

CNMI NEWSLETTER

Volume No. XLII Issue No. 3 Date: March 2015

Central New Mexico Intergroup

P.O. Box 30273 Albuquerque, NM 87190-0273

CNMI Phone Number: (505) 261-3553

E-mail: oacnmi@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 Three: Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.

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 April 4, 2015. Everyone is welcome at all Intergroup and Committee meetings!

March Newsletter Deadline: Friday, March 27, 2015. 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. March 7 - "Self-Inventory of My Recovery" - 1:30pm - 4:30pm at the Friendship Club, 1915 Rosina Street, Santa Fe, NM, sponsored by Northern NM OA Intergroup. A guest presenter from Region III will facilitate the workshop. For more information, contact Elena at 505-473-0112
2. March 14 - Convention Planning Committee meeting 9:00am in the Cottonwood Room at Kaseman Presbyterian Hospital (8300 Constitution N.E.). Contact Kathy M at 450-6747 or picardysmom@yahoo.com.
3. March 21 - 12:00noon - 2:00pm - Region III Convention Ways & Means Committee craft workshop at Grace Church at 6901 San Antonio N.E. For more

information, contact Irine F. at 505-831-1538 or foxiern79@aol.com and Suzanne at 505-492-2114 or kickingbird7@gmail.com.

4. March 26 - 5:30pm - 7:30pm - Region III Convention Ways & Means Committee craft workshop at Our Savior Lutheran Church at 4301 Atrisco N.W. For more information, contact Irine F. at 505-831-1538 or foxiern79@aol.com and Suzanne at 505-492-2114 or kickingbird7@gmail.com.
5. April 27 - May 2 - "The Miracle of Abstinence!" - OA's World Service Business Conference in Albuquerque. Information on service opportunities is included in this newsletter.
6. September 25 - 27 - "Recovery: Land of Enchantment" - CNMI hosts the Region III Convention & Assembly at Hotel Albuquerque at Old Town. (Also see the article in this newsletter.)
7. October 16, 17, & 18, 2015 - Northern NM OA Intergroup is sponsoring a silent retreat at the Benedictine Monastery in Pecos, NM. More information will follow in the coming months.

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

Meeting Changes & Updates

Saturday 11:00am Meeting - CNMI has been notified by Central United Methodist Church of two events coming up that will affect this meeting:

April 4 - parking for the meeting will be limited due to a UNM event.

May 2 - the meeting will move upstairs to Room 311-312 for that day, due to a church activity.

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!

Message from the Chair

Happy Unity Day

I'm writing this on Unity Day, when OA members gather to celebrate the strength of our fellowship worldwide. Sadly, instead of Unity Day in Albuquerque, we had a snow day, so we had to celebrate being united while being apart. Kind of ironic, but it's OK. I've learned, through this program, to roll with the punches, to accept life on life's terms. So instead of holding hands with y'all at 12:30 this afternoon, I contemplated the strength of our fellowship worldwide.

Here's one example, from today, though the story starts a few weeks ago. I became aware of a request by one of our OA fellows from the Netherlands. She is coming to

Albuquerque next month for World Service Business Conference. Since this will be her first visit to the US, she said she was hoping to come a few days early, stay in the home of a local member, attend some of our meetings, and get a little tour around New Mexico-or at least our city. I put this message out to CNMI, and someone responded, almost immediately, that she was willing to help. I thought I'd wait a while to see if anyone else responded, so that more than one person could give this wonderful gift if they wanted. Nobody else responded, and I forgot all about it.

This morning I got another email from our soon-to-be guest from Europe, asking for recommendations for local hotels, since she had not heard back from me about a local host. I quickly replied, saying it was my mistake, that someone had indeed volunteered to host her. Then I contacted our member, who said she was still willing to help out, and put her in touch with the person from the Netherlands. So how awesome is that? You send an email halfway across the world, say you're coming over and would like a place to stay, and someone says, "Sure, stay with me. I'll show you around." Now that's fellowship! That's giving back what you have so generously been given.

OA members come in different body sizes, come from all walks of life, live in different states and countries, speak different languages, work our programs in different ways, but we are united by this disease and the faith in the 12 Steps and a Higher Power to help us recover. I can go most anywhere in the United States or to about 79 other countries and find an in-person OA meeting. If I can't get to an in-person meeting, I can attend a phone or online meeting. Thanks to the passion, commitment and energy of our members, OA continues to develop, and to carry the message to those who still suffer from our disease. I am grateful to all those people. It'll be a little late by the time you read this, but Happy Unity Day.

In OA love and service
Kathy

From the Editor

The past several months have been very difficult for me professionally and personally. I found myself feeling extremely stressed and alternating between wanting to eat everything in sight and not wanting to eat at all.

Fortunately, I have been recovering in OA long enough to know that neither of those options will work for me.

I have been spending more time with my Higher Power, using my walking time in the morning for prayer and sometimes a bitch session to let Her know I don't like how life is unfolding right now. I come back refreshed, knowing She has heard me, and still loves me, in spite of my stubborn insistence on telling Her how to run the world.

I've also been participating in Twelfth Step Within, a 13-week intensive study of the Twelve Steps. Originally designed for members in relapse, this program has changed over the years, but what hasn't changed for me is the opportunity to go deeper in my recovery.

And I am finding that I am face-to-face with my powerlessness again, not only with the food and my disease of compulsive eating, but also with life and other people.

Last week we studied Step 3, and I was reminded (again) that I can't take Step 3 until I have taken Steps 1 & 2. It's both humbling and freeing to not have to work the Steps and this program of recovery perfectly. I just have to work them, over and over and over. The learning and growing never end, for which I am grateful.

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.

CNMI Positions Filled & Available

Congratulations to Linda Z., who has agreed to serve as CNMI Vice-Chair. Linda was nominated and unanimously elected at the February CNMI meeting.

Thank you to Sandi C., who will serve as Chair of the Twelfth Step Within Committee, and Micka R., who will serve as Chair of the Outreach Committee. Both were approved at the February meeting.

The following positions, along with their terms and abstinence requirements, are still open:

Secretary (2 year term) - abstinence requirement is six months of current abstinence (this is a correction from the previously stated nine months);

Region III Representative (2 year term), and a second Region III Representative (remaining year of current 2 year term) - abstinence requirement is one year of current abstinence.

For more information about these open positions, please contact any of the members of the Nominating Committee - Dodie H. at idoliahawkins@gmail.com, Irine F. at foxiern79@aol.com, or Gloria B. at oacnmi@gmail.com.

WSBC Opportunities

It's that time again everyone! OA's World Service Business Conference will be held April 28 through May 2 at the Embassy Suites Hotel. Delegates from all over the world converge on Albuquerque to make decisions for our fellowship.

As always, our local members have the unique opportunity to support those delegates in their work. Look for volunteer sign-up sheets circulating at your meetings and consider doing this great, not to mention fun, service. You could choose to staff the Conference Support Committee (CSC) desk, greeting the delegates, helping them check in for their committee work, and pointing them in the right direction around the Embassy Suites. You could staff the boutique, meeting our guests and keeping watch as they shop for program-related wares that the delegates bring for sale. You could be a door monitor, making sure all the delegates are in the room when it's time for a vote on an issue. Try being a timekeeper, making sure nobody talks too long as they argue for (or against) business motions about which they are passionate. Or be a page, literally "carrying the message" between delegates, trustees, and WSO staff during the business meetings.

It really is great fun. Check your schedule and sign up today! If you don't see a sign-up sheet at your meeting and would like to volunteer, or if you have questions, contact Kathy M. at 450-6747 or picardysmom@yahoo.com.

And don't forget - the wonderful workshops and OA meetings that happen during conference week are open to us all! Check out the schedule on OA.org under World Service Events, then World Service Business Conference, then Tentative Conference Agenda. You are welcome at anything that is called a Workshop or OA meeting.

2015 Convention Planning Committee Region Convention Update

Your Region III Convention and Assembly planning committee members continue their work as we inch closer to September 25-27. Thanks so much to Gloria and Katie who took over for Lisa Rae J. in making final changes to our convention flyer and registration form. Look for these brochures as they begin to circulate at your meetings.

Online registration will be available, thanks to Pat O., Mary S., and Barbara V., our Region communications chair. Go to the CNMI website, under Region III Convention 2015, and sign up! Registering early will help pad our convention coffers so the committee has money to spend in preparation for the event!

Our program co-chairs, Dodie H. and Carol Sp. are starting to round up keynote speakers and are finalizing the program topics.

The convention won't be all business and serious recovery, though. Lisa G. is heading the Entertainment committee and she needs your help. If you want to help plan the fun, contact Lisa at 991-6410.

Irine F. and Suzanne B. are heading up several fund-raising ideas, including creating crafts to sell and planning gift baskets to raffle off. Start thinking about what you or your meeting can contribute to the fund-raising efforts.

Other committee members are hard at work on other convention planning tasks.

Stay tuned for more convention news as we approach the big event!

The next committee meeting will be on Saturday, March 14 at 9:00am in the Cottonwood Room at Kaseman Presbyterian Hospital. Please join us.

Kathy M
RIII Convention and Assembly Chair

2015 Convention Ways & Means Committee

Upcoming craft workshop dates are 3/21 & 3/26, 4/18 & 4/23, 5/16, 6/20, 7/18, 8/22, & 9/12.

The Thursday workshops will be at Our Savior Lutheran Church at 4301 Atrisco N.W. The workshops originally scheduled for Friday evenings have been changed to Saturdays from noon to 2:00pm at Grace Church at 6901 San Antonio N.E.

Contact information: Irine F. at 505-831-1538 or foxiern79@aol.com and Suzanne at 505-492-2114 or kickingbird7@gmail.com.

From the Website Manager

In recent months some of you participated in a brief and very unscientific survey about our website. There were a few suggestions made that I'd like to address here.

It was suggested to list Region 3 activities, that we have links to chat rooms and phone meetings, and that we print daily inspirational messages. I am happy to say that there is a lot of that on our site already.

We only have room to list a few major events from Region and WSO, but check our website menu, the 4th tab from the left titled "OA Resources". On that page there is a link to Region 3 so that you can find a wealth of events going on in our region. If you put "directory" in the search box of the Region 3 homepage, it will take you to a list of all intergroup websites in our region, so you can check individual intergroup events too.

Also on our OA Resource page are links to various OA related meetings – online and phone included – as well as podcasts, speakers, and so much more.

I invite you to sample all of those links and see what sorts of things are out there to help support your recovery program.

If you find other links that you like and would like to see added to our site, please send them to me. Remember that we can't link with any outside enterprises, but if it is "OA", we can post it. Let me know what you're finding helpful out there so we can share it through our site. If anyone knows of an OA related daily inspirational message page somewhere, I'd love to hear from you.

In service,
Pat O. 281-3638 or oacnmi@gmail.com

Great Service Opportunity

If you are looking for a great way to up the ante on your service beyond the group level, why not consider being an Intergroup Rep? It takes only 90 minutes of your time once a month to attend the Intergroup meeting and get the "real scoop" on what is going on with OA in our area. The only other responsibility is to inform the meeting you represent of the happenings at Intergroup.

The abstinence requirement to be a Rep is set by each individual meeting and varies according to circumstances.

Each Rep is given a packet of helpful information including the OA Group Handbook, a list of responsibilities, and a set of bylaws. There is an Intergroup Rep Support Committee to help you through the learning process.

The following meetings need an Intergroup representative:

Monday 7:00pm
Tuesday Noon
Wednesday 6:45pm
Thursday 7:00pm
Friday 5:30pm
Sunday 11:00am
Sunday 6:00pm

Please give serious consideration to stepping up to fill this important position.

Dodie H. (idoliahawkins@gmail.com)
Intergroup Rep Support Committee Chair

Lifeline Topics

Submission deadline: **March 15, 2015**

Generally Speaking: Write on any topic that is meaningful for you.

Submission deadline: **April 15, 2015**

My First OA Meeting: What finally got you to your first OA meeting? What do you remember most about your first OA meeting?

Strong, Healthy Meetings: What are the hallmarks of a strong, healthy meeting? What practices and principles

can members encourage in their meetings to strengthen them?

Meeting Inspiration: Share your favorite meeting moments and best ideas for meetings full of fun, love and recovery.

Submission deadline: **May 15, 2015**

Changing Relationships: The "New Normal": How have your relationships changed in recovery? What role did accepting your addiction for yourself play? What helped your family and friends accept it for themselves? What is your "new normal"?

Setting Healthy Boundaries: How do you set healthy boundaries in your relationships with loved ones and friends? How do you set healthy boundaries at work and at home? Share your experience, strength and hope for establishing healthy boundaries.

Submission deadline: **June 15, 2015**

Character Defects: An Examined Life: How did you break through your denial and fear to face and acknowledge your character defects? What character defect has been the most troublesome and caused the greatest threat to your recovery? What role has the tool of writing played in coming to terms with character defects?

Serenity in a Nonstop World: What is the role of serenity in your program? What are the benefits of serenity? When does the Serenity Prayer help you most?

Submission deadline: **July 15, 2015**

Great Big Gratitude List: It's time to count our blessings together! Describe the gifts of the program you have received and share your gratitude for these gifts.

Give Thanks: What role does gratitude play in your recovery? How did gratitude open your eyes to the gifts of the program? What has been your experience with keeping a gratitude list?

IDEA Day: International Day Experiencing Abstinence is November 21, encouraging OA members worldwide to begin or reaffirm their abstinence from compulsive eating. 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 the focus away from food, dealing with triggers and joining the fun.

Holiday Magic: How are holidays in OA different? Share your stories, inspiration and reflections on living the Twelve Steps in times of celebration.