



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 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 on Saturday, April 2, 2016. Everyone is welcome at all InterGroup and Committee meetings!

April Newsletter Deadline: Friday, March 25, 2016. Please e-mail news, announcements, and recovery stories to oadnmi@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 oadnmi@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. 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. Also see the article in this newsletter about local members carpooling to Abilene for this event.
2. May 2 - 7, 2016 - "Responsibility - To Carry the Message" - the World Service Business Conference at Embassy Suites Hotel, 1000 Woodward 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.

3. September 1 - 4, 2016 - "Recovery: The Trail to Freedom!" - World Service Convention in Boston, MA. Registration for the convention is now open. Lodging reservations are available as well. Go to the World Service Convention page at oa.org for more information.
4. 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

Please remember to e-mail meeting changes to oadnmi@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

The Disease of Compulsive Eating

I heard a story on the radio today in which the man being interviewed spoke about addiction as a disease. Addictions, he said, have been viewed (incorrectly) for years as character flaws rather than illnesses. The proof of the moral failing was in the behavior. Just look at what addicts do when they're in their disease. They lie, they steal, they don't do things they've promised to do. Addicts are bad people.

When I came to OA many years ago, I sure felt like a bad person. I was not very overweight when I arrived, but I had tremendous shame about what I was doing with food: I hid it, I stole it, I ate food I'd thrown away, ate off others' plates when they were done - or sometimes when they weren't! I stuffed myself until I felt ill. Mostly I was ashamed about not being able to control what I put in my mouth. I'd read some 12 Step literature that talked about the disease concept. I knew something was wrong, but I resisted thinking of myself as sick.

Over time I've come to view my eating disorder as an addiction. And while I at first rejected the idea that I had a disease, I now find it a useful way to think about myself. As it says in the Big Book, I believe I have "an allergy." I ate to "overcome a craving beyond my

mental control.” Seeing myself as someone with a disease allowed me to forgive myself, to let go of the shame, to accept, and to move forward. I didn’t choose to have bulimia and anorexia any more than someone with a malignant brain tumor chooses to have cancer. I don’t see the person with the brain tumor as morally corrupt, and I no longer see myself as a bad person.

Some diseases, like diabetes or cystic fibrosis, are chronic. They can be treated, but not cured. My eating disorder is one of those. The medicine for my disease is the 12 Steps of Overeaters Anonymous and a relationship with a Higher Power. The more closely I adhere to my treatment regimen, the cleaner my abstinence. As it says in Our Invitation to You, “...the more total our surrender, the more fully realized our freedom from food obsession.” The more honest I am, the better I feel about myself. The more I allow my Higher Power to run my life, the more serenity I have.

I take my medicine every day, but sometimes I don’t take it all. Sometimes I have a big fat brain cramp and I forget that HP is supposed to be in charge. I act as if I have power. That’s why I need you. You, the women and men who share my compulsion, and who share my commitment to recovery, remind me in your stories that we have a disease that tries to tell us we don’t have a disease. You remind me what it was like and how to avoid going back there. We’re all sick people trying to get better, and we remind one another to take our medicine. For that I’m most grateful.

Kathy

From the Editor

“We need no burning bush and ethereal voice to tell us what God wants for us in most of our choices each day. Honesty, common sense, and a sincere willingness to follow our new spiritual path are sufficient to show us the way.” (*“The Twelve Steps and Twelve Traditions of Overeaters Anonymous”*, page 25.)

Okay, so I’ll let go of the desire for the burning bush ... but I still want the ethereal voice, so I know that I’m doing things “right”.

When I read the above lines from the 3rd Step, I am reminded of the first story in the OA book *“Seeking the Spiritual Path”* (*Spiritual Awakening*, page 2). The author writes how she/he had a spiritual awakening after hearing God’s voice while giving away the 5th Step, but that it didn’t prevent a relapse shortly afterward.

My thinking is that, if I were to have an experience like that, I would be set for life - no more doubts, no more self-will, no more struggles - I would just surrender to my Higher Power and coast through the rest of life ...

Dream on! That’s my disease talking - the same way it talks to me when I hear about some new psychological program or spiritual program or whatever else that is touted as the latest “cure-all” for the human condition. I want the “easier, softer way”, forgetting that the Steps and the OA program are the easier, softer way.

I don’t like to struggle, I don’t like to have difficulties, because it calls into question the things that I am doing for my recovery. I think that if I am “doing it right” - whatever “it” is - things will always be smooth and easy and I won’t ever feel challenged or anxious or defective ... my disease again, wanting me to feel like a failure so that I give up.

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.

Which Came First?

The age old question of whether it was the fowl or its offspring comes up all the time in life and in OA. More specifically, is it better to work the Steps in order to become abstinent? Or is it better to become abstinent and then work the Steps? My happy experience, by the grace of my HP and the help of a strong sponsor, was to experience these miracles simultaneously.

I had never heard the now highly treasured phrase “act as if”, but I realize that’s what I did. I stopped eating compulsively even though I was miserable for a while, and started working the Steps right away. I could stand the misery one more time -- hadn’t I dieted for months on end many times in the past? The difference now was that I had hope that the outcome would be better because I had the Steps to follow, and the love of the fellowship to support me. So I acted as if the dream of recovery would come true.

The misery did go away as soon as I adopted a food plan that worked for me. I would have never selected this particular way of eating on my own, but it was

what my sponsor asked me to do and I had become teachable. The white knuckle days were over and true abstinence became a reality.

Anonymous

CNMI Service Opportunity

We are happy to announce that Mary C.-W. of Los Lunas was elected to serve as Outreach Chair during our Intergroup meeting in February. With Special Events Committee Co-chairs likely to be elected in March, CNMI will have all Trusted Servants positions filled except for the Intergroup Representative Support Committee Chair.

This committee provides support to enable Intergroup Reps from each meeting to thrive in their role within CNMI. The position is open for a term to expire in October 2017, and qualifications include three months of current abstinence. Ideally this individual should have six months of past or present experience attending Intergroup meetings at CNMI or elsewhere.

If you are interested in serving in this position, or for additional information please contact any member of the Nominating Committee: Pat O. 505-281-3638, Carol Sp. 505-262-2839, or Mary S. 505-977-3445.

12th Step Within

Attention: Twelve Step Within sign up is happening now! Any interest in joining, please notify Sandi at 980-6587. Call if you have any questions about it!

Ad Hoc Bylaws Committee

CNMI has formed an ad hoc Bylaws Committee to review the Intergroup's current Bylaws and recommend appropriate revisions. From time to time it becomes evident that there are provisions in the Bylaws which need to be updated due to changing circumstances or newly identified needs. Any OA member who is interested in participating is welcome to do so. It is unlikely there will be need for a major revision, so two or three brief meetings will most likely be sufficient for completion of the committee's work.

This is an opportunity to learn more about how your Intergroup operates, and to have a voice in how its business will be conducted in the future. If you are interested please contact Kathy M. at 505-730-6788 or Mary S. at 505-977-3445.

Spring Road Trip

Some of us are planning to drive to Abilene in April for the Region III Spring Convention and Assembly. We have 2 or 3 cars going so far, so if you'd like to join us, please do. If you are already planning on going and have room in your car and are willing to offer space to

a fellow OAer, let us know. Also if you are looking for a roommate one of us might be available to share a room, so contact us.

You can call Pat O. at 281-3638 for more information and to find out who is going. See the events calendar on our website: <http://oa-cnmi.org/> for a link to a pdf version of the brochure and online registration.

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@g.com with your name and contact information.

In service,
Pat O.

OA.org

The World Service Office is pleased to announce **"Service and My Recovery"** Virtual Workshops for 2016. 3:00 - 4:00pm ET (-5:00 GMT) on the Second Sunday of each month. US phone bridge # 641-715-3818; Pin Code = 925619#
Please join us March 13, April 10, May 8, June 12, July 10, August 14, September 11, October 9, November 13, & December 11.

Included will be topics such as:

- How Service enhances recovery
- How to encourage service
- Service as a Principle
- How we can extend the hand and heart of OA

This will be an interactive workshop - two speakers on the topic and members will be encouraged to share their own Experience, Strength, and Hope.

"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.

New Audiobook

Overeaters Anonymous, 3rd Edition is now available to order as either a downloadable MP3 file or a set of compact discs.

- Downloadable MP3 files (#657, \$20.00)

- Set of six compact discs (#656, \$20.00, plus shipping)

To order, visit bookstore.oa.org or call 1-505-891-2664.

OA Website Undergoes Major Upgrade

Effective Monday, February 29, there is a new look and feel to the Overeaters Anonymous website, oa.org.

The appearance and functionality have been redesigned over the past six months to give the site new appeal to people looking for help with their struggles with food, as well as to members using the site to find meetings and information on a multitude of subjects.

The new site has been designed for improved visual appeal, but even more important, it will be easier to navigate, allowing site visitors to locate relevant information quickly. And it has a responsive design, so it will work on computers, tablets, and smartphones, making it easier than ever to look up information on the go.

New features include:

- Three separate sections, making it easy to locate information related specifically to:

- Potential members
- Members
- Groups and Service Bodies

- An indexed search engine that not only searches by key word, but also by document name and content

- A translation button that allows non-English speakers to read the information on the site

- A new events calendar with the ability to search by date and location in order to find out what's going on in a specific area

- Easy, one-button access to:

- OA's Bookstore
- Find a Meeting
- Podcasts
- Documents

Lifeline Topics

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.