware that much of my fear is of looking ridiculous or finding out I'm not too bright or that I'm narrow and small-minded underneath my civilized veneer.

But it's better to jump in and examine my fears than to let them haunt me the rest of my life. I take a fourth-step inventory, skimming the surface at first, then digging deeper. The more honest I am, the more freely I breathe. *This is what I feared? I want to shout to the world: Don't be afraid!*

**For today:** I am not afraid to take the next step. Everyone I know who took the fourth and fifth steps lived to tell about it.

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# A DOSE OF INSPIRATION FROM WITHIN THE FELLOWSHIP

## Step 5: A Step Toward Freedom

I recently heard a woman in program describe her inventory writing (Step 4) and inventory sharing (Step 5) experiences in this visual way:

In Step 4, we start the process of “cleaning house.” We examine honestly (and often for the first time) what is really going on in our heads. We gather up all the clutter and junk and rotten trash—all the resentments, fears, worries, and harms—that we have accumulated over the years. As we write about it, we start to make sense of it. We start to identify patterns of thought and behavior. It’s kind of like organizing it into boxes or bags.

As a result, we typically feel better than we did before because we are learning how to be honest about what is really going on inside. Now we have some room to navigate the space in our head. But if we stop there, we are settling for less than full recovery.

The Big Book describes our next logical step. In Step 5 we “admitted to God, to ourselves, and to another person the exact nature of our wrongs.”

This same woman used the phrase “giving away my 5th step” to describe sharing her inventory with someone else. That image of “giving it away” really struck me. Talk about cleaning house! After boxing up or bagging up all that stinky stuff, do I really want to leave it sitting around, making everything smell bad?! Or would I rather follow the Big Book’s instructions to share it with someone else? To get it all out. To give it away.

I heard someone else say recently, “If I don’t honestly share it, I will eventually wear it.” In other words, all that emotional buildup will eventually make itself manifest on my face, on my body, or clutter up my life in other ways.

My experience with Step 5 felt scary the first time I did it. Thankfully, my sponsor put me at ease by reassuring me that whatever shameful things I had thought or done in the past, she had done worse. And she gave me a few examples to help put me at ease.

I cried a lot while unfolding to her all the secrets I had carried around for years or decades, secrets I’d sworn to take to the grave. My sponsor occasionally asked me questions of clarification, but mainly she just listened supportively and non-judgmentally.

When I was finished, she reassured me that I was not the same person anymore, that this process laid out by the 12 steps was already working to transform me. She asked me how I felt. Of course, I was emotionally raw, but I felt lighter. I felt freer. The release was immediate; the relief was palpable.

Then she invited me to spend some time in quiet prayer, reviewing what I had written to see if there was anything I had missed. I followed her directions and concluded that my inventory had been thorough and complete.

I didn’t hold anything back from her because I wanted the freedom that this step promised. Miraculously, my Higher Power gave me the courage to see and share these things honestly. Taking Step 5 by giving away my Step 4 inventory was a major step forward in my journey of healing and recovery.

- *Anonymous*



# More Inspiration From Within The Fellowship

"When all is said and done, all we can do is surrender to God and accept the situation. Any other route will keep us in bondage. God wants me to experience freedom, so I surrender!"

—Anonymous

What's in my head?

Disappointment, desire, wistfulness, resentment, restriction

Wondering

Believing, trusting, honoring, resting, stepping, leaning

Arriving

I am in God's arms for today!

— Yvonne C

# Step 5: Seeing My Part

A Lifeline Reading



When I arrived in OA, I was full of anger, resentment, blame, guilt, and a lot of other negative emotions. When someone did a “wrong” to me, it was his or her fault and never mine. Everything that happened to me was not my fault.

Life wasn’t good to me; I was always the innocent person being hurt. When I found out that in Step Five I had to look at my part in the pattern, I was confused. I wasn’t responsible for people treating me badly and doing the wrong thing; I had no part in what they did to me.

My sponsor helped me work that Fifth Step. I looked carefully and saw selfishness, self-centeredness, dishonesty, and other character defects. At the end of my work, I felt so much lighter and freer. As the promises state: “We will not regret the past nor wish to shut the door on it” (Alcoholics Anonymous, 4th ed., p. 83).

Afterward at meetings, I kept sharing about how much that Step meant to me. It taught me so much about myself. I had been blind to my defects. Through this process I learned to accept and love myself for who I am, not a bad person but a very sick person recovering in this program.

Step Five has helped me find natural happiness—I used to rely on others to make me happy and felt resentful if they did not fulfill my expectations. Now I have a great big smile on my face and just want to bounce all the time like a bubbly cartoon character.

Now when I feel angry or resentful at a person or situation, I sit down and ask myself what my part is. I have a very honest HP who never fails to let me know. Then I can make amends if I need to. If I have trouble letting go, I turn to page 417 of the Big Book and read about acceptance. Until I accept everything as it is and not how I want it to be, I have to keep praying to my HP for acceptance. I can’t change anyone except myself.

I have worked all Twelve Steps now, and I still maintain that Step Five was the best Step I ever worked. It was a real eye-opener to the true me. It also gave me freedom, peace, and serenity. I can let go of the past and live in each minute of the day, enjoying life to the fullest.

—Julie B., Adelaide, South Australia, Australia

Reprinted from the Lifeline website <https://www.oalifeline.org/steps/step-5-seeing-part/>

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## ANNOUNCEMENTS AND UPCOMING EVENTS!

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

### WORLD SERVICE BUSINESS CONFERENCE 2024

#### WE ALL BELONG: WELCOME TO OA!

**DATES**  
**MAY 7–11, 2024**

In-person attendance only. No virtual attendance.

**CNMI is still 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

Also, If you are interested in volunteering at World Service Business Conference, but you don't have time all week to be present, check out these volunteer opportunities [here](#).

**Note: We especially need help on Thursday and Saturday**

**SAVE THE DATE: OA CNMI SILENT RETREAT –  
“ROCKETED INTO THE FOURTH DIMENSION”**

**10/25/2024 - 10/27/2024**

**CENTRAL NEW MEXICO INTERGROUP NOW HAS  
THREE IN-PERSON AND THREE HYBRID MEETINGS.  
CHECK OUT THE FULL MEETING LIST [HERE](#).**

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

## EDITOR'S MUSINGS...

May is the 5<sup>th</sup> month, which means we are focused on the 5<sup>th</sup> step & 5<sup>th</sup> tradition. The spiritual principles are Integrity and Purpose.

The first time I had to give away my 4<sup>th</sup> step to my sponsor, I was nervous and anxious. I was not sure I had done it correctly (or perfectly). I also had things that I was embarrassed to admit – to myself, let alone someone else and God! How could I be totally honest and accountable? Yet, my sponsor lovingly, unconditionally, and without judgment, listened for the 4-5 sessions I needed to get it all out. Since that first one, she has had to suffer through at least 6 or 7 thorough or spot inventories with me. God bless her!

The 4<sup>th</sup> and 5<sup>th</sup> step process, for me, has cleared the wreckage of my past and enabled me to move forward in my life in a manner I could never have imagined possible. I now have a tool kit and loving support that helps me transmute any difficult situation directly into acceptance and serenity. I pray that I am doing for my sponsees what my sponsor has done for me.

Thank you, God, for this program of Recovery.

- Deanna G.

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

Please email me at [oadeannag@gmail.com](mailto:oadeannag@gmail.com)

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.