



**OVEREATERS ANONYMOUS
CENTRAL NEW MEXICO INTERGROUP**
Help for Compulsive Eaters, Bulimics and Anorexics



SEPTEMBER 2025 NEWSLETTER

Volume No. MMXXV Issue No.9

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

Email: oacnmi@gmail.com [website: oa-cnmi.org](http://www.oa-cnmi.org) CNMI Phone Number: (505) 261-3553

OA Responsibility Pledge:

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

Step 9

Made direct amends to such people wherever possible,
except when to do so would injure them or others.

Spiritual Principle = Love

Tradition 9

OA, as such, ought never be organized;
but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle = Structure

Ninth Step Prayer

Higher Power,
I pray for the right attitude to make my amends,
being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends
by staying abstinent, helping others & growing in spiritual progress.



A Dose of Inspiration

For Today – Page 171, June 19

“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

—James Baldwin

There is a reason for each one of the twelve steps. I cannot pick and choose the ones I want to take and skip the rest. The thought of doing steps four, five and nine have made many a brave soul quake, and I am no different. But my longing to change my life is stronger than my fear. Like other oppressed people, I must gather the courage to face the forces that oppress me — childhood pain, old ways of thinking and responding learned long ago.

Taking these steps is an ongoing process, revealing new truths each time around. It is an interesting search, and a rewarding way to live.

For today: All the promises of recovery can be mine if I want them. This program shows me what to do.

OVEREATERS ANONYMOUS®, INC.

From: FOR TODAY Copyright 1982 by Overeaters Anonymous, Inc.

Reprinted by permission of Overeaters Anonymous, Inc.

Voices of Recovery – Page 88 March 28

“As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality.”

—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed., pp. 67*

One of the major results of working Step Nine is intimacy. Sometimes, because of the openness and vulnerability that are inherent in performing Step Nine work, I am communicating on a more intimate level with the person involved. At all times, because I am so grounded and open and willing to take risks, I am having conversations with my soul. I am more intimate with myself—that part of me that operates at a higher level, that part that coexists with my Higher Power.

Step work is entwined with the awareness of intimacy with my Higher Power, with others, with myself. Perhaps this is the reason the entire process is important, not simply the results.

OVEREATERS ANONYMOUS®, INC.

From: VOICES OF RECOVERY, 2nd ed., Copyright 2022 by Overeaters Anonymous, Inc.

Reprinted by permission of Overeaters Anonymous, Inc.



Step 9: HONEST EFFORT

A Lifeline Reading



In one of my meetings this week, we were asked to respond to a question from the [Twelve Step Workbook of Overeaters Anonymous](#) regarding Step Nine. I chose "What is the purpose of Step Nine?" (p. 65). I completed my first Step Nine amends the first year I joined OA, but I never fully answered all the questions in the workbook. So this time I began to look carefully at what the completion of Step Nine has meant and still means to me as I practice the Principles of the Twelve Steps in all my affairs.

Step Nine meant I could take action to finally make amends, apologize, and change my behavior toward those whom I had harmed or wronged in the past.

In Steps Four and Five, I looked very carefully at the wrongs I did to others and admitted those wrongs to myself, God, and my sponsor.

In the religious tradition of my youth, I learned that God only forgives wrongs, or sins, committed against him and that sins committed against my fellows could only be forgiven by the people whom I had wronged. However, [The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#) tells me that these people "don't owe us forgiveness, and we don't need it to complete step nine and recover from compulsive eating" (p. 77). It only matters that I make an honest effort to apologize for my wrongs and then amend, or change, my behavior toward others. Only then can my conscience be cleared of old guilt.

When I walked into the rooms, weighing 313 pounds (142 kg), I had no idea why I ate like I did. Then I learned in the rooms that I ate to hide from fears, guilt, and resentments. By truly apologizing and making amends to those I had harmed, I found I no longer needed to hide from shame and guilt by using food.

I believe now that if I make honest and thorough amends, God will forgive me for my wrongs. I will be washed clean and be ready to face life without old guilt haunting me and without the need for me to eat compulsively.

Did it work for me? Well, here I am, nearly five and a half years later, maintaining a weight loss of 145–150 pounds (66–68 kg) for more than three years. My life has completely changed, not only with respect to food, but in all areas. The promises in the Big Book have come true for me ([Alcoholics Anonymous](#), 4th ed., pp. 83–85). But I know they will continue to do so only if I continue working the Steps on a daily basis, one day at a time.

—Sander

Reprinted from the Lifeline website <https://www.oalifeline.org/steps/step-9-honest-effort/>

Copyright Overeaters Anonymous, Inc. All rights reserved



Fellowship Corner

I Could Never Take a Compliment

I've always been uncomfortable when someone compliments me. I've felt that I should say, "Thank you", but it felt wrong somehow. Lots of times I tried to brush it off or ignore it but the awkwardness was always there. I'm sure the other person felt it too!

Recently at an OA meeting the idea popped into my head that my accomplishments are due to HP-given attributes, and if I do something good, that it's because my HP is working with and through me.

I realized that this was the reason that taking a compliment felt disingenuous to me.

I feel so much freer now to accept a compliment with, "That wasn't me alone: My HP and I both were responsible!"

This program amazes me; I'm so grateful that I continue to become even more "happy, joyous, and free" year after year!

—Anonymous

Turn Ons and Turn Offs

for Newcomers and Returning Members

These suggestions are intended for addressing the newcomer or those returning to OA.

Turn Ons for Newcomers and Returning Members

- Welcoming them personally, with compassion and empathy (remembering your very first day or first day back)
- Remembering names
- Remembering the newcomer is the most important person in the room (but don't say it)
- Seeking out the newcomer or returnee and talking to them; asking if they have questions
- Exchanging contact information
- Giving encouragement
- Offering to be a temporary sponsor or helping them find a sponsor
- Showing before and after pictures
- Talking about how OA is a spiritual program, not a religious program
- Sharing how you work the steps

- Providing meeting lists and pointing out which meetings you attend
- Offering to attend a meeting with them or offering to pick them up and take them to a different meeting
- Giving them a phone list and marking your name
- Inviting them for fellowship after a meeting
- Follow up with a phone call and/or text as soon as possible after first meeting them
- Showing them the literature and what you find helpful
- Educating them about the tradition of anonymity — who they see in a meeting, and anything they say or hear in the meeting is confidential.

Turn Offs for Newcomers and Returning Members

- Talking down or acting condescending
- Preaching or trying to sell the program
- Ignoring the newcomer or returning member after the meeting
- Assuming returning members or newcomers are committed or willing to go to any length
- Giving unsolicited advice
- Talking first to people you know
- Assuming a hug is OK—ask first
- Sharing anyone's story but your own
- Criticizing or judging any outside programs
- Overwhelming returning members and newcomers

To obtain a printable version of this “TSW Wallet Card,” click on the blue link below. The other side of the card, not shown here, contains the Twelve Steps of Overeaters Anonymous, the Responsibility Pledge, and the website addresses for both OA and OA Region III.

https://www.oaregion3.org/wp-content/uploads/2019/05/R3-TSW-Wallet-card_May-11-2018.pdf



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

08/2025



Please consider how you can give back to Overeaters Anonymous!

ANNOUNCEMENT OF UPCOMING CNMI ELECTION

This is the second of two official announcements of CNMI elections to take place at our Annual Meeting on **October 11, 2025**.

Each of the positions shown below is available for a two-year term. We have candidates for the positions indicated by an asterisk, although other nominations, including self-nominations, may be made prior to the Annual Meeting or from the floor. Candidates must be present at the Annual Meeting or have submitted a written statement of qualifications and interest in the position.

These positions require six months of abstinence:

- ◆ Vice Chair
- ◆ Treasurer

These positions require three months of abstinence:

- ◆ Archivist
- ◆ IG Rep Support
- ◆ OA Young Adults
- ◆ Electronic Communications Coordinator (ECC)
- ◆ Newsletter
- ◆ Outreach
- ◆ PI/PO
- ◆ Special Events



How You Can Help

With a little over one month remaining until the elections, we hope to add stars (*) to the list above. Please give prayerful consideration to running for one of these positions, and sponsors are asked to encourage abstinent sponsees to step up to service at the Intergroup level.

Of particular concern is the Treasurer position—Roles & Responsibilities may be seen at: <https://oa-cnmi.org/wp-content/uploads/2022/08/Treasurer-2021.pdf>

For more information, please text one of the members of the Nominating Committee:

- ⇒ Leslie SK, 505-250-9889, Chair
- ⇒ Deborah B, 505-604-3253
- ⇒ Sarah, 505-980-6177



ANNOUNCEMENTS AND UPCOMING EVENTS!

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



**OVEREATERS ANONYMOUS
CENTRAL NEW MEXICO INTERGROUP**
Help for Compulsive Eaters, Bulimics and Anorexics

Overeaters Anonymous Virtual Twelve Step Workshop

September 9, 2025

6:00 pm - 8:00 pm

The Central New Mexico Intergroup (CNMI) of Overeaters Anonymous is sponsoring a 15 session workshop...

[For all the Details...](#)

Region 3 Events

OA Region 3 Relapse Prevention Workshop | You Are Not Alone

September 13, 2025

1:00 pm - 2:30 pm

[For all the Details...](#)

Is your OA Zoom
meeting having issues
with disruptors? There
is a solution!

**September 20, 2025
September 21, 2025**

3:30 pm - 4:30 pm

Zoom Security Training offered by
Jenean in Region III If you're
interested in learning how to handle..

[For all the Details...](#)

Other Events

OA F10 (First 10 Days)

September 1, 2025
September 10, 2025

4:00 pm - 5:00 pm

Perfect for beginners in OA, but also for anyone needing a little boost or encouragement with their program....

[For all the Details...](#)

Sunlight Monthly Newsletter – Candlelight Gratitude Meeting

September 6, 2025

4:30 pm

Join us for the OA Sunlight Monthly Candlelight Gratitude Meeting, held the 3rd Sunday of every month....

[For all the Details...](#)

Conventions and Assemblies

OA Colorado State Convention | Together, We Recover!

September 26, 2025
September 28, 2025

4:00 pm - 12:00 pm

Keystone - 22101 US Highway 6

[For all the Details...](#)

2025 Fall Region 3 Assembly and Convention – Oklahoma City

October 16, 2025
October 19, 2025

12:00 am

Oklahoma City - 801 S. Meridian Ave.

[For all the Details...](#)



Editor's Musings

Happy September and the coming change from Summer to Fall. The natural change of season is a reminder of the internal changes I am making as a product of working this program. Step 9 is one of the most profound, humbling and healing changes I can experience. In addition to making amends to my spouse, family, and others I have impacted with my disease, my sponsor reminded me it is most important to remember to put myself on that amends list. Of anyone, I harmed myself the most. Abstinence is the most profound living amends I can make to myself. When I was in the depths of my disease, I ate and did things that ruined my digestive system. Additionally, the extra weight damaged my knees, back, and neck. In Program, I get to repair my body along with my emotional and spiritual being. Self-care is a loving act and a profound sign that I care about myself. Whether it is going for a long bike ride to help reduce my stress or opting for a quiet evening rather than going to a show or taking on another commitment, I more readily recognize when I need a meeting to fill my tank or just an hour or two of simple rest. These are examples of the gifts I offer myself that do more for my sanity and serenity than any food could ever do for me. I am forever grateful for Overeaters Anonymous teaching me how to treat myself with respect, love, and compassion.

- Deanna G.

Do you have any comments or feedback? I would love to hear from you!
Please email me at odeannag@gmail.com



Heard In A Meeting

Courage is fear that has said its prayers.

**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.**