



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



MARCH 2025 NEWSLETTER

Volume No. MMXXV Issue No.3

Central New Mexico InterGroup P.O. Box 30273; Albuquerque, NM 87190-0273

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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 3



Made a decision to turn our will and our lives over to the care of God
as we understood Him.

Tradition 3

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

Third Step Prayer

God, I offer myself to Thee To build with me & to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help
of Thy Power, Thy love & Thy way of life, May I do Thy will always!



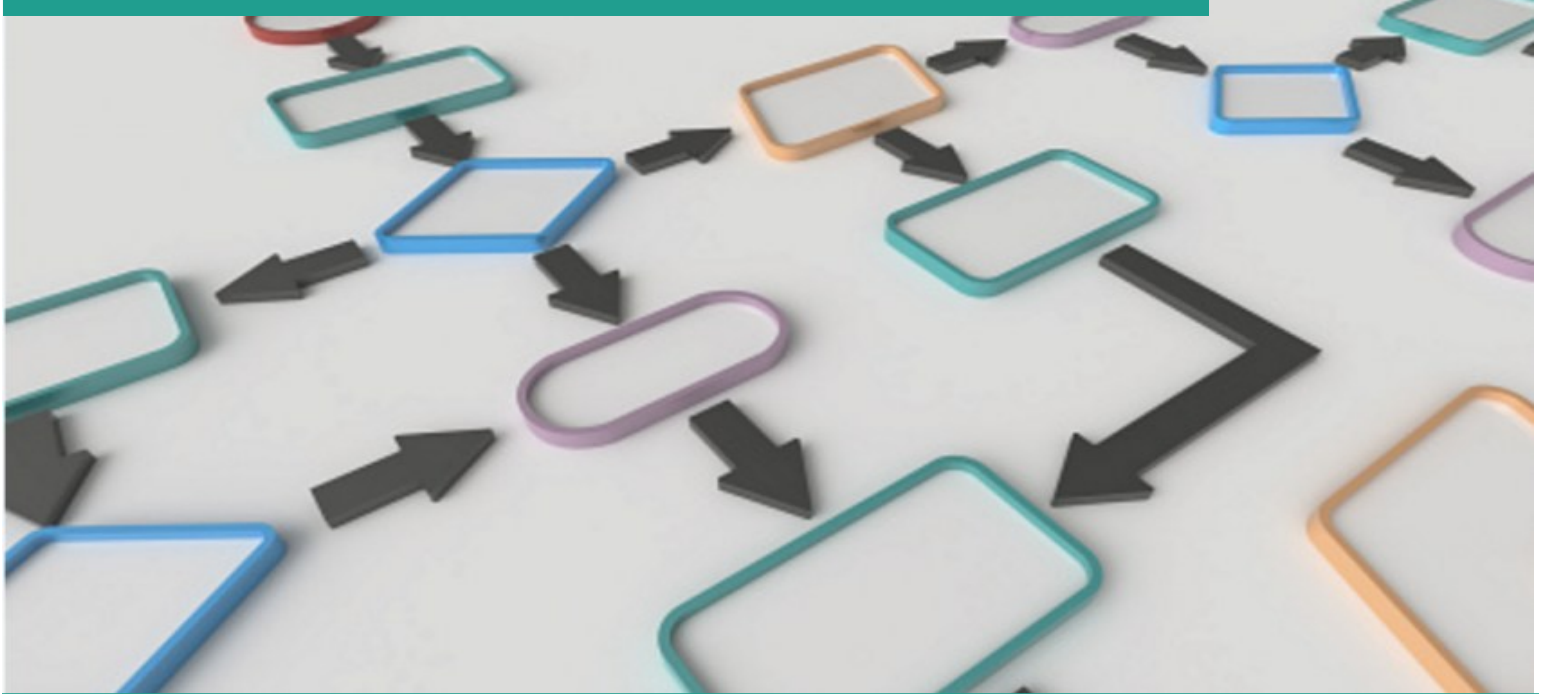
HEARD IN A MEETING...

God, today I give my will and my life over to your care.

All is well.



Tradition 3: Desire and Beyond



Many a member has said that if the requirements for membership in OA were more stringent than “a desire to stop eating compulsively,” they probably wouldn’t have felt qualified to be at a meeting.

Unfortunately, this unique requirement—the only requirement in our entire Fellowship—is often used to avoid being “made” to do anything else that makes somebody uncomfortable, like having a food plan, being accountable to a sponsor, working the Steps, or realizing that abstinence comes from continuous action, not just a desire.

A desire is the beginning of a process, but a desire alone will not accomplish very much in OA. The Third Tradition ensures that anyone who wants to can attend an OA meeting, but I don’t believe it was intended to be the standard to which one aspires to attain abstinence, or to effectively fulfill our primary purpose, or to insure the continuing wellness of our beloved Fellowship.

For six years, I slipped and slid. I’d get some abstinence, then become complacent and backslide. I’d “tighten my food up,” only to renege on my new commitments. I was alternately attracted to people with solid abstinence and repelled by them as rigid perfectionists who sang the shrill song, “I don’t eat no matter what.” They must have been cheating or lying, I thought, since nobody could possibly get and stay abstinent. Such was the state of my willingness to act upon my feeble desire.

My desire stopped being the answer once I realized that recovery was about taking suggestions, commitment, principles, and personal integrity. Until I understood at a deep personal level that I was different from people who ate what they wanted without hating themselves, my problem continued unabated. When I accepted the spiritual consequences of my eating, and the totality of my absorption in it, I found the willingness to convert desire into action and began to make progress. Today, after more than ten years of continuous abstinence, I sing the praises of physical recovery and service as a formula for keeping a willing OA member moving forward in recovery.

OA became an international entity because people sublimated their egos, undertook tasks that forced them outside their comfort zones, and endured extreme emotional challenges. Without diligent, daily effort, our recovery and OA’s credibility will suffer. Undertaking a difficult action to attain or maintain abstinence is a desire to be a living example of the best that this program has to offer.

— Neil R., Baltimore, Maryland USA

Reprinted from the Lifeline website <https://www.oalifeline.org/traditions/tradition-3-desire-beyond/>

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Voices of Recovery – March 2, Page 62

“Once we compulsive eaters truly take the Third Step, we cannot fail to recover.”

—The Twelve Steps and Twelve Traditions of Overeater Anonymous, 2nd ed., p. 23

After telling my story at meetings, I get flurries of phone calls from old and new members asking for the “inside scoop” on how I really did it. It’s not just the seventy-three pounds I released; people want to know about the serenity, what keeps me centered and calm despite hair-raising personal experiences in my life. What made the program’s tenets click now, finally?

Simple: the Third Step corresponds to the Principle of faith. Once we truly make the leap to believe, no matter what, that a Power greater than ourselves will restore us to sanity and will take care of every other issue in our lives as well, we cannot ever fail to recover, and the compulsion to binge disappears. It has to happen! That Power, I now know, has always been there for me, like a bridge waiting to be crossed. It’s so simple that most of us believe there must be more to it than that, some other trick or secret.

There are no secrets, no magic. Anyone can have what I have. I’ve been cornered, trapped. The gate to freedom has closed behind me. I looked inward and there was honesty. I looked outward and there was hope. I looked up and there was faith.

Voices of Recovery – September 30, Page 274

“Once we compulsive eaters truly take the Third Step, we cannot fail to recover. As we live our our decision day by day, our Higher Power guides us through the remaining nine Steps.”

—The Twelve Steps and Twelve Traditions of Overeater Anonymous, 2nd ed., p. 23

The promise of recovery is and has been a source of comfort and confidence for me. In times of doubt or weakness, I turn to this statement and remember my commitment to recovery through the Steps. I decided to turn my will and my life over to God for safekeeping. That decision has blessed me with the ability to see the miracles that occur regularly, to avoid the extremes of my disease, and to live in balance and harmony each day of my life.

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More Doses of Inspiration

For Today—June 3, Page 155

The strength of man consists in finding out the way in which God is going, and going in that way too.

Henry Ward Beecher

God's way is a path of spiritual principles that make my life work under any conditions. I know that, but once I have good abstinence and weight loss, it is tempting to rest on my laurels and ignore the suggestion to continue seeking spiritual recovery. Like others before me, sooner or later I discover that God's way does not end with abstinence and weight loss or even with regular attendance at meetings. The recovering compulsive overeaters who have what I want are, without exception, working the twelve-step program on a continuing basis and practicing its spiritual principles in everything they do.

For today: Am I confused or undecided? I can find direction by taking steps three and eleven.

For Today—July 29, Page 211

Renunciation is a piercing virtue

The letting go

A presence for an expectation.

Emily Dickinson

Putting my faith in this program means letting go what I have in the expectation of something better. I must be prepared for moments of confusion and upheaval, feelings of uncertainty and, yes, even fear. However useless or destructive the old may be, it is given up with difficulty.

I may be surprised to find that what God wills for me may not necessarily be what I ordered up, as one does from a menu. But I have already seen that everything I turn over to my Higher Power is taken care of far better than I could have imagined.

For Today: What I need most to turn over to God already is clear to me.

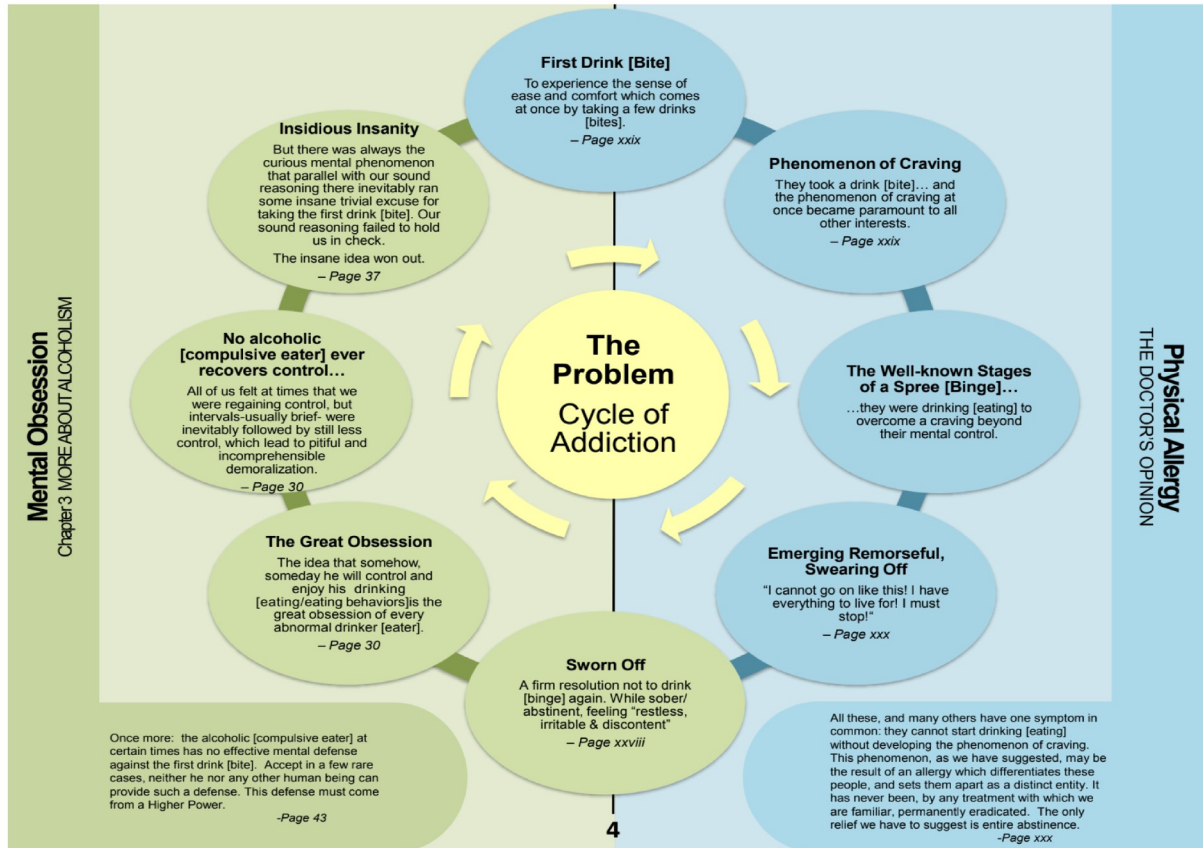
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RELAPSE vs RECOVERY

(Cycle of Addiction) vs (Abstinence + 12 Steps)

Discuss this chart with a trusted fellow compulsive eater. What's it mean to you?



The Problem is the Addiction Cycle: Physical Craving And Mental Obsession
As depicted in *Alcoholics Anonymous*, 4th Ed. (Chart Designer: Unknown)

We believe that no amount of willpower or self-determination could have saved us...our resolutions and plans were shattered as we saw our individual resources fail. So we honestly admitted to ourselves that we were powerless over food. This was the first step toward recovery.

(*Overeaters Anonymous*, 3rd Ed., p. 2)

Region 3 has a speaker list! Click here: [Speaker List Request—OA Region 3](#)

02/2025



This message is from the Region 3 Twelfth Step Within (TSW) Committee, reaching out those who still suffer and address relapse recovery.



Fellowship Corner

OA Responsibility Pledge

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

I'm new to OA and I've been going to meetings for a couple of months. I keep hearing about doing service. What does that even mean? Service helps you and benefits the entire group. And it's fun!

Easy service ideas

- ◆ Reaching out to another OA member by phone...or text!
- ◆ That's easy, right?
- ◆ Volunteer to lead a meeting—all meetings have scripts for you to follow — you don't need to make it up
- ◆ Leaving OA brochures with your doctor “*When Should I Refer Someone to OA*”
- ◆ Get a sponsor
- ◆ When attending meetings, you can share!
- ◆ At an in-person meeting, you can put away chairs. Offer to put out literature and welcome newcomers.

Or try these ideas:

- ◇ Be a sponsor
- ◇ Serve on a committee
- ◇ Write an article for the newsletter about something that has helped you.
- ◇ YOU can host a virtual meeting!
- ◇ Attend an intergroup meeting to see if that's something you'd like.

From Leslie, Intergroup Chair

When I was a newcomer at OA, I kind of felt like an outsider. I didn't know anyone. I didn't even really know my sponsor.

When I started to participate (by doing service) that's when I really began to understand the program. I came to realize that my life became richer by making OA friends.

Try out one or two of these ideas. It might feel awkward at first, but you'll soon find you like it. And if you don't, we'll give you your money back. Hahahaha!

Call or text me - Leslie (505) 250-9889

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.

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 meetings and 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**



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 or contact Bob (bobjosch@msn.com) or Cindy (bethechange@cheerful.com)

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



Recovery Talks

Hosted by
Central Ontario Intergroup
oaontario.org

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

Relapse Through the Eyes of the Big Book

Quarterly Region III Relapse Prevention Workshop

Saturday March 29, 2025 Time: 2:00-4:00 (mt)

A presentation by Linda T. addressing relapse with Big Book quotes, Linda's experience, strength and hope, and obstacle to abstinence. Also, questions to ponder or journal on and time for questions or comments.

ZOOM ID: 842 4509 9831

Password: itworks

Questions? Email

Annette H. ortzow@hotmail.com

Sponsored by Region III



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

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

Convention or Registration Questions:

512-657-7677

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

OCTOBER 2025

Oklahoma City, OK

SAVE THE DATE



OA Region 3 Assembly and
Convention October 16-19, 2025 at the
Best Western Saddleback Inn, OKC

To stay up-to-date
with registration,
program and menu
[Click Here](#)




OVEREATERS
ANONYMOUS®
REGION 3

Hosted by
Greater
Oklahoma City
Intergroup



***WANT TO LEARN MORE ABOUT
ZOOM AND ZOOM SECURITY?
CHECK OUT THIS RESOURCE:***

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

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



EDITOR'S MUSINGS...

Hello Dear Fellows,

It's already March! Spring is here and time is flying. The weather is milder, and despite allergies, I have been spending more time outdoors preparing my gardens and getting my hands into the earth.

I have been experiencing more stress and anxiety but have been using program tools to stay grounded and hopeful. I've been inventorying my fears and anger, reading daily readers, and praying and meditating more. I haven't broken my abstinence, which means a lot to me. I can't imagine where I'd be without the 12-Steps and my HP in my daily life.

I am committed to progressing one day at a time, and I hope you will continue with me in this journey.

In loving gratitude and service,

Deanna G.

Do you have any comments or feedback? I would love to hear from you! Please email me at newsletter@oa-cnmi.org.

