



# OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



## APRIL 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 4**

Made a searching and fearless moral inventory of ourselves.

### **Tradition 4**

Each group should be autonomous except in matters affecting other groups or OA as a whole.

### **Fourth Step Prayer**

Dear God, It is I who has made my life a mess. I have done it, but I cannot undo it.

My mistakes are mine & I will begin a searching & fearless moral inventory.

I will write down my wrongs but I will also include that which is good.

I pray for the strength to complete the task.

### **Resentment Inventory Prayer**

God, please help me show \_\_\_\_\_ the same tolerance, pity and patience I would cheerfully grant a sick friend. Help me to see that \_\_\_\_\_ has a spiritual malady, just like me.


When I am frustrated, angry, displeased or resentful toward \_\_\_\_\_ may I see that I had a part and that we are both humans with faults and imperfections.

God save me from being angry. Thy will be done.

### **Fear Inventory Prayer**

God of my understanding, I pray that you remove my fear and direct my attention to being who you would have me be today. May thy will, not mine be done.





# A Dose of Inspiration

**Heard in a meeting...**

**I am brave**

**I am fearless**

**I am never alone**

## **March 26—FOR TODAY Page 86**

*Courage is resistance to fear, mastery of fear - not absence of fear.*

*Mark Twain*

As a small child I was afraid of the dark. I outgrew that particular fear, but not the underlying reason for it: fear of the unknown. As exciting as new ideas, new challenges may be, there's always that hesitation to jump in.

Sometimes it's very hard to overcome the fear. It takes courage to do a fourth step inventory, to look at and admit my worst faults, to confide in another human being, to make amends. I stall for time, putting aside what am I'm afraid to do, trying to muster my courage.

But in the end, I do it. I dare to push past the fear because I want what the AA founders promise, and because I believe them when they say that “half measures availed us nothing.”

**For today:** There are things I'm still afraid of and perhaps will always be afraid of, but I have overcome fear before and will again.

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## FROM WITHIN THE FELLOWSHIP

### What OA has given me

After coming to Overeaters Anonymous (OA) two years ago, my life has improved in so many ways that are difficult to encapsulate in just a couple of paragraphs. All the same, I will attempt to share a few of the highlights that OA has given me.

For starters, as the result of working the 12 steps, I have been given the life-changing gift of no longer eating compulsively and no longer obsessing about food, exercise, body size, and more. I am finally fitting into regular-sized clothes again which I haven't worn for 20+ years. Miraculous!

In addition, OA has given me a community of like-minded people who welcomed me with open arms and caring hearts. Fellow OAers "get" me in a way that others do not because they have struggled with similar food compulsions and resulting issues of health and weight worries/obsessions. At meetings and in conversations with my OA fellows, I can shed my mask and show up authentically as I am, even if I am not entirely sure who I am yet.

Another gift of 12-step fellowship is a wonderful sponsor who guided me lovingly through the 12 steps. She remains available to listen to my questions, and she offers support for any number of challenges that I face moving forward in my recovery. She is helping me with my current "identity crisis" (mentioned above). She reassures me it will take some time to figure out who I really am now that obsessive food thoughts and eating compulsions no longer drive my daily choices. I'm grateful each and every day because my eating disorder no longer wreaks havoc in my life.

However, one of the greatest gifts of OA and the 12 steps has been finally learning how to face reality rather than trying to escape it or ignore it. The 4th step inventories required me to dig deep and be honest about so many things that I kept trying to stuff down and avoid dealing with by using certain foods and compulsive eating behaviors to numb me and distract me. I was keeping myself in the dark about how I was really feeling and thinking.

Practicing courage and honesty I have been able to examine my life in a way I never could have imagined. I learned how to face my past, and how to let go of thoughts and behaviors that have kept me stuck in cycles of fear, guilt, and shame. I learned how to start practicing forgiveness of others and also myself. And I learned how to ask a Power greater than myself to help me with all of this.

OA has taught me that I am not alone anymore, unless I choose to be. OA has brought me an amazing network of people to support my recovery and allows me to give back as well through service, sponsorship, sharing, and encouraging others in their journeys of recovery... all of which strengthens my own. It is a miraculous, continuous win-win situation!

Recovery is truly a gift that keeps on giving. Thank you Higher Power and thank you OA!

Anonymous, March 2024

# Step 4: Searching Out Shame

A Lifeline Reading



In OA, we rely strongly on AA literature, and we are truly blessed to have it. I am infinitely grateful to AA and its founders and members. I do find, however, one critical difference between alcoholism and food addiction that, once addressed, finally gave me the freedom of back-to-back abstinence that eluded me for decades.

Members of AA can walk away from alcohol. As hard as it must be, they can find new activities and new friends. With the support of their program, fellowship, and higher power, they do not have to engage with their substance again.

The Step Four inventory in AA literature focuses on fears and resentments and has been enormously helpful, but there is a critical difference for me as an overeater that requires additional probing in my personal Step Four inventory. My food addiction is not to individual foods but to eating itself. I have to go head-to-head with my addiction three times a day. In order to do that abstinently, I have to delve deep. I believe strongly that my food struggle is an emotional struggle. I cannot be in emotional discord for long without it leading to a food struggle. Since I have to engage with my addiction every day, it puts me on very shaky ground to be in a state of emotional "dis-ease."

I recently heard a helpful metaphor: If I wanted to replace the blades in a blender, I'd obviously have to turn the machine off. But would I then put my hand inside it? Of course not, because it might turn on if still plugged in. I'd first be sure to disconnect the power source, or the blades could start spinning and I could get badly hurt. Disconnecting the power source is key. So I had to ask myself, "What is the power source of my compulsion?"

For many OA members, the power source of our compulsions is not just fear and resentment, but shame, which is rooted in the codependency that developed in our dysfunctional childhoods. Shame is my power source. If I don't address it, the power can kick on again with the slightest trigger. Before I healed my shame, for example, a critical comment by a co-worker or supervisor was enough to send me into relapse. Trying to abstain without understanding the power of shame was like trying to stop the blender by only pressing the off button. It invariably kicked on again and cut me with a relapse.

My experience is that I only became able to abstain peacefully and consistently when I began a searching and fearless Fourth Step journey into my shame and codependence. I then began to enjoy the greatest gift of all: comfort in my own skin. This comfort is glorious and precious in itself, and it has protected my abstinence, one day at a time, for over five years.

— Leslie O., Broad Brook, Connecticut USA

Reprinted from the Lifeline website <https://www.oalifeline.org/steps/step-4-searching-shame/>

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## ANNOUNCEMENTS AND UPCOMING EVENTS!

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



**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](http://www.oaregion3.org/assemblyconvention)

Sponsored by:  
Las Vegas OA Intergroup



## 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](mailto: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**

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

Email **Deanna G.** at [oadeannag@gmail.com](mailto:oadeannag@gmail.com) to sign up!

## FAITH HOPE LOVE FROM THE VIRTUAL REGION

### Phone Marathons

**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.](#)

**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](#)**

**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.**



## **EDITOR'S MUSINGS...**

April is the official start of spring, and is the fourth month of the year which means our theme is Step 4. The spiritual principle of Step 4 is Courage. I would like to add Honesty into that concept. To me, in all of the 4th Step inventories I have done, I have had to get really honest about my part in the matter. This is where I learned my biggest lessons and was gifted more humility.

Courage brought me into program and keeps me working the Steps. Honesty with my Higher Power and Fellows supports my abstinence, feeds my courage to stay in Overeaters Anonymous, and strength to keep working the program to the best of my ability.

Spring is a time of rebirth, much like OA was a rebirth of my life. May the reawakening of the earth bring a sort of rebirth to your program. Thank you OA and HP for the gifts of program and abstinence.

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)**