



# OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



## NOVEMBER 2023 NEWSLETTER

Volume No. MMXXIII Issue No.11

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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 11**

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us. and the power to carry that out.

#### **Tradition 11**

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

### **11th Step Prayer**

Lord, make me a channel of thy peace —that where there is hatred, I may bring love— that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony — that where there is error— I may bring truth—that where there is doubt, I may bring faith — that where there is despair, I may bring hope — that where there are shadows, I may bring light — that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort, than to be comforted — to understand, than to be understood — to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen.

**The 2023 Holiday Season is officially here! What tools will you use to stay abstinent and serene?**

(Read on to learn how others work their program around the holidays...)

## A Personal Holiday Travel Story



During holidays, I can almost feel the frenzy in the air: my fellow compulsive eaters' worry. Holidays can bring stress, require travel, demand hosting duties, or carry us to strange kitchens and dining tables. Holidays confront us with our love-hate relationship with food and may require stocking up for family feasts at unfamiliar grocery stores. Great anticipation about being with loved ones mingles with dread about the raw emotions and dysfunctional behavior that such propinquity can provoke. Holidays disrupt familiar and trusted routines.

No more.

I am so grateful for a program that teaches me how to live abstinely with serenity and clarity of mind, using Tools, working spiritual Steps, and tapping into a Power greater than mine that sustains me. If I take certain actions daily, I can trust my Higher Power to reward my actions with “a life of sane and happy usefulness” (*Alcoholics Anonymous*, 4th ed, p. 130). Program teaches me to look at any holiday as just another day: a day to plan my food, eat what I commit, talk with my sponsor, pray, and meditate, make outreach calls, attend a meeting, read program literature, write, and be of service. All I have to do is stick to my plan of abstinence, work my Steps, and use my Tools, and I will be okay—as okay as I’ve been all this time, doing these same things daily! So, no shaking; holiday or not, it’s just another program day.

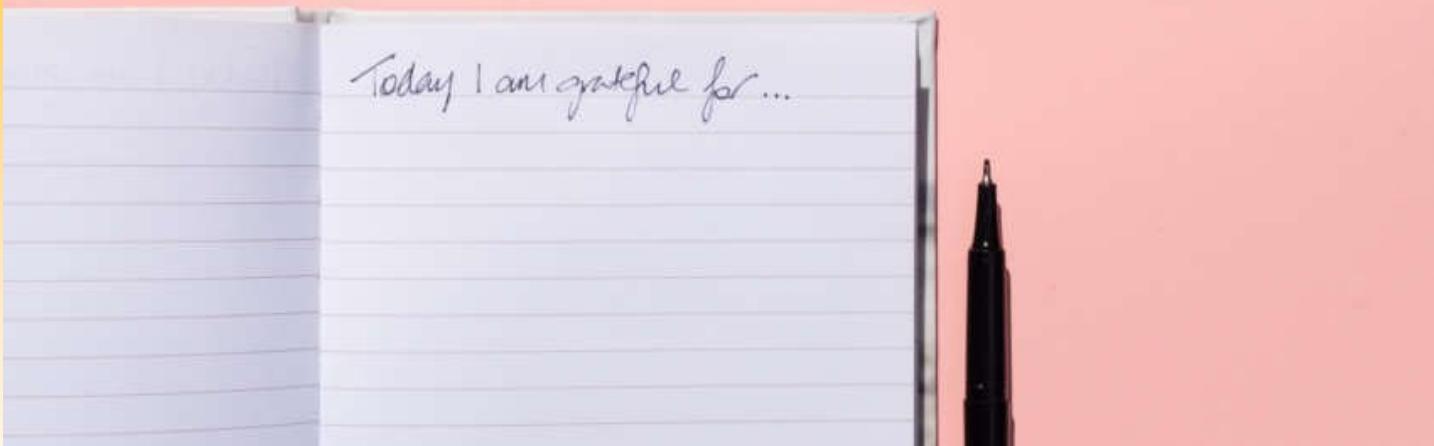
The program literature that best encapsulates this philosophy and action plan for me is our pocket guide *Just for Today*. Reading this wallet card is like saying a simple prayer; it’s a meditation, a pick-me-up, a quick meeting, an outreach call. *Just for Today* sets forth the reasonable expectations and actions that make my program work. It reminds me to plan one day at a time rather than tackle all my problems at once; it tells me I’ll be as happy as I choose to be. *Just for Today* suggests I adjust myself to what is, strengthen my mind, exercise my soul, be agreeable, look good, and not find fault. *Just for Today* lets me know I have a program plan (even if I don’t follow it perfectly). It says I will meditate to get a better perspective on my life. Most importantly, it says I will not be afraid.

For me, the *Just for Today* wallet card is an extended Serenity Prayer that reassures me I can be abstinent by the grace of God, just for today, one day at a time. I have other favorites among our literature, but in a pinch, I’ll take that pocket-sized *Just for Today* to live holidays as joyously as I’ve lived other abstinent days. I know our OA program works if you work it. I’ve heard stories of miraculous recoveries. I am living one! No shaking, I say, a holiday is just another day—and we have the perfect plan for it.

— Edited and reprinted from SGVIE Briefs newsletter, San Gabriel Valley Inland Empire Intergroup,

November/ December 2016 <https://www.oalifeline.org/tools-concepts/holiday-pocket-guide/>

## A Personal Gratitude Story



“Have I been thankful for what I have, or have I ignored my blessings and focused on what I lack?” (*Twelve and Twelve, Second Edition*, pp. 33–34). In the past, I sometimes wasn’t thankful for what I had. I often longed for a better car, a better house, more money, and other things. Now that I’m in program, I am thankful; I find I don’t need a better car, a better house, or more money. I’ve learned to accept what I have and be grateful.

I think sometimes it was my jealousy about how much more my brothers had that made me discontent. Now that I feel good inside and out, I really appreciate what I have, and I’ve learned that having more doesn’t bring about happiness. Happiness comes from within.

I am no longer in competition with anyone. I just enjoy the fact that I no longer eat over these issues; I write down my feelings instead of stuffing them down with food. Program has helped me in so many ways. I’ve found that love is the answer, not more material things. All that matters is this: when I leave this earth, everyone can remember that I showed love.

The greatest gifts I have now are a loving God and abstinence. I no longer say, “I want,” because I am truly content with what I already have. I’ve truly learned that a house is just a dwelling place; if there is no love in it, then what’s the point?

Every day I must commit to not fall into the trap of jealousy. Jealousy eats from the outside in, while love radiates from the inside out.

I am also truly content with my life and can live just one day at a time. Many stepping stones got me to this place. My eating is under control, and that’s much more important than comparing my life to others’. I am thankful for good health, clothes to wear, and I’m really thankful that I wake up to a new day every day. When I’m happy, nothing seems to bother me about what I don’t have. As I work the program, may I remember that God is first in all my affairs.

It feels good to finally be free of jealousy. I am truly coming full circle in this recovery process. My number-one thing to do is stay true to myself, and that means leaving all this baggage behind.

—Janie B., Adelphi, Maryland USA <https://www.oalifeline.org/gratitude/gifts-i-have/>

# Looking for a meeting? Here's a list of local meetings and Thanksgiving Day Marathons including upcoming events!

At publishing time, all CNMI meetings reported meeting according to their normal schedule the week of Thanksgiving.

See this link to the most recent list of  
**CNMI Meetings:**

<https://oa-cnmi.org/wp-content/uploads/2023/09/OA-CNMI-Meeting-List-091623.pdf>



## 23 NOV VIRTUAL MARATHON

Sponsored By:  
OA Arlington VA Sunrise Meeting  
Event Type: Virtual

**TIME**  
Thursday 8:00 am - 7:00 pm EST

**DETAILS**  
New meetings begin each hour!

First meeting begins at 8:00 a.m. EST  
Last meeting begins at 7:00 p.m. EST

### To Join via Zoom

Meeting ID: 863 8620 0340

Passcode: 12x12x12

Tech support and hosts needed.

### QUESTIONS?

LISA L 347-423-4469

## 23 NOV MEETING MARATHON

Sponsored By:  
San Fernando Valley CA Intergroup  
Event Type: Virtual

**TIME**  
Thursday 7:00 am - 8:00 pm PST

**DETAILS**  
We hold a virtual meeting every hour on the hour, from 7 a.m. to 8 p.m. PST for Thanksgiving Day fellowship.

### ZOOM information

Meeting ID: 873 3429 3874

Passcode: 924132

### More Information:

<https://oasfvalley.org/event/thanksgiving-marathon-meetings/>

<https://oa.org/event-calendar/> - FOR MORE UPCOMING EVENTS



## Random Thoughts From The Editor

It is my great honor to be back on the CNMI Board in service to our fellowship. It is my goal to bring you interesting articles and updates on a monthly basis. If you have ideas, comments, or submissions for the December newsletter, please feel free to reach out to me at [oadeannag@gmail.com](mailto:oadeannag@gmail.com) by December 4.

Wishing you a warm and abstinent Thanksgiving holiday however you celebrate!

In grateful service, Deanna G.

## ‘Meet’ Your CNMI Trusted Servants

Elections were held in October—Here are the current board members

Chair	Leslie S-K.	(505) 250-9889
Vice Chair	Leonie W.	(505) 269-1240
Secretary	Kathy M.	(505) 730-6788
Treasurer	Mary S.	(505) 977-3445
Region Rep	Vacant	
WSBC Delegate	Deborah B.	(505) 604-3253
Trustee Liaison to Region 3	Neva S.	(520) 404-7649
Archivist	Amy D.	CNMIArchives@gmail.com
Electronic Communications/Website	Jane V.	oacnmi@gmail.com
Intergroup Rep Support	Maggie K.	Maggie.kreft@yahoo.net
Newsletter	Deanna G.	oadeannag@gmail.com
OA Young Persons	Vacant	
Outreach	Deborah B.	(505) 604-3253
Public Information – Professional Outreach	Sue M.	sjmealy@lightspeed.net
Special Events	Vacant	
12th Step Within	Gil G.	CNMI12thStepWithin@gmail.com

Service Opportunities – contact MaryS. (505) 977-3445 for information or to volunteer