



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



OCTOBER 2024 NEWSLETTER

Volume No. MMXXIV Issue No.10

Central New Mexico Intergroup P.O. Box 30273; Albuquerque, NM 87190-0273

Email: oacnmi@gmail.com website: oa-cnmi.org CNMI Phone Number: (505) 261-3553

OA Responsibility Pledge:

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

Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle = Perseverance

Tradition 10

Overeaters Anonymous has no opinion on outside issues;
hence the OA name ought never be drawn into public controversy.

Spiritual Principle = Neutrality

Tenth Step Prayer

I pray I may continue:

To grow in understanding & effectiveness; To take daily spot check inventories of myself;

To correct mistakes when I make them; To take responsibility for my actions;

To be ever aware of my negative & Self-defeating attitudes & behaviors;

To keep my willfulness in check; To always remember I need Your help;

To keep love & tolerance of others as my code; & To continue in daily prayer how I can best serve
You, My Higher Power.



Step 10: DIRTY LAUNDRY

A Lifeline Reading



I was in the launderette flicking through one of their magazines when I saw something I quite liked. “This is just a secondhand magazine,” I thought. “It won’t matter if I rip this page out and take it home.” I tore out the page discreetly, hoping no one would see. (The first sign of dishonest activity: secrecy!) That evening as I reviewed my day, the magazine incident was on my mind. I didn’t have peace around my actions, but most important, I knew not to eat over it.

The next day, I spoke with my sponsor. She suggested I make amends by apologizing to the lady who works at the launderette and donating a few magazines. I thought, “Really? Is that really necessary?” But sometimes I just need to shut up and show up when it comes to cleaning up my act. My pride and ego can be powerful persuaders against saying sorry. So I pocketed my pride. I explained to the lady that I am a member of OA, a Twelve Step recovery program, which is helping me be well today. I explained that part of my ongoing recovery is to be honest and to clear up any mistakes I make as I go along. I told her what I’d done, apologized for my actions, and gave her the magazines. She looked at me quizzically but received my apology and the magazines with kindness. I immediately felt better. About a week later, I was back in the launderette, and the same lady asked, “So, was your problem under-eating?” I said, “No way, my problem was definitely compulsive overeating.” Surprised, she replied, “I guessed you were an under-eater because you’re nice and thin.” Then she said, “I can’t overeat anymore—I had a gastric band put in. Now when I do, I’m sick!” That was the beginning of a wonderful, heartfelt conversation. I told her what things were like for me, what happened when I found OA, and how life is today. We relayed stories of our food hell, and I listened to her difficulties with food. I recognized the heavy burden of shame and hopelessness she was carrying. When my clothes dried, I popped home and picked up some OA pamphlets with my phone number written on them. I gave them to her, offered my help if she wanted it, and wished her a good day. I let go of any expectation that she might call me soon. (It had taken me eight months!) This experience confirms for me the importance of staying abstinent and telling people I’m a compulsive over-eater. Not only do I owe it to myself to follow my food plan, work the Steps, and be honest with who I am, but also I owe it to the still-suffering compulsive overeater. I am so grateful to God and to OA, the people who planted a seed of hope in my head. Now I can be a seed planter and carry this wonderful message to all who need and want it.

— Sacha, UK

Reprinted from the Lifeline website <https://www.oalifeline.org/steps/step-ten-dirty-laundry/>

Copyright Overeaters Anonymous, Inc. All rights reserved



A Dose of Inspiration

Voices of Recovery – Page 98, April 7

“The Tenth Step begins with the word ‘continued’, our first clue that perseverance is about to become a key aspect of our recovery program.”

—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed., pp. 70*

I have persevered in this program through recovery, slips, and relapses. When someone asks why I go to meetings when I’m slipping and sliding, I say, “Because there is no other way.” I have been mulishly stubborn many times in my life.

The OA program has taught me that stubbornness is about ego. I want it my way. I want to be in control. I’ve heard the acronym EGO for Easing God Out. When I live in EGO, I live in fear. My attempts to control are an attempt to wrap up my fears into a tidy parcel.

Perseverance, however, is about surrendering to my Higher Power. I’ve heard the acronym GOD for Good Orderly Direction. When I surrender, I am still responsible for the effort, but I leave the results to my Higher Power.

Stubbornness is ego-driven and fear-based. Perseverance is surrender to my Higher Power and is faith-based.

OVEREATERS ANONYMOUS®, INC.

From: VOICES OF RECOVERY, 2nd ed., Copyright 2022 by Overeaters Anonymous, Inc.

Reprinted by permission of Overeaters Anonymous, Inc.

Heard In A Meeting

HP, please guide me as I peel away and leave behind the useless thoughts and habits I have accumulated.

Living And Hiding Right Inside Of Me

A Story Of Struggle And Recovery In The Rooms

By Anonymous

I wrote this almost 40 years ago when I lived in NJ. I was abstinent for about 11 months, which at the time, was the longest period of abstinence I had ever had. I thought back then, that I had it, and was finally cured. Then I learned that several OA members, and close friends of mine (whom I looked up to as the OA stars) at the time, went into relapse. I felt so sad and confused. It didn't make any sense to me. I wanted answers right there and then as to how this could happen. Of course, there were no clear answers to my questions; certainly, none that could make any sense to me.

I sat down and began writing in a spiral notebook, that is long gone now. In that quiet time, I felt as if I heard the voice of my disease come through me, and those were the words I wrote down. I read it to my sponsor and we walked through my feelings and all my fears. In talking with her, I felt comfort, knowing that HP was always there and wanted the best for me. I also understood, maybe for the first time, that this disease was truly cunning, baffling, and powerful (and patient), and despite my newfound recovery, was still living, and hiding right inside of me.

Here is what I wrote:

I hate meetings! I hate G-D! I hate anyone who has an OA program! To all who come in contact with me, I wish you death....and I wish you suffering!

Although some of you THINK you really know me; you don't! You can't! I go to great lengths to ensure that you never will. I am the disease of compulsive overeating. CUNNING, BAFFLING, POWERFUL...that's me! I have killed millions....and I am pleased.

I love to catch you with the element of surprise. I love pretending I am your friend and I am your lover. I have given you comfort...have I not? I was there when you were lonely. When you wanted to die, you called me....and I was there.

I love to make you hurt. I love to make you cry. Better yet; I love to make you so numb that you can neither hurt nor cry. This is true glory! I will give you instant gratification and all I ask of you is long-term suffering.

I've been there for you always. When things were going right in your life, you invited me in. You said you didn't deserve them....and I was the only one who believed you. Together we were able to destroy all the good things in your life.

People don't take me seriously though. They take strokes seriously; heart attacks seriously...even diabetes they take seriously. Fools that they are, they don't know that without my help, some of these things would not even be possible.

I am such a hated disease....and yet I do not come uninvited. You chose to have me. So many have chosen me over reality and peace.

More than you hate me; I hate all of you who have an OA program. Your program, your meetings and your Higher Power all weaken me....and I cannot function in the manner I am accustomed to.

Now I must lie here quietly. You don't see me, but I am growing bigger than ever. When you only exist, I may live. When you live, I may only exist....but....until we meet again....if....we meet again....I wish you death....and I wish you suffering.

Yours in Full Deception, Your Disease

Today, I am a relapse survivor, who, through my HP's grace, is living in abstinence and recovery today. I can't afford to take my recovery for granted. Do I anticipate another relapse? No. Can I guarantee that it won't happen? Sadly, I must answer no to that question as well.

The only thing I know for certain is that the disease of compulsive overeating still lives inside of me. Although it has grown even bigger, it is clever enough to hide deep below the surface, confident it can creep out through the smallest crack. It is only by following the OA 12-Step recovery program, as guided by my HP, that I can seal off any cracks. Doing this gives me a better chance of knowing recovery again today.



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

A Journey Through the 12 Steps: The Path to Recovery

**Sunday
October 13**

2pm - 5pm ET

Workshop Schedule:

Steps 1-3 Presentation
Q&A and Sharing, followed by a short break

Steps 4-9 Presentation
Q&A and Sharing, followed by a short break

Steps 10-12 Presentation
Q&A and Open Sharing

ZOOM MEETING ID

813 4728 9091

PASSWORD

202410

DIAL IN

+1-929-205-6099



Contact Person:
ILENE W. (908) 803-4846

01	Honesty
02	Hope
03	Faith
04	Courage
05	Integrity
06	Willingness
07	Humility
08	Self-Discipline and Forgiveness
09	Love and Tolerance
10	Perseverance
11	Spiritual Awareness
12	Service



The Virtual Region's 12th Step Within & PIPO/UWD Committees invite you to join us for

The Interview
EPISODE #3

A large, stylized title 'The Interview' is centered. The word 'The' is written in a black, cursive font. The word 'Interview' is written in a large, black, cursive font. A purple microphone with a green handle is positioned inside a grey circle with small white dots and plus signs around it. Below the title, the text 'EPISODE #3' is written in a small, black, sans-serif font.

100-POUNDER & BARIATRIC PANEL

OCTOBER 27, 2024
1-3PM ET (UTC-4)
ZOOM ID: 864 1961 9360
PASSCODE: 101112

OA members who have experienced obesity and/or who have had bariatric surgery answer questions about their experiences and how meetings within this specific focus group have strengthened their recovery. Interview format followed by Q & A.

info@oavirtualregion.org

CNMI MEETINGS

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

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

URGENT ZOOM SCAM WARNING

I first became aware of this scam when a CNMI member shared a message delivered, without attribution, to an Asian, Pacific Islander, and Desi (APID) meeting.

“Apparently a scammer has been calling OA member’s phones asking for information about our program. They then request a Zoom call for info in support but manage to hack the caller’s computer when on the call.”

When I checked with the WSO to confirm the authenticity of this, I learned that they have been dealing with several kinds of Zoom disruptions. My query was forwarded to Gary D, the Trustee Liaison to the Virtual Region, who confirmed that the information is correct. He said a bulletin on this subject was sent out from the Board of Trustees earlier this year. Unsuccessful attempts have been made to find this bulletin or any bulletin from a reliable internal source that we could be authorized to share in our newsletter.

Perhaps this scam has run its course by now, but please be aware of this threat and do not accept Zoom invitations from anyone you do not know personally!

Yours in OA Service, Mary S

Prepare for Deepfakes: Use OA’s Updated Video-conference Meeting Training and Security/Preventive



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.

S E R V I C E

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!

2024 CNMI ELECTIONS REMINDER

This is a reminder that CNMI Elections will take place at our Intergroup's Annual Meeting which has been rescheduled for October 19.

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 one year of service beyond the group level, currently or at any time in the past:

*Region Representative**



How You Can Help

With less than a month 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 sponsees 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



OPPORTUNITIES TO GIVE BACK TO OVEREATERS ANONYMOUS

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

Central New Mexico PI/PO Campaign

“THEY NEED TO KNOW”

The purpose of this campaign is to ask individual OA members to get OA literature to the health care professionals who provide their care.

This could be your physician, nurse practitioner, physician's assistant, mental health care provider, dentist, physical or occupational therapist, acupuncturist, or any of your health care providers.

Your Public Information/Professional Outreach Committee will supply several copies of the pamphlet, “When Should I Refer Someone to Overeaters Anonymous” to each member.

Sue M, PI/PO chair, will be happy to mail these to you to bring with you to your medical appointments.

AND THEN DO IT!!!

Personal testimony is one of the most effective ways to spread the 12-Step message of OA.

To order pamphlets or with any questions,
please contact Sue M. at 209 765 0132 or sjmealy@lightspeed.net.





EDITOR'S MUSINGS

Happy Fall! Thankfully, the weather is finally cooling down in NM and life is a little more doable after 12:00 noon! This month we celebrate the 10th Step.

Step 10 is a tool for accountability – to myself, others, and to my HP. This accountability process is not a way to beat myself up. I use my nightly inventory as a way to dig in and learn how to be a better version of me. When I have made mistakes or feel resentments or fears, this nightly inventory allows me to work through and see the bottom-line issue, and if necessary, make any amends.

I do my 10th step at night before I close my eyes – for me it is like emptying the trash that sits in my brain so that I can sleep with a clear conscience and a hopeful heart. My basic format is a summary of the day, then more detailed inventory of where I am and what I did during the day; a minimum of 5 gratitudes; and then I report my food. I may be more or less detailed about each of these sections, but of all of these items, the food is the one I do not skimp on. This is the ultimate statement of accountability for me. I know my sponsor does not care so much about my food, and I do not report it for her sake. I see reporting my food as the most critical part of this nightly inventory. It also keeps me making better – estimable – food choices during the day. I will stop sometimes when I am considering my food choices and think “Do I really want to report that I had XYZ”? This is a wholly selfish act to ensure that I am honest with myself. My sponsor is just a sounding board and a conduit to my HP.

Since I am so bad about sitting down and journaling on my own, I use my nightly 10th Step inventory as my opportunity to journal and do the honest self-appraisal that I need on a daily basis. I have found it continually provides great relief in my toughest moments. I am so grateful for the Steps, Traditions, and Tools of Program for teaching me how to live life on life’s terms. The Promises are coming true for me day by day. My wish for you is that you may find the relief and serenity that I have found.

- Deanna G.

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

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.