

CNMI NEWSLETTER

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Central New Mexico Intergroup

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It is the policy of Overeaters Anonymous and the Central New Mexico Intergroup that anyone is welcome at any open OA meeting. The third tradition states that the only requirement for OA membership is a desire to stop eating compulsively.

Step & Tradition of the Month

Step Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition Eight: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Intergroup Meeting

Your Intergroup usually meets the 1st Saturday of each month from 9:00-10:45 am at Central United Methodist Church, 201 University Blvd N.E., Albuquerque. The next Intergroup Meeting will be September 6, 2014. Everyone is welcome at all Intergroup and Committee meetings!

August Newsletter Deadline: Friday, August 29, 2014. Please e-mail news, announcements, and recovery stories to oacnmi@gmail.com. You can also snail mail them to CNMI Newsletter Editor P.O. Box 30273, Albuquerque, NM 87190-0273.

Email Newsletter Recipient Reminder

If you wish to receive the newsletter via e-mail, please e-mail the editor at oacnmi@gmail.com. **For those with Macintosh computers:** Please be sure that you have the CNMI OA Newsletter editor's e-mail address in your contacts list/address book to prevent the newsletter from being sent directly to your Spam folder (or not delivered at all).

Calendar

1. August 8 - 10, 2014 - "Happy, Joyous & Free - Let It Be Me!" Region III Convention & Assembly, sponsored by Arizona Serenity in the Desert Intergroup. The website is <http://www.oaphoenix.org>.
2. August 16, 2014 - 9:00am - Region III Convention Planning Committee meeting at Kaseman Presbyterian Hospital, 8300 Constitution Ave N.E., Albuquerque, in the Cottonwood Room. Contact Kathy M. at 450-6747 or picardysmom@yahoo.com.
3. August 23, 2014 - 2:00 - 5:00 pm - Special Events workshop on Steps Six & Seven at Asbury United

Methodist Church, 10000 Candelaria N.E., Albuquerque, in the Hospitality Room. Contact Frank L. at 505-688-0788 or franklafond@gmail.com for more information or if you would like to help with the workshop.

4. March 22 - 29, 2015 - "Sailing Into Recovery", Region III's Convention & Assembly cruise will be sailing out of Galveston, TX. Register now to demonstrate your commitment. Please call Andrea at 719-332-0367 to reserve your spot. For more information, including a chance to win a free cruise, go to www.oaregion3.org.
5. **Save the Date** - September 25 - 27, 2015 - "Recovery: Land of Enchantment" - CNMI hosts the Region III Convention & Assembly at Hotel Albuquerque at Old Town. (Also see the article in this newsletter.)
6. **Save the Date** - September 1 - 4, 2016 - "Recovery: The Trail to Freedom!" - World Service Convention in Boston, MA. Lodging reservations will open in September 2015 and registration will open in January 2016.

For more information on upcoming events in Region III, see the website at www.oaregion3.org.

Meeting Changes & Updates

Thursday 8:30am at Congregation Nahalat Shalom has adjusted its format to a literature and writing meeting, using OA's book "Seeking the Spiritual Path".

Please remember to e-mail meeting changes to oacnmi@gmail.com, so they can be included in the next newsletter, as well as being updated on the meeting list and on CNMI's website. Thanks!

A Message from our Chair

Program to the Rescue!

Things have not been going so great for me this past month. My partner Gwen had surgery and we got a notice from the insurance company that they have declined to cover her inpatient stay. My co-worker left us (not unexpected) and now I'm working very long hours doing the work of two people. Gwen's car died on Highway 25 just south of Truth or Consequences. It cost us nearly \$500 to have the car towed to Las Cruces, only to find out that the car was really beyond repair. And the auto insurance people say they will not cover auto suicide, only car-icide involving another vehicle. Good thing I have a program.

I can be grateful that Gwen is healing well from her surgery. I am grateful that she was not hurt nor did she completely dehydrate in the heat while waiting for the tow truck. I'm grateful we have a second car that works and that I'm physically able to ride my bicycle to work so Gwen can use my car. I'm able and willing to do the footwork to question the insurance company's decision about Gwen's surgery, and today I'm content to leave the

outcome to HP. I'm happy I already know that I'm powerless over most everything in my life, and that a loving Higher Power will bring me (and us) what I really need, if not necessarily what I want or had planned.

Tonight when I got home from work, I was tired and discouraged. I went to a chorus rehearsal that I didn't really feel like attending. The singing and the fellowship took my mind off my fatigue and healed my spirit. I came home in a great mood, renewed, and ready to face another day. The program teaches me to seek my Higher Power in whatever way works for me. For me, music is something that brings me closer to God.

So things haven't been going so well, but I know that that this too shall pass. I can stay close to HP and take it one day at a time. Thank God for the lessons I've learned in OA.

In OA love and service,
Kathy

From the Editor

The Monday Night Newcomers Meeting, which meets at Asbury United Methodist Church at 7:00pm, has a rotating format. One of my favorites is "Pass the Basket". The "basket" contains slips of papers with questions relating to OA recovery, including some geared especially to newcomers. The basket goes around the room, and each person selects a slip, reads the question aloud, and shares his or her response with the group.

At last month's "Pass the Basket" meeting, there were 20 attendees, ranging from seasoned program veterans to first-time newcomers. All had the opportunity to select a question and share. The topics included such questions as: (for the newcomers) "How do you know you have a problem with food?", and "What do you hope to get from OA?", and for long-timers: "Why do you keep coming back?", and "How do you know you are powerless?"

Hearing each person's heart-felt response energizes my recovery, and in many cases, the questions give me food for thought. What would my response be to that same question?

In many cases, my response would be different from the person who shared in the meeting, and that is the beauty of OA. We all share this disease, and yet we all have our own experiences which color how we respond to the same question.

I am so grateful that OA does not demand that I fit in a particular mold or that I work the Steps and share in the same way as anyone else. I am allowed to have my own unique experiences in recovery. What works for me

may not work for someone else and vice versa. And, yet, we are all in this together. What a gift!

Gloria

Please submit articles via e-mail at oacnmi@gmail.com or by mail to CNMI Newsletter Editor, P.O. Box 30273, Albuquerque, NM 87190-0273. I look forward to receiving your writing and sharing it with our fellow members.

Convention Planning Committee

Your Fall 2015 Region III Convention and Assembly Planning Committee (say that three times fast) met again on July 19. Now that we have our convention title --"Recovery: Land of Enchantment," our program co-chairs, Dodie and Carol Sp., can get creative with New Mexico imagery as they begin to plan workshops, and our graphic artist, Lisa Rae J, can get to work on a fabulous convention logo! We will soon be opening a convention bank account, receiving \$500.00 in seed money from Region.

Our planning meeting location will move to Presbyterian Kaseman Hospital (on Constitution just west of Wyoming), and our meetings will usually be held in the Cottonwood room (the September meeting will be in the Willow room). Thanks so much to Pat O. for securing the space. Mark your calendars for these upcoming convention planning meeting dates: August 16, September 13, October 18, November 15, and probably December 13, all at 9 am.

I'm thrilled to say that Lisa G has agreed to be our Entertainment chair, and Cynthia G has agreed to be our secretary! There are still plenty of opportunities to help, either as a sub-committee chair, sub-committee member or just bringer of good ideas. Please contact Kathy M at 450-6747 or picardysmom@yahoo.com if you want, or even think you might be willing to be willing to be willing, to be part of this wonderful service project.

Kathy M.

Reminder - CNMI Wants You!

We have many service opportunities available now and/or in the near future at the intergroup level.

In October, CNMI will hold its annual Board election. Intergroup Board positions that will be available this October are: **Chair (2 year term)**, **Vice-Chair (remaining one year of current 2 year term)**, **Secretary (2 year term)**, **WSBC Delegate (2 year term)**, **Region III Representative (2 year term)**, and **Second Region III Representative (remaining one year of current 2 year term)**. The CNMI Board positions all have abstinence and other requirements.

Currently, Frank L., chair of the Special Events Committee, is asking for volunteers for his committee.

CNMI is hosting the Fall 2015 Region III Convention - "Recovery: Land of Enchantment" - in Albuquerque, and many volunteers are needed for a multitude of service opportunities.

Please consider volunteering for one of these service opportunities. If you have any questions, please call Amy D. 292-0936, Leonie W. 856-6845 or Margaret C. 898-2519.

Leonie W.
Member of the CNMI Nominating Committee

Region III Convention & Assembly Cruise Raffle

Region III Spring 2015 Convention & Assembly cruise is scheduled for March 22 - 29, 2015. (See calendar for more details.) The region is sponsoring a raffle with the prize of a cruise or a Visa card worth approximately \$800.00, in lieu of taking the cruise.

Tickets will be available through Irine F., CNMI's Region III representative. The drawing will be held in November. Please contact Irine with questions or to purchase raffle tickets at 505-831-1538.

12th Step Within

Please be aware that if your group would like to participate in a 12th Step Within Workshop in the future, feel free to contact Margaret C. at 898-2519. The 12-Step Within Format and information may be found on the CNMI website at www.oa-cnmi.org. Click on RESOURCES and then 12-Step Within for more information. Thank you.

WSBC Final Report

For those interested in reading the Final Report from the 2014 World Service Business Conference, the report is now available at:

<http://www.oa.org/world-service-events/world-service-business-conference/>, under Frequently Used Documents, 2014 Final Conference Report.

Get Your Flashlight Key Rings Now!

Our Intergroup has received a supply of flashlight key rings for sale in a joint fundraiser with OA Region III. Each flashlight is 3¼ inches long and inscribed with the slogan "Let the Steps light your way!" Flashlights are available in blue, purple, green, yellow, and white, and comes complete with its own AA battery. For a picture go to: <http://www.oaregion3.org/?s=flashlight>. The cost is only \$3.00 each, and we still have several available in each color for sale. Look for them at your meetings, or contact CNMI Treasurer Mary S. to place an order for your group or for your own personal use. These will be great keepsakes or will make fun welcoming presents for new sponsees!

Mary can be reached at broomstick2@gmail.com or by phone at 505-977-3445.

Lifeline Campaign: Get to 10,000 Subscriptions This Year!

Subscribe or renew in 2014, and be entered into a drawing for a free, one-year *Lifeline* subscription to donate or add to your paid subscription. Each quarterly drawing is open only to subscribers within that quarter. Drawing deadlines are September 30, and December 31. Go to www.oa.org/lifeline-magazine/, find subscription forms in *Lifeline* and *A Step Ahead*, ask your *Lifeline* rep, or call 505-891-2664.

Lifeline Topics

Submission deadline: **August 15, 2014**

Service: Raise Your Hand; Raise Your Recovery: How has service aided your progress in recovery? How has it helped you maintain recovery? Which service position has been the most challenging, how did you meet the challenges, and what did you learn?

Abstinent Sponsors: How has being abstinent helped you to be a better sponsor? How does not being abstinent impede your ability to sponsor? As a sponsee who has experienced both an abstinent and nonabstinent sponsor, how would you describe the impact of an abstinent versus a nonabstinent sponsor?

The Concepts of Service: How They Helped Me and Improved My Program: What are the Concepts of Service, and how have they helped your life? How have they furthered your program? Which Concept has had the greatest impact?

Submission deadline: **September 15, 2014**

Using the Action Plan Instead of New Year's Resolutions: How is the action plan tool more useful than New Year's resolutions? How do you set goals and make life changes now that you started working the OA program of recovery?

How OA Changed My Life: Describe your physical, emotional and/or spiritual before and after being in OA.

Submission deadline: **October 15, 2014**

Carrying the OA Message to Diverse Groups: What is your experience with carrying the OA message to people of a different age, gender, race or culture than yours? How did you overcome any reluctance, fear or shame? How did discovering your common bond impact you? How do the concepts "We are the message" and "Attraction, not promotion" fit into carrying the message to diverse groups?

Unity Day: February 28 is Unity Day, when OA members pause to reaffirm the strength inherent in OA's unity? What does being part of the worldwide Fellowship of OA mean to you and your recovery? Unity is the

spiritual principle of Tradition One. Share your experience, strength and hope as it relates to Tradition One.

Lifeline: An OA Service: What is the role of *Lifeline* magazine in your recovery? How has giving service by writing for *Lifeline* helped you? Describe a time when someone else's *Lifeline* story helped you.

Submission deadline: **November 15, 2014**

Sponsorship: Having a Sponsor, Being a Sponsor: What did having a sponsor do for your recovery? What did becoming a sponsor do? What are your responsibilities as a sponsee? As a sponsor? How have your responsibilities as a sponsee guided you? How have your responsibilities as a sponsor guided you?

Gems From My Sponsor: Share the gems of wisdom and inspiration from your sponsor that have had a profound impact on your recovery.

Submission deadline: **December 15, 2014**

The Steps Made Simple: What strategies did you use to make working all Twelve Steps manageable? How did you break down the large task of working all Twelve Steps into smaller pieces? How did you "Keep it simple" while working the Twelve Steps? What is the importance of working all Twelve Steps? What role does working the Twelve Steps more than once play?

Step Principles: How did you learn about the Step Principles? How do you practice the Step Principles? How have the Step Principles helped your recovery?

Submission deadline: **January 15, 2015**

Lessons From Relapse: What led to relapse for you? What did your experience of relapse teach you about the disease of compulsive eating? How did OA's membership requirement, "a desire to stop eating compulsively" as stated in Tradition Three, help you come out of relapse?

Twelfth Step Within: Describe your experience giving Twelfth-Step-Within service by encouraging existing OA members to become or remain abstinent, work the Twelve Steps and give service to the best of their ability. How did you find the willingness to give this important service? What did you do to be available and to support OA members in relapse? Twelfth-Step-Within Day is December 12. Share your ideas for events OA groups can start working on now to be ready.

Submission deadline: **Ongoing**

Top-10 List of things that helped your recovery most, such as an action, Step, piece of OA literature, Tradition, service, etc.

What's New at OA.org

The **Unity with Diversity Checklist** approved at the 2014 World Service Business Conference is now available at: <http://www.oa.org/category/whats-new/>

In memory of OA's founder, Rozanne S., the WSO is offering three commemorative items. OA members can purchase each item separately, or obtain a discount by purchasing a package of items. To order: bookstore.oa.org or call 505-891-2664

Reflections: A Visit with OA's Founder

Rozanne S. describes the birth of OA in this 45-minute interview. For use only within OA by OA members, groups and service bodies. DVD **#670 \$10.00**

And Now a Word from Our Founder . . . Five WSBC Speeches by Rozanne S.

Listen, learn and be inspired as Rozanne speaks to Conference delegates about OA's Traditions, anonymity, principles before personalities and how OA members can impact the future of our Fellowship. Speeches are from 1994, 1997, 1998, 2000 and 2001. CD **#681 \$10.00**

Beyond Our Wildest Dreams

How did OA begin? When was abstinence introduced? Discover answers to these questions and more in this book of OA's history. Softcover; 220 pages; indexed. **#998/\$13.50; Box of 25, #999/\$303.75**

SPECIAL SAVINGS ON PACKAGES!

Audiovisual Package: DVD and CD, **#682/\$15.00** (\$20 if purchased separately)

All Three Items: DVD, CD and book, **#683/\$25.00** (\$33.50 if purchased separately)

Abstinence: PowerPoint presentation

What is abstinence in Overeaters Anonymous? How can you use the tools of the program to achieve and maintain abstinence? As part of OA's strategic plan, the Region Chairs Committee has created this Abstinence PowerPoint presentation to assist your group or service body in exploring the concept of abstinence. Go to www.oa.org/membersgroups/service-body-support/

For more information on "What's New" at the OA website, visit oa.org and click on "Browse All News Items" at the bottom of the page.