



# OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



## AUGUST 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 8

Made a list of all persons we had harmed and became willing to make amends to them all.

*Spiritual Principle = Self—Discipline*

### Tradition 8

Overeaters Anonymous should remain forever nonprofessional,  
but our service centers may employ special workers.

*Spiritual Principle = Fellowship*

### Eighth Step Prayer

Higher Power,  
I ask Your help in making my list of all those I have harmed.  
I will take responsibility for my mistakes &  
be forgiving to others as You are forgiving to me.  
Grant me the willingness to begin my restitution.  
This I pray.



# A Dose of Inspiration

## For Today – Page 251 September 7

*No man can justly censure or condemn another, because indeed no man truly knows another.*

*Sir Thomas Brown*

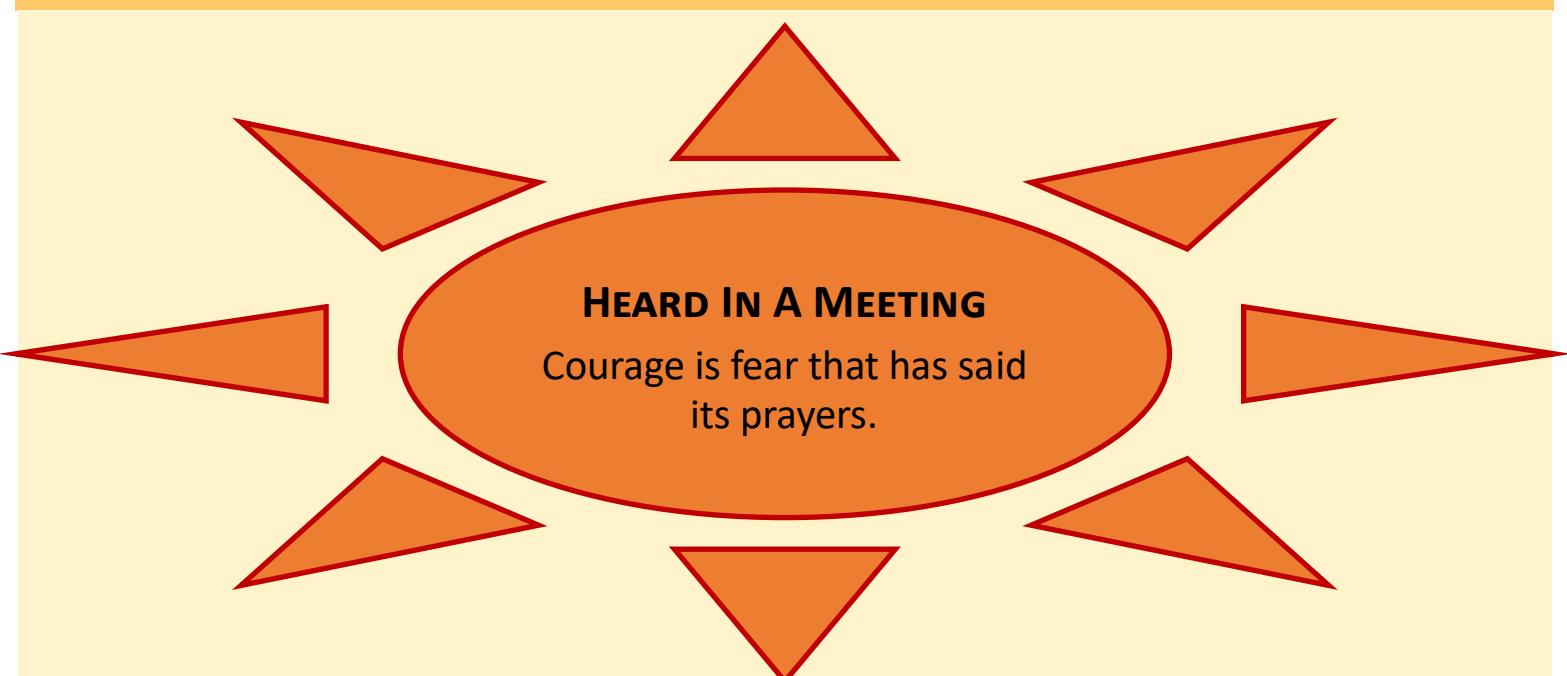
It is easy to condemn those who transgress, but there is no justice in such judgement. I cannot know how another person feels, what the life experience of that person is. Much as I do not want to think about it, child abuse and neglect are evils that have been with us a long time. Am I so sure of the inherent “badness” of a person who lashes out in unprovoked attack? To be sure, I am not obligated to stand still and let myself be used as a doormat, but I am bound to apply a single standard to all persons. As I learn in OA to admit my errors and misdeeds, and ask my own and others’ forgiveness, I can do no less than extend the same humanity to others.

**For today:** It is not for me to judge anyone.

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**HEARD IN A MEETING**

Courage is fear that has said  
its prayers.

# Self-Forgiveness As A Road To Amends



A member describes her road to self-forgiveness

When I got ready to do my Step 8 list of those to whom I needed to make amends, my sponsor said I should put myself on my amends list. I had done previous 8<sup>th</sup> Steps, so I knew this was important to making amends with others. I needed to forgive myself and others before I would be able to make amends. This ensures that, through forgiveness, resentments don't rise up and cause the amends to be ineffective.

When I got to me, I realized I had not forgiven myself for several things I did as a child, as well as some I had done in my marriage and as a parent. What should I do? I did not WANT to forgive myself. Why not? When it came down to it, I didn't feel I deserved to be forgiven. If I didn't forgive myself, I could keep punishing myself, in theory, until I felt I deserved a pardon. Not forgiving myself kept me from pursuing deeper relationships with my HP, whom I call God, and with other people.

So, if I couldn't forgive myself, and was "stuck" in Step 8 until I did so, what could I do in the meantime, while I waited to forgive myself? I decided to ask others how they forgave themselves, if they needed to. I asked my sponsor, a couple of "mentors" I appreciate in program, and one night I was chairing a meeting and chose the topic, which of course, had to be self-forgiveness! I also wrote about it, prayed about it, and even made an appointment with my pastor to talk about it! All the while, while I waited to forgive myself, I did my program. I went to meetings, met with my sponsor, sponsored, made phone calls and texted fellows. I also did a 4<sup>th</sup> Step inventory to work on a "searching moral inventory" of why I wasn't forgiving myself. This is a character defect to not forgive myself, and working through a detailed inventory helped me find the root of my problem. I would then be prepared to do a proper 9<sup>th</sup> Step on myself. I wrote, prayed, and waited.

One thing both my sponsor and my pastor suggested was to "act as if." My pastor said I would always remember those things I did wrong, but I could choose to "act as if" I had forgiven myself until my feelings caught up, once I had said the words, "I forgive you" to myself. So, I plunged into forgiveness. I said the words, "I forgive you," and declared to myself that if the thought that I am not forgiven for those actions and words come up, I would remind myself that I am forgiven, because I chose to do it.

Faith, fact, feeling, in that order, is what I learned somewhere. It works for me. I am forgiven. I don't have to bash myself anymore. I don't even have to "feel" forgiven. My side of the street is clean towards me, and I can now "move quickly forward" to Step 9 and make amends!

-Anonymous, July 2024

# Step 8: Admission and Prayer

## A Lifeline Reading



**Step Eight** asks me to own up to who I am in relation to other people and myself.

Working with a sponsor helped. I returned to OA after a relapse, during which I quickly gained 40 pounds (18 kg). After a suicidal crisis, I realized I would slowly eat myself to death if I continued. I received the gift of desperation and was willing to go to any length to recover from this disease. I asked someone who had what I wanted to sponsor me.

After Step Seven, my sponsor suggested I review my Fourth Step to look for anyone I had harmed. I wrote down their names and the reasons why I needed to make amends to them. The first half of Step Eight was an opportunity to name those I had harmed and why. It didn't matter if someone had harmed me; I only needed to identify the people I had harmed. I recently considered several people I used to sponsor. It wasn't easy to admit I had been controlling and arrogant towards them. When I did admit I had harmed these people, relief filled my heart.

I needed to put my own name on the list—"we have also damaged ourselves with our self-destructive thinking, eating, and living habits" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 69). I damaged my body by compulsively overeating, starving, overexercising, and denying my excess weight. I lived in isolation, fear, self-pity, and resentment. I wrote my name on the list, although I had no idea how I would make amends to myself. That was part of Step Nine, and I wasn't there yet.

The second half of Step Eight involved becoming willing to make amends to those I had harmed. "It might help us to remember that our purpose in doing step eight is not to judge others, but to learn attitudes of mercy and forgiveness" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 69). My sponsor suggested I pray for anyone I was unwilling to forgive. I prayed for each person to have health, prosperity, and joy, although I still felt angry. After praying for one particular person every day for a month, I felt a wave of forgiveness flow over me. The God of my understanding helped me see this person as a lovable child of God, who, just like me, was doing one's best with what had been given.

I prayed for each person on my Step Eight list and asked God to forgive me too. Then I was ready for Step Nine.

— Edited and reprinted from The Transformation newsletter, Central Ohio Intergroup, August 2011

Reprinted from the Lifeline website <https://www.oalifeline.org/steps/step-8-admission-prayer/>

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## ANNOUNCEMENTS AND UPCOMING EVENTS!

(WITHIN THE CNMI AND AROUND OA)

PLEASE SHARE AT YOUR MEETINGS...

### 2024 OA Silent Retreat

*Sponsored by Overeaters Anonymous Central New Mexico Intergroup*

#### REGISTRATION is NOW OPEN !

*Join us for a weekend of contemplation and  
shared experiences*

*among the quiet and the beauty*

*The weekend will include a shared 24hr Silent Period*

**October 25 – 27, 2024 | Pecos, NM**

Our Lady of Guadalupe Abbey, Pecos Benedictine Monastery

\$265 for the Retreat Weekend per person

Single room, three days, two nights with meals

To Register for the RETREAT

OR Request a Scholarship

click the following online link:

<https://cnmisilentretreat.regfox.com/2024-oa-silent-retreat>

We will be exploring our theme of  
**“Rocketed into the Fourth Dimension”**

with meetings, workshops and sharing. The extensive monastery property offers many areas for walking, vigorous hiking, and places to rest and meditate. Also offered will be contemplative arts and crafts and other inspirational activities.

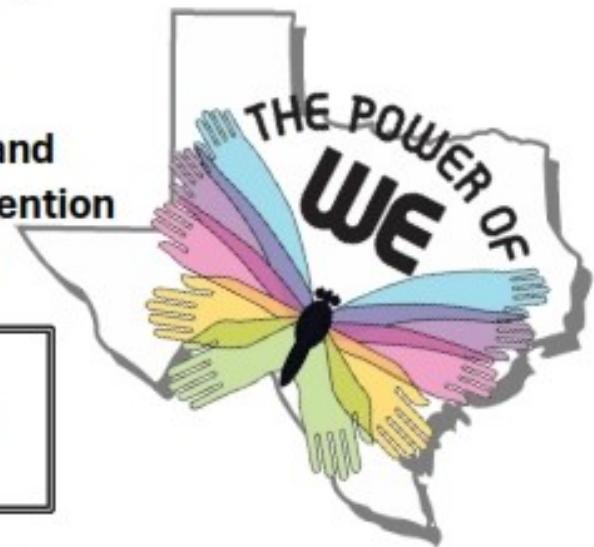
Contact Information:

[cnmiretreat@gmail.com](mailto:cnmiretreat@gmail.com)

Vanessa G. (505) 507-9894

Mary Lou A. (830) 279-9526

# Big Country Intergroup OA in West Texas Hosts the Region III Fall Assembly and 2<sup>nd</sup> Annual Texas State Convention September 5-8, 2024



**CONVENTION SCHEDULE,  
INFORMATION and SERVICE OPPORTUNITIES**  
[www.txoaconvention.org](http://www.txoaconvention.org)

## REGISTRATION INFORMATION:

[Click here to Register:](#)

[Convention Registration](#)

*Full Convention Registration Includes:*

*Saturday/Sunday Breakfast & Saturday Dinner*

Early Bird Registration (before August 4) - \$125

Registration (after August 4) - \$150

Saturday In-Person Only (includes dinner) - \$75

Virtual Registration - \$ 30

(includes 3 Keynote Speakers)

Scholarships are available.

Email: [info@txoaconvention.org](mailto:info@txoaconvention.org)



**Convention or Registration Questions:**

325-665-4160

[info@TXOAConvention.org](mailto:info@TXOAConvention.org)

Whatever problem you may have around food, whether it be overeating, undereating, restricting, purging, over exercising or something else, this conference is for you!

- Inspiring Speakers
- Meet others who struggle, just like you!
- Informative and Motivating Workshops
- Experience the "Power of We"!



## HOTEL INFORMATION

Hilton Garden Inn

4449 Ridgemont Dr.



Reservation Phone: 325-690-6432

[Hilton Garden Inn Abilene](#)

Rate Code Emailed at time of Convention Registration

Reservations made by August 4, 2024:

\$139 + tax per night

up to occupancy of 4

Reservations after August 4, 2024:

Subject to rate increase and availability

Rooms include:

- Free Wi-Fi
- Free Parking
- Microwave & Refrigerator in Every Room
- Pet Friendly (details on web site)
- Fitness Center



**ABILENE  
TEXAS**



## CNMI MEETINGS

SEE THE UPDATES AND THE FULL LIST OF MEETINGS [HERE](#).

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

### Prepare for Deepfakes: Use OA's Updated Videoconference Meeting Training and Security/Preventive Measures



Online meetings have a new disruption to watch for: deepfakes. Deepfakes use technology to mimic a real person to gain access and then cause a disturbance.

Use the *updated* step-by-step recommendations in OA's [Videoconference Meeting Training and Security/Preventive Measures](#) guidelines to prepared to respond to intruders, disrupters, and deepfakes. Ensure your on-screen meeting is secure and give members and newcomers a safe OA space to find recovery through the OA Twelve Step program.



There are many opportunities to be of service coming up. Please read the next pages to see how you can give back to Overeaters Anonymous!

## ANNOUNCEMENT OF UPCOMING CNMI ELECTION

This is the first of two official announcements of CNMI elections to take place at our Annual Meeting on October 12, 2024.

Each of the positions shown below is available for a two-year term. We have candidates for the positions indicated by an asterisk, although other nominations, including self-nominations, may be made prior to the Annual Meeting or from the floor. Candidates must be present at the Annual Meeting or have submitted a written statement of qualifications and interest in the position.

### These positions require six months of abstinence:

Chair\*  
Secretary

### These positions require three months of abstinence:

Archivist  
Electronic Communications Coordinator (ECC)  
OA Young People's  
Outreach\*  
Special Events  
Twelfth Step Within

### This position requires one year of abstinence and two years of service beyond the group level, currently or at any time in the past:

WSBC Delegate\*

### This position requires one year of abstinence and two years of service beyond the group level, currently or at any time in the past:

Region Representative\*

## How You Can Help

With a little over two months remaining until the elections, we hope to add more stars (\*) to the list above. Please give prayerful consideration to running for one of these positions, and sponsors are asked to encourage abstinent spouseees to step up to service at the Intergroup level.

Of particular urgency is the ECC position, which is responsible for maintaining our website and managing internal communications for the intergroup. The position as currently structured combines the function previously titled ECC which was responsible for email communications, and the position of Website Manager. If a prospective candidate would prefer to serve in one of these capacities only, the positions can be separated.

**For more information, please contact one of the members of the Nominating Committee:**

**Leslie SK, 505-250-9889, Chair • Deborah B, 505-604-3253 • Mary S, 505-977-3445**

**S E R V I C E**

**OPPORTUNITIES TO GIVE BACK TO OVERTEATERS ANONYMOUS**

## **Translation Volunteers Needed for OA.org**



Are you fluent in a non-English language? If you meet basic abstinence and service requirements, the World Service Office needs your service to improve oa.org web page translations that have been generated by artificial intelligence (AI).

OA is launching a new website translation feature, and as a designated website translation volunteer, you will have the ability to click directly on the web page to edit and improve web page text that has been translated into your language—a benefit all OA members who share your language!

To volunteer, [review and complete this form](#). After your OA membership has been verified by your service body, you will be contacted to get started.

Translation volunteers are particularly needed for the following languages (ranked in order of annual visitors to oa.org):

- German
- French
- Spanish
- Dutch
- Portuguese
- Simplified Chinese
- Italian
- Swedish
- Persian
- Greek
- Russian
- Polish
- Arabic
- Japanese
- Hebrew
- Norwegian (Bokmål)
- Hungarian

Many more languages are supported. [Review the form](#) and add your language if it is not listed.

### **Donate Used OA Literature**

**Do you have old OA literature laying around? Donate it to the Retreat!**  
**It's always nice to have a table where people can borrow or take literature to help inspire them while on retreat.**

**We can raise a little money from donations to help pay for the retreat next year too!**  
**Contact: Carol S (505) 804-5093**

# Editor's Musings

Well, August is here, and Summer is starting to wind down. We have been blessed with a good monsoon season here in New Mexico, helping to cool the intensity of summer. As kids return to school, I am reminded to recommit to my program through re-exploring the Steps and Traditions to gain a deeper understanding and appreciation of the treasures contained within them.

Step 8 continues the cleanup process we started in Step 4. We become willing to make amends to those we have harmed. This process entails making a list of those we have harmed and praying for each one. In the OA 12 &12, it says “*We learn about the healing power of forgiveness as we discover how to forgive ourselves and others.*” There is an emphasis on forgiving ourselves for the harms we have done.

This was such a foreign concept to me when I first worked the Steps. I had such disdain for myself, I didn’t know where to begin. Over the years, and working the Steps over and over, I have been able, with my Higher Power and Sponsors’ help, to find forgiveness, a sense of self-appreciation and love that I never would have found without the tools of program. I’ll be honest, it was not an easy process and has taken a long time, but in the last few years, I came to realize that much of the disdain and self-loathing had passed, and was replaced with a warmth, softness, and sweetness I cannot truly explain. When I make a mistake now, instead of wielding the self-flagellating hammer, I instantly laugh, and say to myself, ‘Oh gosh, there I go being human again!’, and pray I learn from that mistake. What I have learned is that this is a great way to practice self-forgiveness and self-amends.

As my Sponsor often says to me, “*Go out and make a mistake today!*” - 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.