



NOVEMBER 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 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.

Spiritual Principle = Spiritual Awareness

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.

Spiritual Principle = Anonymity

Eleventh Step Prayer

Lord, make me an instrument 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."

- From Twelve Steps and Twelve Traditions of Alcoholics Anonymous, 79th Printing , April 2014, Page 99



A Dose of Inspiration

Voices of Recovery – Page 339, December 4

“Step Eleven encourages us to practice prayer, to continue talking to our Higher Power daily, even when it seems like a senseless exercise.”

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd. Ed., p. 76

Prayer changes things. I am very clear about that. In my former life as a desperate, insane food addict, I used my brain well, but I was a spiritual agnostic. I just didn't believe in anything. And then, at my sponsor's suggestion, I started saying “good morning” to God every day, just to see what happened. The result was extraordinary. God came toward me when I came toward God. He took hold of my empty soul and filled it with his presence.

Talking to God every day is now part of my life—I simply can't live without it. I see prayer as an exercise of the soul, just as though it is an exercise of the brain. I have to deal with my life now through both my brain and my soul. And just as no thought is ever useless or wasted, neither is a single prayer. Prayer changes things. And when I don't like the changes, I can at least be sure that they have come from God.

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Voices of Recovery – Page 344, December 9

“Many of us begin and end our day with prayer and meditation.”

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd. Ed., p. 76

The time between sleeping and waking is when I stir up the thoughts in which I'll marinate all day. Those thoughts easily revolve around who's done me wrong and why I'm so helpless against their conniving ways. By working the Eleventh Step as soon as I am conscious each day, I become powerless—rather than helpless.

Upon awakening, I ask my Higher Power to divorce my thoughts from self-pity, dishonesty, and self-seeking. When I ask for help with my motives, I receive peaceful clarity in my thinking process. The clarity gives me more mental energy for problem-solving. It releases me from the sludge of judging other people and helps me listen to God's will. Today, this healthy spiritual condition allows me to react sanely and normally to food.

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Another Dose of Inspiration

For Today—Page 218, August 5

I myself believe that the evidence for God lies primarily in inner personal experiences.

—William James

The stories of many OA members disclose that the existence of God became real to them only when they experienced surrender and a spiritual awakening in this program. A number of these individuals had always believed in God, and some were active members of religious denominations before coming to OA.

One does not need prior belief, however, to have a spiritual experience. In the OA literature and at meetings, we find atheists and agnostics who describe their surrender of the problem and acceptance of a spiritual solution in the same terms.

Spiritual experience is open to all. If it does not come immediately, be willing to wait in the knowledge that it will come as a result of working the steps.

For today: I believe that this is a program of spiritual recovery and that all I have been able to do thus far is evidence of God as I understand God working in my life.

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An Alternate 11th Step Prayer

Higher Power, as I understand You, I pray to keep my connection with You open & clear from the confusion of daily life. Through my prayers & meditation I ask especially for freedom from self-will, rationalization & wishful thinking. I pray for the guidance of correct thought & positive action. Your will, Higher Power, not mine, be done.

Meditation and Awakening

A Lifeline Reading



Like many in OA, I found that my compulsion to overeat originated in childhood. I came from a broken home with absent parents, and my happiest memories were of family visits to buffets and gatherings with large meals. I was praised for my “healthy appetite,” which invoked feelings of love and acceptance around overeating. I had a fast metabolism, so there were no obvious repercussions.

In my teens, I adopted a plant-based diet that, while healthy, masked the emotional nature of my eating. I’d often say, “I love to eat, and being plant-based allows me to eat to my heart’s content without becoming unhealthy.” I further became involved with food professionally, importing vegan products from Europe. I thought about food incessantly.

Everything seemed great until my late 20s, when I began developing digestive, skin, and depression problems. Eliminating sugar and gluten provided relief but not recovery. From a series of tragedies in my 30s, I turned to food for comfort, spending hours at buffets almost daily. This induced a depressive episode that led me to therapy and, after much initial hesitation, to consider the [Twelve Steps](#).

I’d thought it a joke that I might have a disorder and was convinced I had control of my eating habits. So I decided to create restrictions concerning the frequency, amount, and types of food I would allow myself, and I committed that if I failed, then I would explore OA. Two months later, I attended my first [meeting](#). It was an Eleventh Step meditation meeting.

Meditation was not new to me, but what I discovered through OA was a new application. Previously, I’d regarded meditation as chore-like, scheduling time to get it done. Instead, I began using it as an alternative to compulsive eating. Through self-awareness of my urges, I opted to meditate rather than eat and discovered that I’d been compulsively eating both to avoid experiencing the repressed trauma caused by my childhood abandonment and to relive the love and acceptance I’d felt through family bonding over food.

Once I was no longer eating as a remedy, much pain arose within me, triggering extended episodes of emotional release. But by adhering to meditation, I’ve been able to overcome these episodes, thereby bringing me to the Twelfth Step: the experience of a spiritual awakening. It is from this state, with a message of hope, that I wish to share my account with those who are still suffering, as I once did.

— Steven

<https://www.oalifeline.org/steps/meditation-and-awakening/>

The Spirit of Tradition Eleven

A Lifeline Article



My earliest memories are of me playing in front of the mirror. The game I played consisted of me pretending to be famous and answering questions from an invisible interviewer. I remember what a blast it was, mimicking TV commercials, award ceremonies, and entertainment shows. Twenty years later, I found myself in a public relations and marketing career, getting paid to promote, persuade, and motivate.

Discovering Tradition Eleven (and frankly, all the [Steps](#) and [Traditions](#)) was like encountering a foreign language. No promotion? No celebrity endorsements? No film at eleven? I initially rationalized Tradition Eleven's anonymity [Principle](#) this way: We in OA have a disease that we should be ashamed of. Keep it secret.

As I continue to bring my sick body and mind to [meetings](#), however, I also heard such concepts as “we are as sick as our secrets.” I figured it was important to share honestly at meetings, but nowhere else. OA meetings were islands of safety and respite, like the island of Molokai was for those with leprosy.

Higher Power has given me many opportunities to understand Tradition Eleven in the spirit that it was written. In recovery, we in OA are not ashamed of our illness. We want to carry the message to those who still suffer. The vehicles we have chosen to carry this message, however, are not promotion based. They are attraction based. But what does this mean? In both my career and my childhood fantasies, to attract always meant to promote aggressively and competitively.

Today, I understand that promotion of OA with spokespersons or advertising rollouts would harm individual members and the recovery community. Our “advertising” has a different look and feel: It is in the quiet of a newcomer's abstinence that I feel hope. It is in the humility of a relapsing longtimer that I experience gratitude. It is in the perseverance of members who are in pain that I know recovery. It is in giving anonymous service that I feel rewarded. I am deeply moved and attracted by these authentic experiences.

Though I still love makeover shows that transform individuals in thirty minutes, I don't trust them as real. I do trust

Overeaters Anonymous because I have learned over the years that humility is the best public relations policy, and carrying the message can be done over time, with love rather than ego leading the way.

—Edited and reprinted from Today newsletter, St. Louis Bi-State Area Intergroup, November 2005

<https://www.oalifeline.org/traditions/spirit-tradition-eleven/>



ANNOUNCEMENTS AND UPCOMING EVENTS!

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

CNMI MEETINGS

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

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

PHONE MARATHONS

Sponsored by the [Virtual Intergroup](#)



Monday, November 11, 2024, Veterans Day / Armistice Day – How Do I Know If I Am Hearing My Voice or HP's

Thursday, November 23, 2024, Thanksgiving Day – Cleaning My Side of the Street, Minding My Own Business Is Setting My Boundaries

Phone Number: 712-432-5200; Conference ID 4285115#



Step 11 Two-Way Prayer Writing Workshop

Seeking to improve our conscious contact with
our Higher Power through prayer and meditation

Saturday, November 9, 2024, 1 to 3 pm ET / 6 to 8 pm UTC

We will demonstrate a two-way prayer method, have a short writing time, offer guidelines on reflecting and then go into small breakout rooms to share our writing.

Please join us!

Open to all who wish to stop eating compulsively – no registration required. Suggested contribution in the US is \$5

THIS WORKSHOP WILL BE IN ENGLISH WITH INTERPRETATION AND BREAKOUT ROOMS IN SPANISH, FRENCH, AND

GREEK. Meeting ID: 813 2949 0352 • Passcode: 121212 • info@oavirtualregion.org



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ARIZONA SERENITY IN
THE DESERT INTERGROUP



Join Us!
LIVE EVENT

OVEREATERS ANONYMOUS

Twelve Step Within Committee

PRESENTS

Annual Candlelight Promises Service



"Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They *will* materialize if we work for them." -Big Book, Page 84

DATE **Nov 16th**

TIME **7-9pm MST**

OA OFFICE

1219 E Glendale Ave # B,
Phoenix, AZ 85020

ZOOM

ID# 747 653 398
Password: oaunity

International Day of Experiencing Abstinence

“A is For Abstinence”

Sunday Workshop

November 17

7:00 pm - 8:30 pm ET

**Two Powerful speakers,
Abstinence, Attitude, Acceptance,
Q&A, Open Sharing, Fellowship,
Serenity, Freedom & Joy
Bring Your friends!**

Zoom Info:

Meeting ID: 853 7359 6250

Password: 202416

Dial in: (929) 205 6099

**Contact Person:
Ilene W. (908) 803-4846**

IDEA Day Hosted by NJIOA

Staying Abstinent Through the Holidays & A Deep Dive Into Step 4

Get ready for Thanksgiving with this powerful
2-topic workshop.

**Saturday, November 23
3:00 - 5:00 pm EST**

**Two recovered speakers
from out of town.**

**Plenty of time for
questions and discussion.**

Open Sharing & Fellowship.

Meeting ID 828 6007 9975

Password 202411

Dial In +1 929 205 6099

Contact person: Ilene W. (908) 803 4846



Sponsored by Sacramento Valley Intergroup of OA
Hosted by the Thursday Evening West Sacramento (zoom) Group

Gratitude Is The Attitude
Thanksgiving Morning
Thank-A-Thon

November 28, 2024

9:00-10:30am PST via Zoom

Zoom ID: 878 1520 9073~Password: 740796

3 SPEAKERS with time for open sharing

Questions: Jan H. (916) 616-1466

\$5 suggested donation, no one will be turned away:

<https://www.sacvalleyoa.org/donations-for-events.html>



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.



There are many opportunities to be of service. Please read the next pages to see how you can give back to Overeaters Anonymous!

Election News!

We are happy to announce the results of the CNMI elections held at our Annual Meeting on October 19:

Chair – Leslie SK

Secretary – Kathy M

WSBC Delegate – Deborah B

Region Rep – Vivian R

Outreach Chair – Pam M

Twelfth Step Within Chair – Frank L

The following positions remain open:

- Archivist
- Electronic Communications Coordinator (ECC)
- OA Young People's Chair
- Special Events Chair



For information about these service opportunities please contact one of the members of the Nominating Committee.

- ⇒ Leslie SK 505-250-9889
- ⇒ Deborah B 505-604-3253
- ⇒ Mary S 505-977-3445

SERVICE

OPPORTUNITIES TO GIVE BACK TO OVEREATERS ANONYMOUS

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

Hello Dear Fellows!

It has been one year since I took over as editor of the OA-CNMI newsletter. I am honored and privileged to produce this monthly missive. I hope you have been enjoying it and have found it to be helpful.

In this eleventh month of the year, and the holiday season kicks off, we focus on Prayer, Meditation, Connection with our Higher Power, and Gratitude.

For me, the holidays used to be all about the food! How much could I make and bring; how much could I get and eat. Each family/work event my mind was focused on the treats that were going to be there rather than the gathering of my loved ones. It makes me really sad to think of all the holidays I "missed."

Today, I have so much gratitude that I can participate in the gatherings rather than hide behind the food. Program has taught me how to interact with people rather than the food. I am present for each person I am with and look forward to catching up rather than filling up! Actually, I fill up with people rather than food now. What a blessing!!

Every day I am so grateful to Overeaters Anonymous for teaching me how to really show up for my life rather than run away from it. I can only keep this up if I invite my Higher Power to join me; my daily connection keeps me satiated and fulfilled, which allows me to be present for all the activities in my life.

May you be present in your gatherings and bring your HP with you.

In grateful service,

- 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.*