



CNMI NEWSLETTER

Volume No. XLIII Issue No. 1

Date: January 2016

Central New Mexico InterGroup

P.O. Box 30273

Albuquerque, NM 87190-0273

CNMI Phone Number: (505) 261-3553

E-mail: ocnmi@gmail.com

Website: www.oa-cnmi.org

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 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 - 10:45 am at Central United Methodist Church, 201 University Blvd N.E., Albuquerque. The next InterGroup Meeting will be on Saturday, February 6, 2016. Everyone is welcome at all InterGroup and Committee meetings!

February Newsletter Deadline: Friday, January 29, 2016. Please e-mail news, announcements, and recovery stories to ocnmi@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 ocnmi@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. January 23, 2016 9:00am - 5:00pm & January 24, 2016 9:00am - 4:00pm - Health Fair sponsored by KOB-TV in the Manuel Lujan Building at Expo New Mexico. Contact Carol Sp. at 505-804-5093 or Spizwoman@peoplepc.com to volunteer as a back-up or if you have questions. See the article in this newsletter.
2. April 15 - 17, 2016 - "Reaching Out Our Hands" Region III Convention & Assembly in Abilene, TX. Go to www.OARegion3.org/Spring16 for more details and to register.

3. May 2 - 7, 2016 - "Responsibility - To Carry the Message" - the World Service Business Conference at Embassy Suites Hotel, 1000 Woodard Place N.E., Albuquerque, NM. Volunteers will be needed for a variety of service positions. For more information, go to oa.org and click on World Service Events, and look for announcements in future newsletters.
4. September 1 - 4, 2016 - "Recovery: The Trail to Freedom!" - World Service Convention in Boston, MA. Lodging reservations are now open and registration will open in January 2016. Go to the World Service Convention page at oa.org for more information.
5. September 9 - 11, 2016 - "Keep Recovery Weird" Region III Convention & Assembly hosted by Heart of Texas InterGroup in Austin, TX. Contact is Mercy F. at 512-363-3345 or mercy.fudell@gmail.com. The flyer is available at keeprecoveryweird.heartoftexasoa.org and www.oa-cnmi.org.

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

Meeting Changes & Updates

There is a new Saturday morning meeting on the Westside of Albuquerque at 7:30am at Our Savior Lutheran Church, 4301 Atrisco N.W. Contact is John at 505-463-8239.

The **Tuesday 10:30am** meeting at B'Nai Israel is moving to **Wednesday at 12:30pm, beginning January 13**.

Please remember to e-mail meeting changes to ocnmi@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!

Service Bodies Stay Up to Date

Service bodies can now register and update their meeting information using the new online forms in the Meetings section on oa.org. The WSO uses the information you provide to distribute OA news and keep meeting times current.

Message from the Chair

New Year's Resolutions - No Thanks

The transition from one calendar year to the next seems a likely time for self-reflection. The OA program teaches me to look at my behavior on a regular basis, to see what actions benefit me and others, and which ones are getting in my way. I'm directed to take inventory, to identify "defects of character" and to ask my Higher Power to relieve me of them. So why not take the opportunity, as I roll from 2015 to 2016, to set some goals for the coming year? Won't New Year's resolutions motivate me to come closer to being the Kathy my HP wants me to be?

There are a couple of reasons that making New Year's

Resolutions won't necessarily set me up for success. First, if I say, for example, "I **will** be more accepting of my partner," I'm putting **me** in charge of the change. It doesn't make sense for me to list a bunch of "I will" and "I won't" resolutions, when I'm as powerless over my character defects as I am over food. If I could do an adequate job of running my life, if I could will away dysfunctional behavior, I would not need this program. I'm much better off if I turn over my character defects and let God be in charge of removing them - how and when HP wills it - which usually does not correspond to a date on a calendar.

Second, New Year's Resolutions seem like a long-term commitment, and maybe it's not so realistic to promise to change for an entire year. I've been in OA a long time, and I now see that I'm not so much a slow learner as a fast forgetter. What was that I swore off yesterday? What did I say I'd never do again? It's much more manageable to take things (you'll excuse the expression) in small bites. I can commit to abstaining from compulsive overeating from breakfast to lunch, or maybe even for 24 hours. I can ask HP's help in refraining from a character defect for today. But for all of 2016, that's much too ambitious and, for me, unrealistic.

December 31, January 1, January 2, they're just the next days in my life. The program gives me the tools to gradually come closer to being the Kathy my HP wants me to be. My experience is that willingness to change has little to do with the calendar. So I can keep coming back, keep doing what I've learned works, and I have every reason to expect that growth will come - without making New Year's Resolutions.

And so I wish each of you the willingness to do the work of recovery, with the help of your Higher Power, one day at a time, in 2016. And may that work bring you abstinence, joy, growth, and serenity.

With love,
Kathy

From the Editor

A brand new year! What will it look like? What will it bring?

Thinking about the New Year brings to mind a story from "*Seeking the Spiritual Path*", one of OA's books. The story is entitled "*Living Every Day as it Comes*".

The author writes about the difficulty with making New Year's resolutions and breaking them all within a week. It was only after three years in OA recovery that she/he learned that "When I make resolutions, I am taking back control over the most important things in my life. ... When I take control away from God, my

recovery is at risk." The author shares: "... instead of making empty resolutions ... I can simply renew my commitment to my recovery program, to my Higher Power, and to the Twelve Steps."

What wonderful words of wisdom! I can commit to that!

Gloria B.

Wanted

Share your experience (including struggles & triumphs), strength (your own & what you get through the help you receive from others), and hope with fellow OAers by submitting an article for the CNMI Newsletter.

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.

CNMI Service Opportunities

As we begin the New Year CNMI is still in need of members to give service in key positions. Presently we have openings for the CNMI Secretary and for Chairs of the Special Events and Intergroup Representative Support Committees.

The **Secretary** is responsible for taking the minutes of all CNMI meetings and for maintaining a file of minutes for past meetings. This position is to be filled for a term to expire in October 2016. This is an opportunity to provide a greatly needed service on a fairly short-term basis. Qualifications for this position include six months of current abstinence.

The **Special Events Committee** plans and conducts workshops, seminars and retreats, including observances of Unity Day, IDEA (International Day Observing Abstinence) and Twelfth Step Within Day. This position is open for a term to expire in October 2017. Qualifications include three months of current abstinence.

The **Intergroup Representative Support Committee** provides support to enable Intergroup Reps from each meeting to thrive in their role within CNMI. This position is also open for a term to expire in October 2017, and qualifications include three months of current abstinence.

For additional information please contact Mary S, Chair of the Nominating Committee, at 505-977-3445 or by email at broomstick2@gmail.com.

KOB Health Fair Sign-Up

The KOB Health Fair will be held at Expo NM in the Manual Lujan Building from 9:00am to 5:00pm on Saturday, January 23 and from 9:00am to 4:00pm on Sunday, January 24.

All of the time slots have been filled, but backups may be needed if someone is unable to fulfill their commitment:

Saturday: 9:00 - 11:30am, 11:30am - 2:00pm, 2:00 - 5:00pm

Sunday: 9:00 - 11:30am, 11:30am - 2:00pm, 2:00 - 4:00pm

Volunteers are asked to dress nicely and arrive for your shift a few minutes early. You will be contacted ahead of time so you can be provided a parking pass.

Please contact Carol Sp. at 505-804-5093 or Spizwoman@peoplepc.com to volunteer as a back-up or if you have questions.

12th Step Within

Happy New Year everyone!!!! Welcome to an opportunity to boost your OA program.

New 12th Step Within groups are forming and you can be part of one. This is a 13-week intensive step study. It is more rigorous and structured than regular meetings. Those who make a commitment to it find it to be a real boost to their program.

You can read more about this study here: <http://oa-cnmi.org>. Go to OA Resources and select 12th Step Within. The format used for the workshop can be found here: <http://goo.gl/4D1d1W>.

To sign up or find out more about 12th Step Within, please call Sandi at 505-980-6587.

CD's to Circulate

CNMI has received a copy of the CD's of the keynote speakers and the workshops from the Region III Convention which CNMI hosted in September. These CD's are available to borrow. If you are interested, please let me know and I'll put you on the waiting list of those who would like to hear them. Call 281-3638 or write petzelpatjack@q.com with your name and contact information.

In service,
Pat O.

Reminder for Group Treasurers

At our recent Region III Assembly and Convention, Elaine L. was elected to serve as the new Region III

Treasurer. Group contributions to Region III should now be sent to:

Region 3 OA Treasurer
P.O. Box 310290
New Braunfels, TX 78131-0290

Elaine can also be reached by email at R3treasurer@oaregion3.org. You can go to the Region III website, www.oaregion3.org, to obtain Group Donation Forms with the new mailing address.

If you do not have access to the Internet I will be happy to send you a supply of donation forms for Region III and/or CNMI. I can be reached by phone at 505-977-3445.

Thank you for your service!

Mary S.
CNMI Treasurer

A Gift Without Measure

I came to my first OA meeting in January 2008. I was obese, angry, unhappy, and scared. My father was abusive, my mother was morbidly obese, and our family dynamics were based more on criticism than acceptance. I learned to stuff my feelings with a critical nature, compulsive eating, and other addictive behaviors.

During the meeting I wasn't sure how the program could work, but at the end of the meeting the leader said, "To the newcomer, we suggest you attend at least six different meetings to learn the many ways OA can help you." So I decided to come back for five more meetings. I have attended this same weekly meeting at least forty-five weeks per year since then.

The physical change came after I studied the pamphlets *A Plan of Eating* and *Dignity of Choice*. I decided on the 3-0-1 plan of eating. By eating three meals per day on schedule and nothing in between, I averaged a weight loss of about one pound a week for the first twenty-five weeks. At this stage, I reached a plateau and had to adjust the quantity and types of foods I was eating. I continued on and lost a total of 65 pounds. I am maintaining this loss and am no longer obese. Now I can run and play and keep up with my grandchildren!

Because of my family dynamics, I grew up fearing a judgmental God. Working through the Twelve Steps has helped me develop a healthy image of a loving Higher Power. One day my God impressed on my mind that "I am a favorite child of his." This psychic change, or spiritual awakening, has allowed me to have a peaceful life of happy and useful service to others.

The tremendous emotional healing I have received through the OA program is powerful. I no longer need to be critical of others, trying to build myself up by putting them down. I have learned to accept people as they are and to respect their wide variety of skills and abilities. The serenity I find in not trying to run the world or getting everyone to do things my way is a gift without measure.

I am forever grateful to the OA program and to all fellow OA members for transforming my life!

Anonymous, Minnesota USA
reprinted from *Lifeline*, January 2016

OA.org

"The Importance of Working All Twelve Steps" podcasts from 2015 are available for free download on the website. Each podcast focuses on a single step, beginning with "Step Zero". Groups and service bodies are encouraged to use these podcasts in meetings.

Also available for download is the 2015 World Service Business Conference Keynote Speaker's story.

Carrying the Message

Use OA's newest guide -"Carrying the Message"- for suggestions about what to say and not to say when speaking to someone about OA for the first time. With more than two dozen tips, this free guide can help you find the words to tell others how the OA recovery program has made a difference in your life.

Download Carrying the Message today and be inspired to follow the OA Preamble: "...to carry the message of recovery through the Twelve Steps of OA to those who still suffer."

Coming Soon: Get "Carrying the Message" as a pocket card. Watch for an announcement here, in the News Bulletin, or check the OA bookstore at bookstore.oa.org for availability.

Lifeline Topics

Submission deadline: **January 15, 2016**

The Right Tool for the Job: How do you use the nine Tools in your daily life? What is your experience using the action plan Tool? How does the plan of eating Tool help you with restaurants, special occasions, or travel? Which Tool do you use most? Which Tool do you struggle with the most?

Submission deadline: **March 15, 2016**

Generally Speaking: Write on any topic that has meaning for you.

Submission deadline: **April 15, 2016**

Struggles, Stress, and Setbacks: How do you handle "life on life's terms" in recovery? What has been your recovery experience during major life challenges such as the death of a loved one, divorce, changing jobs, or moving? How have you maintained abstinence while grieving? How did you learn to keep coming back no matter what? If you relapsed, how did you get back on track? What has helped you remain abstinent over the days, weeks, months, or years?

Submission deadline: **May 15, 2016**

Changing Me, Not the Program: How do you use program to "build a bridge and get over it"? What steps have you had to take to "get over" yourself? How did Step Two help you "resign from the debating society" (AA *Twelve and Twelve*, p. 26) and get on with recovery?

Anorexia and Bulimia: Share your experience, strength, and hope related to using OA and the Twelve Steps to recover from anorexia or bulimia?

Submission deadline: **June 15, 2016**

Get Motivated with Slogans: How do slogans fit into your recovery routine? How do slogans help you with compulsive urges? How do slogans help you get unstuck and move toward recovery?

Submission deadline: **July 15, 2016**

Calling My Higher Power: How did you make contact with your Higher Power? What is your experience with the diversity of spiritual approaches in OA? What struggles have you faced when defining your HP? How do you maintain constant contact with your HP? What is your meditation routine? What gems can you share from meditation workshops? What have been the results of meditation in your life?

International Day Experiencing Abstinence: International Day Experiencing Abstinence is November 19, 2016. IDEA encourages OA members worldwide to begin or reaffirm their abstinence from compulsive eating. To celebrate the day, share your experience, strength, and hope related to starting and maintaining abstinence.

Celebrate the Season: How do you maintain abstinence during holidays and celebrations? Share your strategies for shifting focus away from food, dealing with triggers, and joining in the fun.