



# OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



## FEBRUARY 2025 NEWSLETTER

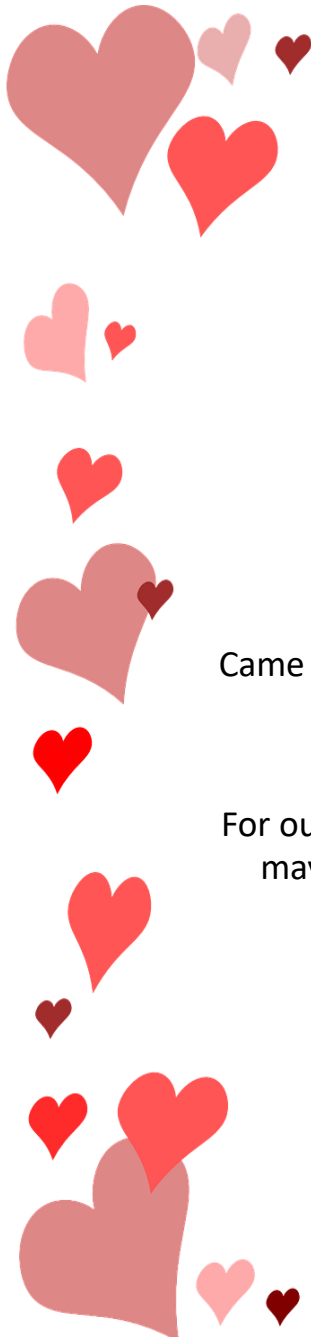
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### **OA Responsibility Pledge:**

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



### **Step 2**

Came to believe that a power greater than ourselves could restore us to sanity.

### **Tradition 2**

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

### **Second Step Prayer**

Heavenly Father,  
I know in my heart that only you can restore me to sanity.  
I humbly ask that you remove all twisted thought &  
Addictive behavior from me this day.  
Heal my spirit & restore in me a clear mind.

# A Dose Of Inspiration



## Voices of Recovery – March 16, Page 76

*“Some of us did not believe in God. We despaired of finding a solution to our problems if that meant we had to ‘find God’.”*

*—The Twelve Steps and Twelve Traditions of Overeater Anonymous, 2nd ed., p. 12*

I specifically avoided coming into these rooms because I did not intend to deal with God. I came in simply because I wanted to gain control over my weight problem. I was an avowed agnostic; it was totally irrelevant to me whether or not God existed.

I had to “act as if” for several months. I didn’t realize that I had developed a real relationship with a Higher Power until I looked back on my OA experience and realized that Higher Power had been the prime mover in my recovery all along. It was only when I became aware of all the gifts I had received that I asked who the giver was. What a shocking realization: because the gifts were surely divine, then, equally as surely, the giver must also have been divine.

## Voices of Recovery – May 18, Page 139

*“Believe that you can be abstinent. You will be. Believe that you can have sanity, peace of mind and freedom to live the life you want. You will have them. Believe that you will recover. You will.”*

*—For Today, p. 354*

Believing in something that seems impossible requires a leap of faith. The gift of abstinence, freedom from compulsive overeating, the peace and sanity that result from working the program seem like elusive dreams to the newcomer or the relapser. Faith requires that I keep doing what works, no matter what. Sometimes it takes days, weeks, months, or even years before I can see and feel like I have gotten “it”. And when I do “get it,” I don’t get to keep it because the “it” keeps changing.

The hope and belief that things will get better is not a tangible commodity that I buy; it is something I must earn. I believe it is possible for everyone to be abstinent, to recover and to have all our dreams come true. We get what we expect, so “expect a miracle.” We are all miracles.

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# Another Dose Of Inspiration



## For Today—March 6, Page 66

*Let him go where he will, he can only find so much beauty or worth as he carries.*

*Ralph Waldo Emerson*

I know what “geographical cures” are. I have taken some. Wherever I went, I ended up the same way: in the despair and degradation of compulsive overeating and the attitudes that go with it.

Today I am worth enough to give myself the best — the best thought, the best care. I guard my abstinence and my program as though they were my dearest possessions — and they are. Wherever I go, I expect good, beautiful and worthwhile things, and I find them. I treat myself and others with respect, and I do not react in kind to people who behave badly toward me. My self-worth comes not from others but from myself, from caring about my own opinion and about what I do and say.

All that I am and hope to be comes from giving myself the time — and the patience, compassion and understanding — to grow.

**For today:** Caring for myself is the best way I know to care for others and to find the good in everything.

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## Heard In A Meeting...

*“Today, I will do my best, then let it go. God, help me stop criticizing myself so I can start appreciating how far I’ve come.”*

# A Mistaken Belief

## A Lifeline Reading



After almost ten years in OA and a physical abstinence of my own definition, I struggled with the fact that I was still stuck in obsession and compulsion around food. I had a way of eating that was more or less nutritionally balanced, but I still obsessed about knowing exactly what I was going to eat. I was alternating between control and restriction with an occasional indulgence in rich foods, all the while looking for some elusive magical answer that would rid me of my food thoughts.

I've been a member of another Twelve Step fellowship for more than ten years with continuous sobriety. I was eternally grateful and amazed that, very early in my sobriety, the obsession and desire to drink alcohol had been entirely lifted. I was baffled that my experience with food was not the same. I just did not seem to experience that same level of freedom with food, despite working the Steps numerous times in both fellowships.

About a year ago, I started working with a new sponsor, with a focus on using the Big Book ([\*Alcoholics Anonymous\*, 4th ed.](#)) and an emphasis on spiritual recovery. This has slowly revealed to me that, despite my surface-level surrender to a food plan, I'd been hanging on to various elements of control. I had a mistaken belief that my own willpower, rather than God, would keep me abstinent.

I came to believe that if I followed a spiritual program of action, laid out in the Big Book and supported by our OA literature, my food problem would be removed. And it is, provided I maintain a spiritually fit condition through prayer and meditation (and, for me, connection through service and fellowship).

Today, my abstinence is grounded in my meals as a sacred pause in my day. I aim to eat for health, nutrition, and love. I slow down and make wise, caring choices, with loving boundaries for portion sizes.

— Mary

Reprinted from the Lifeline website <https://www.oalifeline.org/higher-power/a-mistaken-belief/>

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# Fellowship Corner

## Great Questions About Intergroup!

### Why Do Groups (Meetings) Have an Intergroup Representative?

Every meeting of Overeaters Anonymous (OA) is registered with the World Service Organization (WSO) of Overeaters Anonymous, Inc. Each meeting is assigned a group number and placed within a Region. Our meetings belong to Region 3, and our local Intergroup is the Central New Mexico Intergroup (CNMI) of Overeaters Anonymous.

The primary purpose of CNMI is to carry the OA message of recovery through service to member groups. This includes providing support for both charitable and educational purposes.

To form and sustain an Intergroup, representatives from the groups work together to determine where and when this vital service is needed. **This is why it's so important for each group to have an Intergroup Representative.**

Any OA member—abstinent or not—from any meeting or group in New Mexico can attend Intergroup meetings. Visitors are always welcome!

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### Where Do Our 7th Tradition Donations Go?

We're all familiar with passing the basket during meetings. These donations are essential for covering meeting expenses, like room rental fees or Zoom accounts.

But the impact of our contributions goes even further! As the foundation of Intergroup, your meetings send a portion of those donations to support:

- **Intergroup:** Helping fund local services, events, and resources like the website.
- **Region 3:** Supporting regional outreach and events.
- **World Service:** Assisting new meetings, maintaining websites, and funding conferences, retreats, and the World Service Office.

**Every penny is thoughtfully budgeted to serve our fellowship.** Wow, what an amazing way to support recovery for all!

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### How Does This Fit Into My Recovery?

Service is a cornerstone of the OA program. To work the Steps and maintain abstinence, we give back by helping others. Step 12 reminds us:

**"...CARRY THIS MESSAGE TO COMPULSIVE OVEREATERS AND PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS."**

Service extends beyond our weekly meetings—it's part of who we are. Representing your group at Intergroup is an incredible way to practice these principles and support others on their recovery journey.

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### Consider Becoming an OA-CNMI Intergroup Representative!

By serving, you'll help strengthen our fellowship and play a vital role in carrying the OA message of recovery. Together, we can make a difference!

Submitted by  
Maggie K.—Intergroup Representative Support



# 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](mailto:sjmealy@lightspeed.net).

## Looking for other opportunities to give back to your program?

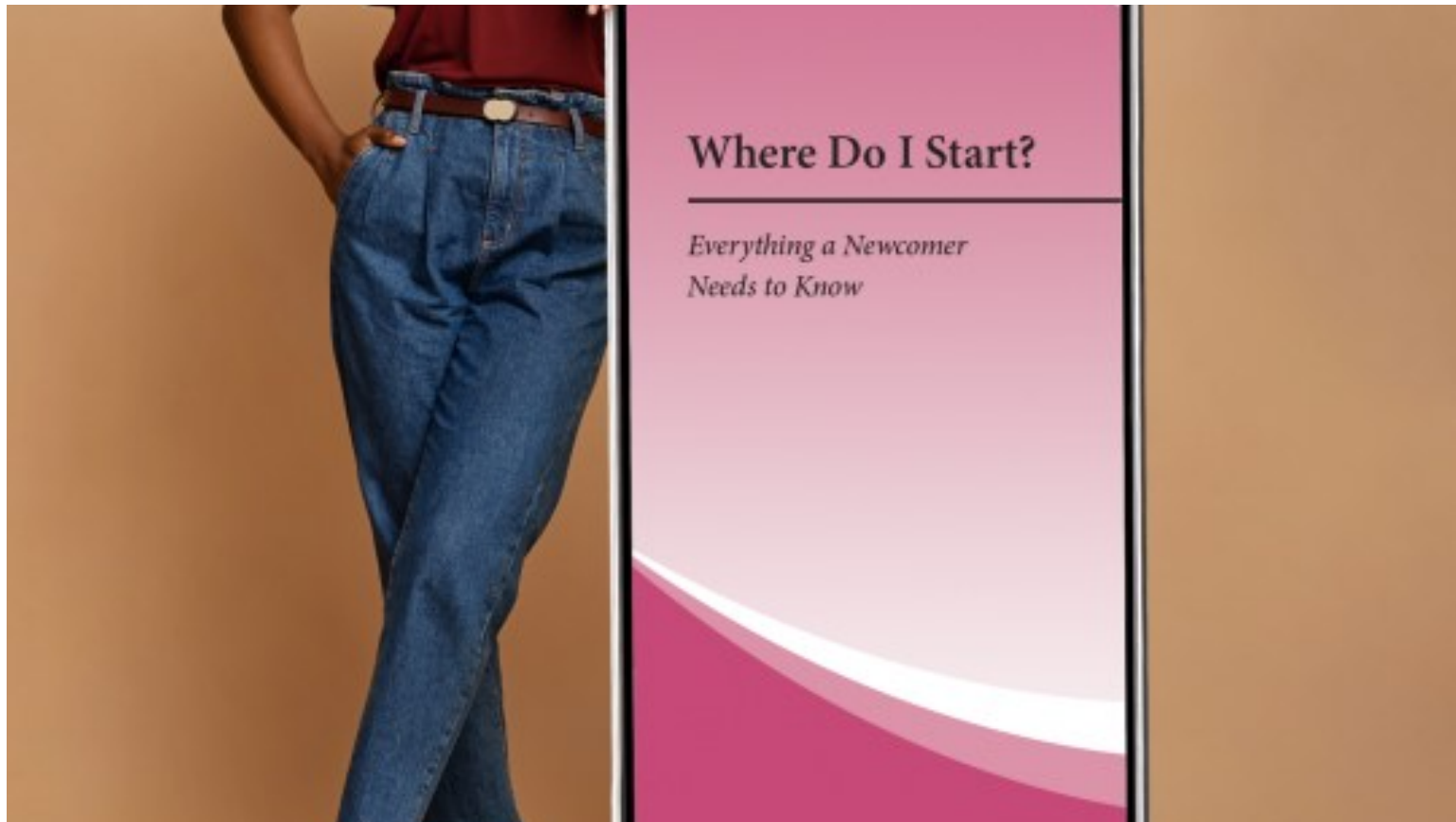
***The following positions remain open on the CNMI:***

- Archivist
- 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





**Do you know someone who might be curious about Overeaters Anonymous but isn't sure how to take the first step?**

**Are you working on a 12th Step outreach?**

Share this helpful link with them to get started:

<https://oa.org/what-to-expect/where-do-i-start/>

**Looking for local meetings? Visit the OA-CNMI.org website and download the meeting list or [click here](#)**



**Find more events [here](#)**



# ANNOUNCEMENTS AND UPCOMING EVENTS!

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

OA Las Cruces Presents...

## RECOVERY FROM RELAPSE WORKSHOP

How to Recognize, Prevent, & Recover

**DATE: SATURDAY, MARCH 15, 2025**

**TIME: 9 AM - 5 PM**

**PLACE: ST. JAMES EPISCOPAL CHURCH**

**102 ST. JAMES**

**LAS CRUCES, NM 88005**

**COST: PRE SALE \$35 OR \$40 AT THE DOOR**

**FEATURING SPEAKERS, ACTIVITIES, &  
DRAWINGS. COFFEE, TEA, WATER &  
RECOVERY INCLUDED!**

**WE WILL BREAK FOR LUNCH/FELLOWSHIP**

**SAVE YOUR SPOT  
REGISTRATION NOW OPEN**

**USE THE FORM ON THE  
TO REGISTER**

*Next Page*

**FOR MORE INFORMATION CALL OR EMAIL  
ERIN R (760) 447-7474  
OAWENLASCRUCES@GMAIL.COM**



**Saturday, March 15, 2025, 9am - 5pm**  
**St. James Episcopal Church**  
**102 St. James, Las Cruces, NM 88005**  
**\$35 early registration or \$40 at the door**



**Make \$35 check or money order payable to  
CNMIOALCRW and Mail payment WITH registration  
form to the address below or use QR Code  
Attn Erin, 4505 Monte RD SE, Deming, NM 88030**



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## **REGISTRATION FORM**

**Name:** -----

**Email:** -----

**Phone:** -----



## **Dallas Metroplex Intergroup of Overeaters Anonymous' 2025 Twelve Steps Workshop Series**

The Dallas Metroplex Intergroup of OA is presenting a series of workshops that introduce the program and study the Twelve Steps as adapted for OA.

**You may attend these workshops live or view them via a live stream online, once per month for five months.**

Speakers from all over the world will share their stories live, explaining how they reached OA and the difference it has made in their lives. Whether you are simply curious about OA or an experienced member, you are welcome.

**The only requirement for OA membership is a desire to stop eating compulsively.**

**There are no dues or fees to attend this event, but an offering will be accepted.**

**February 1, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 1,2, 3***

**March 1, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 4 and 5***

**April 12, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 6 and 7***

**May 3, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 8 and 9***

**June 7, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 10, 11 & 12***

**First United Methodist Church of Richardson  
(Ogden Fellowship or Mays Halls)  
503 N. Central Expressway (US Hwy. 75) -  
Richardson, TX 75080**

### **ZOOM STREAMING LINK:**

**<https://us02web.zoom.us/j/163878393?pwd=NWd5RTlyN0FTZW93em1TNFZZU0NGdz09>**

**ID 163878393**

**Passcode is 694921**

**For more information, go to [oadallas.org](http://oadallas.org) or contact Bob ([bobjosch@msn.com](mailto:bobjosch@msn.com)) or Cindy ([bethechange@cheerful.com](mailto:bethechange@cheerful.com))**





GREATER NEW YORK METRO INTERGROUP  
Special Events Committee



# *Share The Love*

Sunday, 2/16/2025 1-3pm ET (UTC -5)

Speakers Spill the Love in their Hearts,  
followed by Q&A and Shares

Zoom ID: 840 8195 8572

Passcode: 803054

[specialeventsoa@gmail.com](mailto:specialeventsoa@gmail.com)



# The Power Within:

## SPIRITUAL STRENGTH FOR LASTING RECOVERY

*Join us for a transformative workshop to deepen your recovery through spirituality. Explore your Higher Power, strengthen connections, and cultivate meaningful spiritual practices.*

Saturday, February 22nd 1:00-3:00pm PT

Zoom ID: 837 1918 2954 PW:909312

No registration or fee is required. All are welcome!

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

<https://oasandiego.org/seventhtrad/>

Questions? Contact [workshops@oasandiego.org](mailto:workshops@oasandiego.org)

Given by the OA Twelve Step Within from San Diego Region 2



# **OA UNITY DAY**

## **COME CELEBRATE TRADITION 1**

**OUR COMMON WELFARE COMES FIRST;  
PERSONAL RECOVERY DEPENDS ON OA UNITY.**

**Meeting ID: 898 4545 7818**

**Passcode: 214577**

**FEBUARY 23 2023 11:00-12  
AM PST**

**[WWW.OASFVALLEY.ORG](http://WWW.OASFVALLEY.ORG)**





# Feeling Groovy

The NJIOA  
**Winter Retreat**  
Saturday March 1, 2025  
9:00am - 5:00pm ET  
**On Zoom**

"We are sure God wants us to be  
happy, joyous, and free."

— Big Book, The Family Afterwards, p155

REGISTER ONLINE HERE:

<https://www.njioa.org/winter-retreat>

Please choose a donation level that works for you: \$30, \$25, \$20

CONTACT PEOPLE:

Susan S  
(201) 960-1995  
Events@NJIOA.org

Ilene W  
(908) 803-4846  
Events@NJIOA.org

Alison L  
(201) 218-9400  
Events@NJIOA.org

Mary Ann C  
Registration Questions  
(973) 568-2761  
Register@NJIOA.org

**REGISTER BY MAIL:** Snip and complete this registration form and mail it with a check payable to NJIOA.

**MAIL THIS FORM TO: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703**

NAME: \_\_\_\_\_

CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

☐ PLEASE ADD MY NAME & CELL TO THE  
'WE CARE LIST' FOR THIS EVENT

I WOULD LIKE TO DO  
SERVICE AT THIS EVENT:

☐

WORKSHOP LEADER

☐

WORKSHOP TIMER

☐

EVENT COMMITTEE

☐

ZOOM SUPPORT

☐

WORKSHOP HOST

☐

I CAN HELP AS NEEDED

NJIOA 2025





## **Step 10: Quelling the Disturbance**

Date:

Sunday, March 23, 2025     2 – 3 p.m. EDT

Location

Zoom:

Meeting ID: 901 265 2959

Passcode: hello

No pre-registration and no maximum number of participants.

**[www.oaontario.org](http://www.oaontario.org)**



# The Heart of Texas Intergroup

Hosts the  
Spring 2025 Region 3 Assembly  
Texas State Convention

April 4-6, 2025  
Austin, Texas



## CONVENTION SCHEDULE AND MORE INFORMATION

[www.txoaconvention.org](http://www.txoaconvention.org)

### REGISTRATION INFORMATION:

Click here to Register:

[Convention Registration](#)

Full Convention Registration Includes:

Saturday/Sunday Breakfast & Saturday Dinner

Early Bird Registration (before March 21) - \$125

Registration (after March 21) - \$150

Saturday In-Person Only (includes dinner) - \$ 75

Virtual Registration - \$ 30

(includes 3 Keynote Speakers)

Scholarships are available.

Email: [info@txoaconvention.org](mailto:info@txoaconvention.org)

Convention or Registration Questions:

512-657-7677

[info@TXOAConvention.org](mailto:info@TXOAConvention.org)



**OVEREATERS**  
**ANONYMOUS**  
REGION 3



### HOTEL INFORMATION

**Cambria Hotel Austin Uptown**

13205 Burnet Rd.

Austin, Texas. 78727



Reservation Phone #512-580-2847 #1

Ask for the Texas State OA Convention

Code 4989494

[Cambria Hotel Austin Uptown](#)

Reservations made by March 3, 2025:

\$149 night up to occupancy of 4

Reservations after March 3, 2025:

Subject to availability and rate  
increase.

Amenities:

- Mobile Check-In
- Free Wi-Fi
- 100% Smoke Free Hotel
- Pet Friendly Hotel
- Seasonal Outdoor Pool
- Fitness Center
- Free Parking
- Late Check-Out Available



### SERVICE OPPORTUNITIES:

Workshop Session Speaker (1 year abstinence)

Registration

Setup

Session Monitor

Decorations

Greeter/Hugger

Hospitality

Literature Table

Clean-up



*Austin*





# CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

- The Convention is NOT a business event; it IS a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

*"This is an experience you...will not want to miss." Alcoholics Anonymous, p. 89*



**Save the Date!**  
**August 21-23,**  
**2025**



To be kept up to date with the latest  
convention news, email  
[CONVENTIONINFO@OA.ORG](mailto:CONVENTIONINFO@OA.ORG)





## Editor's Musings

Hello everyone. It's amazing how quickly time has flown; we're already a month into 2025. Initially, I wanted to write about self-respect and self-love, but I decided to keep my New Year's intention of focus on self-care and making amends to myself.

As I prepared for bed tonight, I realized how much my self-care practices have improved. Despite a shoulder injury, I'm exercising regularly and feeling better physically and mentally. Emotionally, I handle life's challenges with calm acceptance. My diet is clean, my abstinence is strong, and my relationship with my Higher Power is good.

To help me stay grounded, my sponsor shared with me a spot inventory that can be done any time. I share it with you and hope it helps you too!

Three Things Spot Inventory:

- ♦ Three things God did right for me
- ♦ Three things I did right
- ♦ Three things I can improve upon

I'm grateful to the program for providing strength and unconditional love. Wishing you continued serenity and abstinence, one day at a time.

In loving service, Deanna G.

***Want to support this newsletter and your fellowship?  
Send your story of experience, strength, and hope to [newsletter@oa-cnmi.org](mailto:newsletter@oa-cnmi.org)  
by the 20th of each month to be published in the next month's newsletter.***