



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



DECEMBER 2023 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 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive over-eaters and to practice these principles in all our affairs.

Tradition 12

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

12th Step Prayer

Dear God, My spiritual awakening continues to unfold. The help I have received I shall pass on & give to others, both in & out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength & wisdom to practice the principles of this way of life in all I do & say. I need You, my friends, & the program every hour of every day. This is a better way to live.

Navigating the Holidays can be a challenge. Read on for meetings, inspiration, and ideas!



Season's Greetings from Program

Happy, joyous, and free is what we can be in this Twelve Step program.

Attitude change—the only person we focus on changing is ourselves.

Prayers is suggested as a form of meditation—a strong component of the Eleventh Step.

Problems begin to lose the magnitude they once had (when we do the necessary Step work).

You need never be alone again—we have a Higher Power to guide us, and we have other people around who understand us.

Hunger will become physical hunger, not emotional hunger.

Occasions such as holidays are about friendship and family instead of food.

Love for self is about self-caring—taking care of ourselves, setting healthy boundaries, and saying “no” when necessary.

In the beginning (and as long as necessary), it is important that our recovery come first in all we do.

Do you have a sponsor and a support group? Both are necessary for recovery. If not, find them. You won't be disappointed.

Accepting what cannot be changed is a stepping stone to changing what can.

Yes, our recovery is dependent on actively working the Twelve Steps. Start and continue working Steps One through Twelve to be amazed before “we are half way through” (*Alcoholics Anonymous*, 4th ed., p. 83)

Size and weight are not our real issues. The Big Book says clearly, “When the spiritual malady is overcome, we straighten out mentally and physically” (p. 64).

— Norinne M., Fort Myers, Florida USA
<https://www.oalifeline.org/recovery/seasons-greetings-program/>



**Can't do a Zoom Meeting on the Road?
Try a Phone Marathon
During the Holidays!**

PHONE MARATHONS

Meetings every hour from 8:00 a.m. to 12 midnight ET (UTC -5)

Phone: 712-432-5200

Conference ID: 4285115#

Sponsored by The Virtual Intergroup. [More info](#)

Tuesday, December 12: Twelfth Step Within Day – What are the Gifts of the Program for Me?

Tuesday, December 19: Winter Solstice – Finding a Higher Power That I Can Believe In.

Sunday, December 24: Christmas Eve – What Does “Easy Does It” Mean To Me?

Monday, December 25: Christmas Day – Miracles of Recovery: How Has My Life Changed in OA?

Tuesday, December 26: Boxing Day and Kwanzaa – “Fail to Plan, Plan to Fail.” How Am I Protecting my Recovery?



OTHER EVENTS AROUND OA
<https://oa.org/event-calendar/>

You Are Not Alone

**Quarterly Region 3
Relapse Prevention Workshop**

Saturday, December 16, 2023

Time: 1:00 pm – 2:30 pm CT

**Hear speakers share their experiences
with relapse/relapse prevention**

ZOOM ID: 963 218 9907

Password: Recovery



A Quick Note From The Editor

I just wanted to wish you and yours an abstinent and serene holiday season. Be sure to check in with your meetings to verify if they are keeping their regular schedule. Here is a link to the [CNMI meeting list](#).

**Note there is a new meeting in Silver City, NM!*

Feel free to [email](#) me any comments or submissions to the newsletter.

Stay safe and have fun!

- Deanna G.



Happy
Holidays



— AND A —
JOYFUL NEW YEAR

