



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



JULY 2024 NEWSLETTER

Volume No. MMXXIV Issue No.7

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OA Responsibility Pledge:

Always to extend the hand and heart of OA to all who share my compulsion;

Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions

Seventh Step Prayer

My Creator,

I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every single defect of character
Which stands in the way of my usefulness to you & my fellows.
Grant me strength, as I go out from here to do your bidding.

HEARD IN A MEETING

Stop focusing on the character defects.
Focus on the positive behaviors you want!

A Dose of Inspiration



For Today – Page 271 September 27

Clever people seem not to feel the natural pleasure of bewilderments, and are always answering questions when the chief relish of life is to go on asking them.

Frank Moore Colby

It has been said that children are the true explorers. Filled with wonder and curiosity, they set forth each day on a journey of discovery, completely open to the new, asking questions without fear of looking stupid.

In the world of grownups, not knowing is too often regarded as lacking intelligence. Luckily, one of the first lessons I absorbed in OA was a gut-level understanding that it was OK not to know how to manage my eating, my weight and my life. Everyone there freely admitted they didn't know either. Since that time I have been freed of many old hang-ups, among them the idea that I should have a fund of information that enables me to answer any and all questions about any and all subjects. How delightful it is to have a child's willingness to question, to approach the new without regard for appearances.

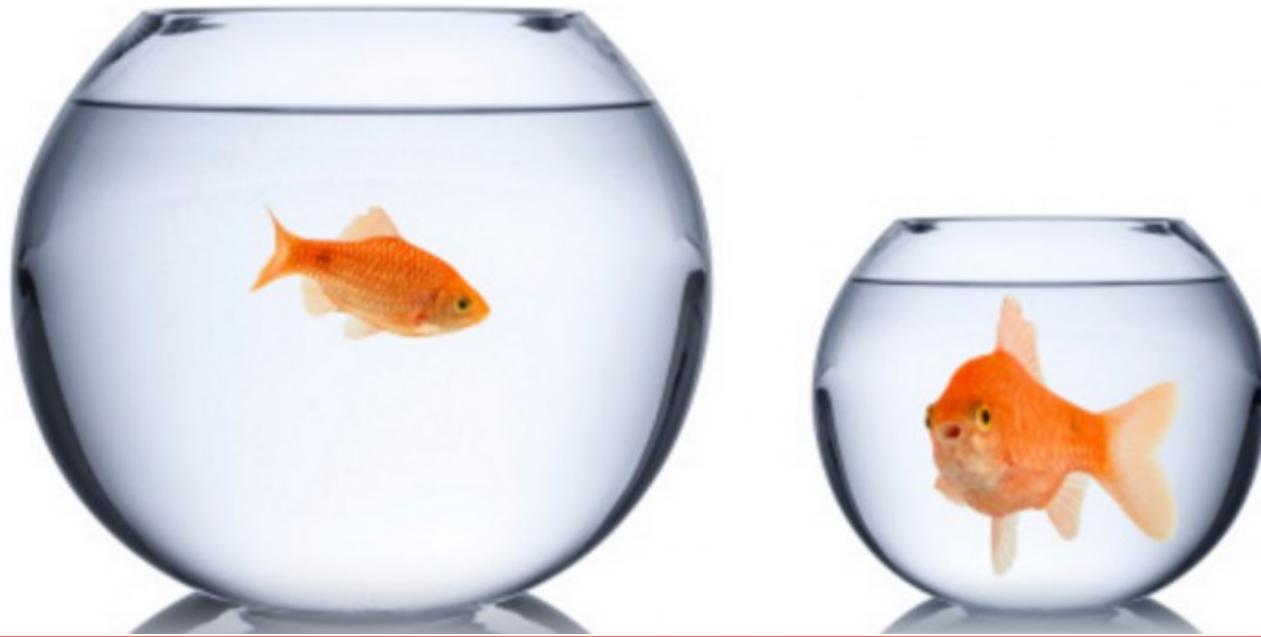
For today: I want to be free of old patterns that stifle growth. I treat myself to the pleasure of admitting ignorance and the fun of asking questions.

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Step 7: Right Actions

A Lifeline Reading



I've been reading and studying Steps Six and Seven in the past weeks. I've become particularly watchful and aware of my major character defects, and I truly believe I should take these Steps daily in order to keep working toward what Higher Power wants for me.

Recently, I was in the company of a colleague whom I admire and like; however, I felt envious of her. Here's why: She has been on a diet for a number of months and has lost significant weight. She looked great and was still working the diet to reach her goal. She received a lot of attention, and all of a sudden I felt envious and (for some reason) "less than." I had witnessed her physical recovery before, and was thinking, "I wonder if she'll gain it all back again." I felt shame for feeling this way, but I was able to talk about it with a fellow OA member.

I am happy for her success, and I will pray that she stays healthy and well. She has always treated me kindly and professionally. I had no reason to feel envy toward her, but my character defects do not discriminate; they pop up freely and with no advance warning. So I will continue to pray for knowledge of right actions to take and let HP "do his thing" with this one, in his time, not mine.

I pray each day to be willing to have defects removed. I list the defects I feel are strongest every morning when I write. I know, however, that HP picks the ones to address and puts people and situations in my path to help me practice new behaviors. Character defects will not go away until I learn and practice new ways to act. The more my actions fall into line with my intentions and my prayers, the closer I am to doing HP's will for me.

I am constantly becoming more useful to HP and my fellows, which is the essence of Step Seven. I am humbly asking HP to remove my shortcomings, and it happens when my actions allow it to take place.

— Edited and reprinted from The Transformation newsletter, Central Ohio Intergroup, July 2010

Reprinted from the Lifeline website <https://www.oalifeline.org/steps/step-7-right-actions/>

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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:

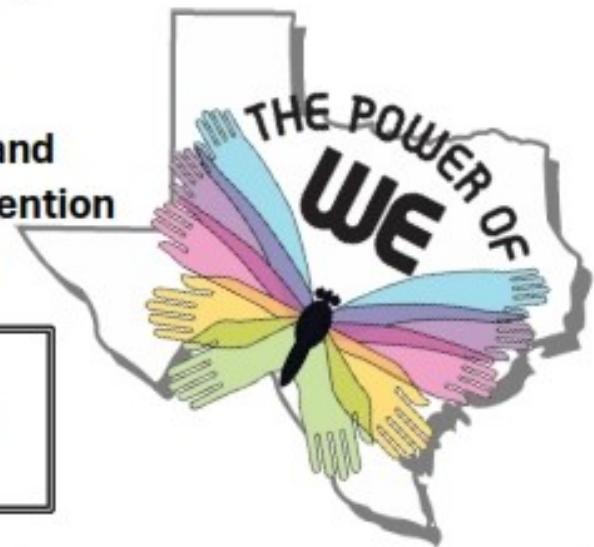
cnmiretreat@gmail.com

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 2nd Annual Texas State Convention September 5-8, 2024



**CONVENTION SCHEDULE,
INFORMATION and SERVICE OPPORTUNITIES**
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



Convention or Registration Questions:

325-665-4160

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"!



**OVEREATERS
ANONYMOUS®**

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**



OA Region III has expanded!

Let's welcome Central Iowa (Des Moines, Iowa), Greater Heartland (Omaha, Nebraska), Mid-Continent (Wichita, Kansas), and Sunflower (Topeka, Kansas) Intergroups

to the Intergroups in our existing seven states:
Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas and Utah.

CNMI MEETINGS

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

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



Help Wanted

Come October 2024, the position of Website Manager/Electronic Communications Coordinator for Central New Mexico Intergroup (CNMI) will come open. A description for this position can be found at <https://oa-cnmi.org/intergroup-service-position-descriptions/>.

If you are interested, please email
oacnmi@gmail.org.

Training about editing the website could begin this summer!

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.



Call for Stories about Mental Health and Recovery

Overeaters Anonymous is developing a new piece of literature featuring personal stories from OA members in recovery who live with chronic mental health conditions. We are looking for stories that focus on your mental health challenges in relation to your physical, emotional, and spiritual recovery from unhealthy relationships with food and body image.

If any of this is part of your lived experience, please consider sharing your story as a vital service to our OA community!

If you are managing a mental health issue and living in recovery, you can give valuable service to the entire Fellowship. We encourage you to [download and share our flyer](#) calling for stories for a new publication about mental health and recovery.

We encourage you to share your experience, strength, and hope about:

- finding balance in managing your mental health and recovery
- using the Steps, Tools, and Traditions
- managing medications and their side effects, such as weight or appetite changes, fatigue, or memory loss
- communicating to other OA members about your condition
- sponsoring others with mental health issues
- finding support among OA members for your recovery and mental health challenges

The deadline to send us your story to the World Service Office is **July 30**.

Thank you for your service!

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.



EDITOR'S MUSINGS...

Happy July! I hope you are staying hydrated and cool. It is HOT out there!

July's theme is Step and Tradition Seven. Last month I shared about my experience with Steps Six and Seven. This month, I'd like to share about Tradition Seven: **"Every OA group ought to be fully self-supporting, declining outside contributions."**

I think most commonly, we think about this Tradition as monetary donations to our meetings, Intergroup, Region and World Service Office to keep them running. I'd like to think of this Tradition a bit bigger. The OA 12 Steps and 12 Traditions says that the Seventh Tradition doesn't apply simply to financial support...*To be fully self-supporting, groups and individuals need to take on their share of service work.* There are many roles that need to be filled in order to keep the meetings, boards, and OA as a whole functioning. If I am not serving my OA community, how can I truly accept the gifts this program gives me? The Twelfth Step talks about giving back; in my mind, this Tradition also reinforces that concept. We must support our groups if we want them to thrive. We often say in program, "Service is slimming". I strongly believe that I must give back to appreciate what I have been given. OA has given me a life beyond my wildest dreams and if I can pay back even a small percentage of what I have been given, then it is worth it.

Deanna G.

Do you have any comments or feedback? I would love to hear from you!
Please email me at oadeannag@gmail.com