

CNMI NEWSLETTER

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Central New Mexico Intergroup

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Tradition Three: *The only requirement for OA membership is a desire to stop eating compulsively. Any compulsive overeater is welcome to OA meetings and doesn't need to meet any requirements except as stated in OA's Third Tradition. You belong the moment you say you do.*

Step & Tradition of the Month

Step One: We admitted we were powerless over food—that our lives had become unmanageable.

Tradition One: Our common welfare should come first; personal recovery depends upon OA unity.

Intergroup Meeting

Your Intergroup usually meets the 1st Saturday of each month from 9:00-10:30am at Presbyterian Hospital Downtown Southwestern Room A, Level S2. The next Intergroup Meeting will be February 2, 2013. Everyone is welcome at all Intergroup and Committee meetings!

February Newsletter Deadline: Friday, January 25, 2013. Please email news, announcements, and recovery stories to: susyc@email.com. You can also snail mail them to OA CNMI Editor 5304 Rincon Rd. NW ABQ, NM 87105 or for short items call 362-0293. Thank you for allowing me to be of service.



1) Overeaters Anonymous Region III Assembly & Convention—**The Joy of Living At a Higher Altitude** in Houston, TX, 2013. April 5-7, 2013. Registration available at www.oahouston.org with payment option available via Paypal. Payment may also be mailed to Amalia E. Lopez at 5815 Fulfton St. Apt. 3021 Houston, TX 77081. Call or email Laura at 832-350-5811 or the_joy_of_living@ymail.com.

2) Save This Date! June 28 – June 30th 2013 Hilton Palm Springs, Regional 2 Convention. **Let Go! (What Do You Want To Let Go Of?)** Speakers with long term recovery wanted! Call Pamela at 323-734-1873 www.oar2.org.

3) World Service Convention—2013 **Convention—Theme: Recovery to Rock Our World.** Dates: August 29 – September 1, 2013. Venue: Cleveland, Ohio. Reservations: Hotel Reservations now open. For the convenience of reserving your room online, you can go to www.oa.org/world-service-events/world-service-convention/ and follow the link for Hotel Reservations. The Event will be taking place at the Cleveland Marriott Downtown at Key Center at 127 Public Square Cleveland, OH 44114 USA. 1-800-228-9290 (US/Canada) or 1-216-696-9200 (Local/International).



Volunteers for Health Fair Needed!

The health fair will be held on January 26 & 27, 2013. This is an opportunity to attract new members to our fellowship. It is a ton of fun and a wonderful opportunity for service work. OA volunteers will fill shifts at a booth at the health fair and pass out OA literature and talk to people who are attracted to our booth. To volunteer, contact Landra at 345-6778 or email her at landra@thuntek.net.



Fellowship Inventory

The OA Region Chairs have developed a survey to enable a "fearless and searching inventory" of the fellowship. The goal is to get feedback from our membership in order to make improvements in carrying the message. The deadline to complete this very simple (though kind of lengthy) survey has been extended to mid-January. Any OA member, no matter how much time you have in program, is invited to participate. To take the survey, follow this link:

<http://www.surveymonkey.com/s/FellowshipInventory>



World Service Office Announcements!

A Note from Our World Service Business Conference: Professional Outreach Committee

Dear Fellow OA members,

Have you ever considered bringing a Professional Presentation Folder to your Health Club Manager; to nursing students in your local college; or to a local eating disorders treatment center?

Check out the list of possible professionals to contact in OA's Professional Outreach Manual on pages 9 and 10.

Don't have a manual? You can order one for \$15.00 at the [oa.org](http://bookstore.oa.org) bookstore, <http://bookstore.oa.org/item/#772>.

Don't let an opportunity to carry the message pass you by! Thanks for your service,

The World Service Business Conference
Professional Outreach Committee



Become a Sustaining Member with Automated Contributions!

Help OA carry the message with your automated monthly Seventh Tradition contribution. You may now have a monthly contribution charged to your credit card automatically. Contact the World Service Office for more information or to set up this service. 505-891-2664.

Voice America Internet Radio Show on OA Concludes

The final episode of "Sound Bites from OA—A 12-Step Solution to Compulsive Eating" will air on **January 9, 2013** at 1pm Pacific Time (4pm Eastern) at <http://www.voiceamerica.com/show/2139/sound-bites-from-overeaters-anonymous>. **This show will be a live call-in program, so encourage newcomers from your meetings to call the show with questions, or you may call in to share your recovery. Call toll-free 1-866-472-5792.** These powerful one-hour programs are archived after they air for streaming online or downloading the free MP3 files. You are welcome to burn the files for your own use, for public information, or to distribute to newcomers.

Region III TSW Reminder for January 2013

The *CNMI Newsletter* now features the monthly reminder from the Region III Twelfth Step Within Committee. This notice is sent to members of the Region III email loop on the 11th of each month as a reminder to do extra Twelfth Step work on the 12th of the month by reaching out to those within our Fellowship. Here is the reminder for January:

Delegates attending the 2011 WSBC Forum had some great ideas about sharing physical recovery, which are worth repeating here:

- Speaking, sharing at meetings, sharing experience strength and hope
- Photos – before and after
- Sponsoring others
- Physical recovery acts as a 'lighthouse to others', that OA works
- Encourages newcomers to keep coming back
- We're a program of attraction
- Our own abstinence is an example of hope to others
- Help newcomers to understand that it's not all about the weight
- Share how your quality of life has improved
- Share how your health has improved
- Be sure that your 'body language' expressions, serenity, smiling etc. also convey recovery
- If you have more energy, less pain etc. – share about those benefits
- Clarify that the benefits begin early on – you don't have to lose massive amounts of weight to begin to reap the rewards.
- Greet newcomers
- Dress becomingly (enhance your recovery without 'flaunting')
- Convey the message that recovery is a gift – cherish it

- It's not about willpower
- Share your own journey with food plans, weight loss (or gain if that is your goal)
- Encourage and welcome those coming back from relapse



Message from Our Chair

Happy New Year everyone! I hope you had a peaceful, joyous and abstinent holiday season. Thanks so much to Pat O and especially to Anna L for their efforts to make our holiday meetings happen.

To those who maintained their abstinence over the holidays, kudos to your HP. May that continue, one day at a time.

Since our disease is cunning, baffling and powerful, some who are reading this note no doubt struggled with food and ate compulsively over the past month or so. Holiday time is very challenging for those with eating disorders. Know that you'll find love, compassion and support as you return to meetings and renew your commitment to working the program and the steps. We've all been there. Keep coming back.

If you're new to our fellowship or returning, welcome or welcome back! Find a meeting that you like, ask someone to be your sponsor, at least temporarily, look for a food plan that can work for you, and start reading our literature. Get acquainted, or re-acquainted, with a sane, peaceful, healthy way of living without eating compulsively, under-eating, or bingeing and purging.

By the grace of a Higher Power, I have been a member of OA for over 23 years, and God willing, I will celebrate 19 years of freedom from my sweet binge foods on January 10. My life is so different today-in a really good way- than it was in September of 1989. It is nothing short of a miracle. As you begin 2013, I wish you the same miracle of recovery.



A Blessed Holiday

It is two days after Christmas, three days before my 24th wedding anniversary and five days before the start of my 30th year in OA. At this moment there are eight pies, a cake and cookies too numerous to count, not to mention all the bags that crackle when touched that are in my home to feed my large and wonderful family. Because of this program and my reliance and trust in my Higher Power, whom I choose to call God, it is as if all of this food did not exist. I enjoy seeing all of the teenagers "chow down" all this food, but I have absolutely no desire to eat any of it myself. The miracle has happened for me! Yes, it is indeed a blessed holiday because I am abstinent. Dodie H.