

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 Five: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Tradition Five: Each group has but one primary purpose -- to carry its message to the compulsive overeater who still suffers.

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 June 7, 2014. Everyone is welcome at all Intergroup and Committee meetings!

June Newsletter Deadline: Friday, May 30, 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. May 16 - 18, 2014 - "Acceptance - Come As You Are" OA Retreat at Sunlight Mountain Inn, near Glenwood Springs, CO. For more information, call Patty D. at 970-640-3713.
2. May 31, 2014 - 1:30p - 4:00pm - "Steps 4 & 5 - Making Recovery Thrive" at Faith Temple Church of God in Christ (C.O.G.I.C) located at 1004 Broadway SE, Albuquerque, NM 87104. The church is on the corner of Broadway and Cromwell. The workshop will feature speakers, writing, ask-it basket, sharing, and - for the adventurous - role-playing.
3. August 8 - 10, 2014 - "Happy, Joyous & Free - Let It Be Me!" Region III Convention and Assembly, sponsored by Arizona Serenity in the Desert Intergroup. The website is <http://www.oaphoenix.org>.

4. March 22 - 29, 2015 - "Sailing Into Recovery", Region III's Convention & Assembly cruise will be sailing out of Galveston, TX. For more information, including a chance to win a free cruise, go to www.oaregion3.org.

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

Meeting Changes & Updates

11:00 am Saturday meeting in Gallup is cancelled.

New Meeting in Las Cruces

9:30 to 10:30 am Saturday at Peace Lutheran Church, 1701 Missouri Ave., Las Cruces, NM 88001. Contact Barbara at 575-405-9128 for more information.

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

WSBC - Traditions in Action

When I came to OA many years ago, I didn't even understand how the 12 Steps could help me. The 12 Traditions seemed obscure and irrelevant. And the 12 Concepts of OA Service? I didn't even hear about those until I started doing service at the intergroup level. I have to admit, I still haven't spent much time studying and applying the Concepts. But I see how I can apply the Steps in my everyday life, and today I really get how the Traditions help OA members to work together to maintain the fellowship.

I spent some time at the World Service Business Conference this week, and it didn't take much to see the traditions in action. Tradition 9: "OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve." Delegates from all over the world gather to make decisions, they serve on committees to support the fellowship and to determine how best to carry the message of recovery. Tradition 2: "For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." Our Board of Trustees oversees and facilitates, and works with the World Service Office staff. The Chair of the Board ran the business meeting, but he's not in charge and the board didn't make decisions for the fellowship. That's the work of the delegates who come to conference. And the presence of and reliance on a Higher Power was evident as the serenity prayer was said over and over again throughout conference. Tradition 8 says "Overeaters Anonymous should remain

forever non-professional, but our service centers may employ special workers.” Our WSO staff helps to organize WSBC, and the excellent work they do to support our fellowship was abundantly clear as the board chair referred and deferred many times to the office staff to provide information to the delegates.

We all know tradition 7: “Every OA group ought to be fully self-supporting, declining outside contributions.” Not only do our delegates and Trustees give their time, but the 200 conference participants donated close to \$4500 during the course of the conference. These people are generous with their time and their money to enact Tradition 7. Tradition 5: “Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.” In fact, carrying the message was the theme of this year’s conference. Tradition 12 reminds us to place “principles before personalities.” Every couple years, motions come before the group to change the “God language” in the steps: taking out the word Him, changing the word God to Higher Power. Delegates feel passionate about such issues and they have strong and differing opinions. But despite the strongly held and different opinions, these people can let those differences go and continue to work peacefully together. Why? Because of Tradition 1: “Our common welfare should come first: personal recovery depends upon OA unity.” Everyone is at WSBC to work for the good of the fellowship. Everyone wants OA to continue, we are united in the desire for recovery and the commitment to carrying the message to those who still suffer.

20-some years ago I had no clue what the traditions were, why they were important, and what they had to do with me. Fortunately those trusted servants who were attending business conferences back then understood, and put those traditions into practice. Because of them (the people and the traditions), OA has survived, and I’ve had the time to grow and to come to understand. Another of the many gifts I’ve been given in this program.

In OA love and service,
Kathy

WSBC Volunteer Thank You!

The 2014 World Service Business Conference was a great success again this year, thanks in large measure to the efforts of 27 local volunteers who served at the information desk and in the boutique, and who helped keep the business meetings running smoothly as pages, timekeepers and door monitors. Each and every

individual made a valuable contribution to the effort, and I wish that everyone who served could have been there at the close of business on Saturday morning to see and hear the ovation by the delegates in appreciation of their efforts.

Thanks are also due to those who assisted in the recruitment of volunteers by circulating the schedule at your meetings. We couldn’t have done it without your help.

I hope that everyone who enjoyed giving service at the WSBC will return next year, and will remember to spread the word to friends and sponsees. You really have to experience the excitement first hand!

With love and gratitude,
Mary S.
Volunteer Coordinator

From the Editor

The past month has been very stressful for me in many ways. My mother has been slowly declining in health in recent months. After careful consideration, my siblings and I made the decision to move her to a nursing home. I will be going to visit her for Mother’s Day, which will be difficult, seeing her in decline and in a place she doesn’t really want to be. Thanks to the portability of my OA program of recovery, I will not be travelling alone. Along with my Higher Power and my OA literature, I will take along the love and support of OA friends.

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.

Gloria

A message from the Archive Chair

The intergroup has just recently created the Archives position and I volunteered to be its Committee Chair. My name is Anne C. and I can be reached at [505-994-9456](tel:505-994-9456) and email lucyandethelshow@aol.com. My aim is to collect all documents relating to the business of our intergroup since its inception. These documents will be catalogued and filed in accordance with The Association of American Archivists format. The purpose is to document our history and to make these

documents available to everyone who may need them for their service responsibilities etc.

In addition, I will be writing the history of our intergroup. I am going to want to retrieve as much information from all of you for this project. Many times information will be part of a document that may not appear as something to be included in the archives. With this in mind, all documents will be checked for useful information and also be scrutinized for retention in the archives.

Attention Group Reps:

As part of the archives, it would be great to have a history of each group. Please consult with your groups to determine your decision for creating this document. . You can contact me to help them get started. The scope of the archives is still unknown so for now there is no deadline for you to submit your histories, but it is important for me to obtain as much as I can as quickly as I can to determine what the scope actually is. I hope to hear from you soon.

I thank you all for your service in this project and I hope to create an organized and useful archive.

Anne C.

Remembering Rozanne . . .

While developing the “prayers and promises” page for our website, I needed to find the source of the OA Promise, sometimes referred to as the “founder’s prayer”, to write a little history about it. I thought a good place to look was in “Beyond Our Wildest Dreams”, an OA history book written by Rozanne. Indeed, I did find what I needed to complete my research, but even more, I found an inscription on the title page which brought back a flood of memories.

It was the year 2000 and I was the WSO delegate for our intergroup. It was the biggest, most challenging service position I had yet undertaken and I felt ill qualified among such an august body. Rozanne still attended conferences at that time and so I saw her around the rooms. On one of the conference days I was alone walking across the parking lot to go to lunch and just ahead of me was a group from the hotel, among them Rozanne. She happened to turn a little, saw my delegate badge and invited me to join them for lunch. I was positively star struck! It felt like such an honor to be included in that group. There were board members and other long timers with so much experience, strength,

and hope AND our founder! For me, it was a lesson in the possibilities of recovery and the true meaning of the principle of humility. I was being included and treated as an equal with those who had so much more recovery than I. Rozanne was amazingly genuine, seemingly unaware of her “celebrity” status, and a very nice older lady. She was just another compulsive eater recovering one day at a time with the help of her Higher Power and the fellowship - like me. As we walked back to the hotel I asked her if I could bring my copy of her book for her to sign - she agreed. And so the next day I brought it, found her again, and she signed: “5/13/2000 Dear Pat, Above all, Keep coming back! Love, Rozanne S.”

I had forgotten that long ago experience until I pulled out that history book and read her words again. I honor her memory and am deeply grateful for the example of her recovery that I was privileged to experience firsthand. Perhaps that event cemented my commitment to service, I know it inspired me to continue the recovery journey, and I have indeed followed her advice to “keep coming back!”

Pat O.

WSBC Annual Intergroup/Group 7th Tradition Report For 2013

Group # 18099 Sombra Del Monte Church = \$169.05

Group #15483 Same location = \$169.02

Presbyterian Kaseman Hosp. # 17414 = \$12.17

Same site # 45481 = \$133.68

Same Site # 33471 = \$268.72

First United Methodist Church # 45482 = \$ 46.29

Same location # 50937 = \$ 100.00

First Unitarian Church # 49798 = \$ 7608,

Unity Church # 01859 \$ 150.00

Christian Fellowship Church # 49961 = \$ 9.31

Same Location # 51768 = \$ 9.06

Presbyterian Hospital # 12923 = \$ 103.56

Same location # 51389 = \$ 20.00

Christ The King Lutheran Church # 45882 = \$ 42.00,

Same Location # 13245 = \$55.64

Metropolitan Community Church # 45269 = \$ 6.00,

St Luke's Church # 12836 = \$172.89

Intergroup 7th = \$400

Region 3 = \$ 2,500

Online unaffiliated Groups donated \$6,659.81

Phone Groups Unaffiliated = \$ 5,349.94

Unaffiliated Groups= \$ 7,651.69

Total World Donations = \$ 480,652.91.

There are 271 Intergroups world-wide.

Lots more to follow after the WSBC Conference!!

Your WSBC Conference Delegates, Irine and Carol SP.

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. Their debut appearance at the March 29 workshop was a great success, and we are looking forward to distributing the rest of them during the coming month. Each flashlight is 3¼ inches long and is inscribed with the slogan "Let the Steps light your way!" Flashlights are available in blue, purple, green, yellow and white, and each comes complete with its own AA battery. The cost is only \$3.00 each, and at this price they are likely to go very fast!

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 June 30, 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: **May 15, 2014**

Why and when did you decide you were not good enough?

When did you start to binge? What triggers a binge? What made you stop?

How do you maintain your abstinence?

What Steps, tools, or other OA methods help you deal with cravings? Are cravings ever really gone? If not, what is the best way to avoid getting them?

What does emotional sobriety mean to you? What did OA teach you about emotional recovery? What was your biggest surprise in your emotional make-up?

What Steps or tools help you most to reach sanity? How have you maintained it?

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

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.