



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



APRIL 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 4

Made a searching and fearless moral inventory of ourselves.

Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Fourth Step Prayer

Dear God, It is I who has made my life a mess. I have done it, but I cannot undo it.

My mistakes are mine & I will begin a searching & fearless moral inventory.

I will write down my wrongs but I will also include that which is good.

I pray for the strength to complete the task.

Resentment Inventory Prayer

God, please help me show _____ the same tolerance, pity and patience I would cheerfully grant a sick friend. Help me to see that _____ has a spiritual malady, just like me.

When I am frustrated, angry, displeased or resentful toward _____ may I see that I had a part and that we are both humans with faults and imperfections.

God save me from being angry. Thy will be done.

Fear Inventory Prayer

God of my understanding, I pray that you remove my fear and direct my attention to being who you would have me be today. May thy will, not mine be done.





A Dose of Inspiration

For Today—June 26, Page 178

It is better to light a candle, than curse the darkness.

Chinese proverb

Coming to OA opened a tiny crack in the wall I put up to protect myself. What I saw was so interesting I considered letting in a little more light — a truly frightening proposition. To look at my defenses is to see myself, perhaps for the first time.

Although I have found many benefits in looking inward, I still tend to resist. It's only when I'm tired of stumbling around in the dark that I stop muttering about "the way things are" and turn on the light that will lead me to new freedom.

For today: What do I need to write about? I do not have to be afraid to look into my heart and put down what I find.

For Today—September 29, Page 273

Today is yesterday's pupil.

Thomas Fuller

My history of compulsive overeating is precious to me. It teaches me how to live today. The moment I set foot on the OA path to recovery, I knew that conventional ideas about controlling my food and my weight were out of my life forever. If it were not for my great and good teacher, yesterday, I would never have learned that wonderful lesson, which is largely responsible for keeping me abstinent, thin, happy, joyous and free today.

The fourth-step inventory, taken not once, but repeatedly, allows me to keep yesterday as a teacher on an ongoing basis; and everything I learn advances my recovery.

For Today: What my experience as a compulsive overeater teaches me is priceless when I use it as this program directs.

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Voices of Recovery – May 17, Page 138

“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

At one plateau in my recovery from the compulsive desire to overeat, I felt stuck — as if quicksand were sucking me down, smothering me in my compulsivity.

The difference between Steps Four and Five was confusing me. I didn't realize that Step Four was between my God and me and that Step Five represented my Higher Power's permission to let go in private confidence to a friend.

I had been spilling my Fourth Step for four months at OA meetings, but couldn't figure out why I felt stuck. I approached a sponsor with my dilemma. He granted me a private session in which he wisely tugged on an imaginary rope that would eventually guide me out of the self-made quicksand. He listened patiently, allowing me to ramble to exhaustion. Then his soft words tugged gently at the rope, telling me to take another look at my Third Step.

I left in a dither, eager to find another sponsor. I steamed for a week, until one day I picked up my OA *Twelve and Twelve* and started reading Step Three. When I read the line mentioned above, things clicked. I felt at peace. Those words became my promise. I began working on the Third Step again. Thanks to a wise sponsor and my Higher Power, my recovery resumed.

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**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?**

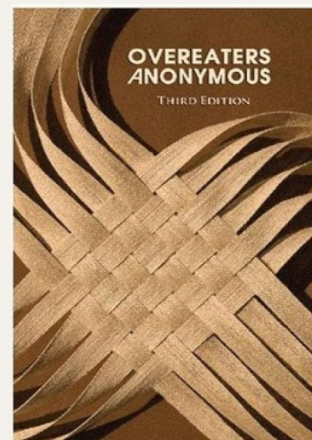
Share this helpful link with them to get started:
<https://oa.org/what-to-expect/where-do-i-start/>

More Inspiration

What does SUBMISSION or SURRENDER Have To Do With Relapse?

Some hidden jewels in the 3rd Ed. Overeaters Anonymous book are in the Appendices; don't skip over them when you read the book!

Appendix C "A Disease of the Body" p. 198-204 includes an enlightening discussion of submission and surrender by Peter G. Lindner, MD. Here are interesting snippets from the text to reflect on:



...Surrender...can best be described as letting go. The individual...admits to being beaten by compulsive overeating. The source of this feeling is almost always despair...It's all part of a crisis experience, with an overload of hopelessness. (p. 201)



2

In submission, an individual accepts reality consciously but not unconsciously. There is acceptance that one cannot, at the moment, conquer reality, but lurking in the unconscious is the feeling that "there will come a day when I will be able to handle my problem on my own." (p. 201)

Submission implies no real acceptance of one's inadequacy; on the contrary, it demonstrates conclusively that the struggle is still going on. Submission is, at best, a superficial yielding, with the inner tensions still present. (p. 202)

3



4

When the individual accepts, on an unconscious level, the reality of not being able to handle compulsive overeating, there is no residual battle...This freedom is the aim of the OA groups, and complete surrender is manifested...Once compulsive overeaters surrender at the unconscious level, their compliance with the disciplines of the program does not lessen with time...(p. 202)

Surrender, then, is an unconscious event. It is not willed by the individual... This may have the earmarks of a spiritual conversion. Be that as it may, it is an effective transformation...(p. 202)

5



Ask yourself or your fellows: Have I surrendered? Or submitted? What does it look like to submit to the program? How long can this superficial compliance last? What about "white knuckle" abstinence? If I can't make it happen, how can I surrender? If I truly surrender, will I always be relapse-free? What's despair and hopelessness got to do with it? How does this information compare to AA's Big Book text about addiction?

Upcoming Workshop: Relapse Through the Eyes of the Big Book

Region 3 is presenting this thoughtful workshop Saturday March 29, 2025 2-4 pm MT.
For more information, email Annette at ortzow@hotmail.com ZOOM ID: 842 4509 9831
Password: itworks

03/2025



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

What OA Has Done for Me

A Lifeline Reading



One of my trigger foods was sugar, and on January 4, 2016, I surrendered all recreational sugar to my HP. I have remained abstinent. My attitude has changed. I have written my Fourth Step three times and worked my way through the Twelve Steps three times. I have released almost 100 pounds (45 kg), and my three-legged stool is stable and balanced. My life has changed, and I continue to grow physically, emotionally, and spiritually. This is what OA has done for me.

I entered the rooms via a face-to-face meeting that I immediately did not like from the moment I saw those people, strangers who had personal stories to tell. I didn't understand why they were willing or wanted to share stories about their compulsions and how they got there. Even though their stories were just like mine, but somehow different, I left and was determined not to return. But I did return, and I kept coming back. I asked someone to sponsor me. That is how I came to OA.

My sponsor had me immediately begin working the Steps. I waltzed through Steps One, Two, and Three and surrendered my life to a Higher Power. I became honest with a weighed-and-measured food plan, sending it daily to my sponsor along with a follow up phone call to talk about what I had planned for the day and how the day before had gone. I attended meetings and provided service at them. I wrote daily at great length, reflecting on conversations with my sponsor, passages in the literature, experiences at meetings, or the words of other devotional books. I made outreach calls by phone, text, or email, and I worked the program faithfully and hard. Today, I pray first thing in the morning to my HP, whom I call GOMU (god of my understanding), read my devotional books, and spend at least ten minutes in meditation with beautiful, calming music. I read, write, and share with my sponsor and my sponsees.

OA has done for me what I never could have done on my own. I am happier and more confident. I love myself and others. I am not perfect, and I have much work yet to do, but I am so much better in my thinking, my relationships, and my physical needs. Not only do I look different, I am different. I treat others with much more respect, patience, understanding, love, and hope. I make immediate amends if needed, and I am a better person because of it.

I have changed, and I am living a much fuller life because of OA. I love this program and each of you. Keep coming back! It works! OA has helped me be who I am today. Enjoy the miracles! Blessings!

—Mindy

Reprinted from the Lifeline website <https://www.oalifeline.org/uncategorized/what-oa-has-done-for-me/>

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ANNOUNCEMENTS AND UPCOMING EVENTS!

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

There is a BRAND NEW IN PERSON meeting every Friday starting
April 4th at 5:45 – 6:45p in Rio Rancho.
It is called **Friday Night Live!**

We will be studying the Big Book with open sharing.

It will be at the Mesa Club at [3301 Southern Blvd](#) under the archway between
Decked Trading Cards and Brewlab Brewery.

For more information,
call **Sue M** at 209-765-0132 or **Vanessa G** at 505-507-9894.
(It's hard to find even if you sort of know where it is.
See the google map location [here](#).)

****NOTE — Meeting Change**

Effective Immediately—The Sunday in person meeting at
Nahalat Shalom from 8:30 - 9:30a will be in person only. (*was hybrid before*).

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



To find more meetings and events see the next pages or click [here](#)



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





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)

**Thoroughly
Follow
Our
Path...**

**A Step-Per-Month
Virtual Study Group**

**6:30 PM-7:30 PM
Eastern Time**

**Speaker - 20 min
Journal Session- 10 min
Share Circle - 20 min**

The first
Friday of
every month

VIRTUAL MONTHLY 12 STEP WORKSHOP

**THE TWELVE STEPS OF OVEREATERS ANONYMOUS. SPEAKER, JOURNALING,
SHARING.**

Sponsored By Miami-Dade and The Keys Intergroup

We will have a different speaker each month for each step. Speaker will share their recovery strength and hope as it pertains to the step we are working.

This is a recurring workshop that takes place on the **First Friday** of Each Month

Study Group Schedule:

Speaker – 20 min
Journal Session – 10 min
Share Circle – 20 min

Zoom meeting number: 864 1518 6652
Passcode: 305305



World Service Business Conference

Theme:

To Carry the Message is Our Primary Purpose

Dates: May 4–10, 2025

Virtual Attendance Only

More information: <https://oa.org/world-service-business-conference/>

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





Editor's Musings...

Hello and welcome to Spring!

This season is a wonderful time to observe nature as it awakens. After emerging from 3-weeks of illness, I am finding this is an opportunity to renew my commitment to Program and life.

Twelve and a half years ago, I joined OA and began a new way of living. At that time, I felt demoralized, depressed, and frustrated with myself and others. Through OA, I discovered tools for living a fulfilling life, and I aim to maintain this positive approach moving forward.

May Spring bring renewed inspiration and dedication to your Program.

Sincerely,

Deanna G

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

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.

