

CNMI NEWSLETTER

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Central New Mexico Intergroup
P.O. Box 30273 Albuquerque, NM 87190-0273
CNMI Phone Number: (505) 261-3553
www.oa-cnmi.org

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 & Concept of the Month

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition Eight: Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Concept Eight: The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

Abstinence

Abstinence in OA is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the OA Twelve-Step Program.

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 Saturday, September 7, 2013. Everyone is welcome at all Intergroup and Committee meetings!

September Deadline: Friday, August 30, 2013. Please email news, announcements, and recovery stories to: oacnmi@gmail.com. You can also snail mail them to OA CNMI Editor 5304 Rincon Rd. NW ABQ, NM 87105 or for short items call 697-2942. Thank you for allowing me to be of service.

Email Newsletter Recipient Reminder

If you wish to receive the newsletter via email please call the editor at 505-697-2942 or email her at oacnmi@gmail.com. **For those of you 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).

Upcoming Events

1) August 16-18, 2013 ~ Tucson, Arizona. **Overeaters Anonymous Region III Assembly & Convention Desert Recovery** ~ Here is a link to the [brochure](#). Register for Assembly & Convention [here](#).

2) August 29 ~ September 1, 2013 ~ Cleveland, Ohio. **World Service Convention ~ 2013 Theme: Recovery to Rock Our World.** 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 which can be contacted at 1-800-

228-9290 (US/Canada) or 1-216-696-9200 (Local/International).

3) October 4-6, 2013 OA Silent Retreat ~ Pecos Benedictine Monastery in Pecos, NM. **The Promise of Transformation.** For questions call Diana at 760-518-4001 or Jamie at 505-473-0538 or email 2013pecos@comcast.net or see the website www.northernnewmexicoOA.org



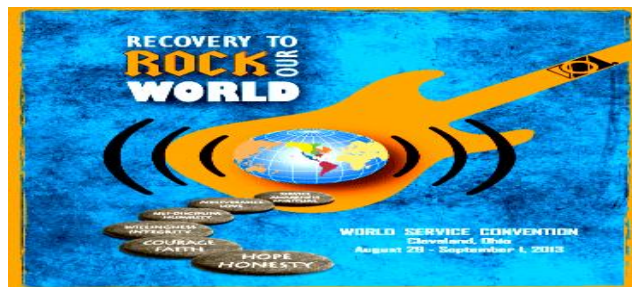
Region III Assembly and Convention It's Still Not Too Late!

Time is running out to make plans to attend the 2013 Region III Fall Assembly and Convention! Please join us in Tucson the weekend of August 16-18 for this semi-annual regional event. An incredible array of workshops and programs has been planned, and the fellowship with members from around the region is a gift you have to experience to appreciate.

The \$100 registration fee for the full weekend includes all events including the Saturday night banquet. Additional banquet tickets are available for \$35 each. If you are planning to attend with a spouse or friend please be sure to purchase the extra ticket in advance, since banquets often sell out. Online registration is still available at: www.oasouthernaz.org.

There may still be room in the convention hotel; please call the Tucson Marriott University Park Hotel directly at 520-792-4100 for rates and availability. Be sure to mention Overeaters Anonymous.

Please contact Mary S. if you are looking for a roommate or would like to form a carpool. She will be happy to help connect you with other interested members. Mary can be reached at broomstick2@gmail.com or by phone at 505-977-3445.



"Recovery to Rock Our World" World Service Convention August 29 – September 1

Now is your last chance to make plans to attend this fantastic event in Cleveland, OH. World Service Conventions are held only once every three years, so don't let this opportunity pass you by if there is any way you can make it to Cleveland now. The next convention in 2016 will be held even farther away in Boston, MA!

Please visit the OA website at <http://www.oa.org/world-service-events/world-service-convention/> for all of the latest

information. Then click on the "Convention Schedule of Events" link to get a glimpse of what's in store.

Registration for the entire convention increases from \$120.00 to \$130.00 after August 6, so please act now if you plan to attend. There is an additional charge of \$55.00 per person for the Saturday night banquet and entertainment. As noted in our last Newsletter, reservations at the overflow hotel, the Hyatt Regency Cleveland at the Arcade, must be made by August 4 in order to obtain the convention room rate of \$139.00 for all occupancies, 1 to 4 people. If you have missed this deadline it may be necessary to make other lodging arrangements. Hotel information may be found at the convention website noted above.



\$\$\$ Reminder

We are well past the half-way point in our year. Unfortunately, we are not at the halfway point in anticipated donations expected to be received by July 1. Soooo, if your group has not sent money to CNMI for some time, please remind your treasurer to send in your donation as soon as possible. Each intergroup rep will get an update on the status of individual meeting donations at the Intergroup meeting on August 3rd so you can see how much your meeting has given compared to the donations we expected to receive.

Also, please send the funds collected in the second collections for the Region Representative Travel fund to CNMI, PO Box 30273, Albuquerque, NM 87190-0273. All donations made to this special collection are greatly appreciated. Questions? Contact Dodie at 255-2405.



CNMI Board Elections Coming Up in October

Elections for CNMI Board Officers will be held at our Intergroup's Annual Meeting scheduled for Saturday, October 5. Now is the time for qualified members to consider running for one of these important service positions.

The following positions are open for election to full two-year terms expiring in 2015:

Vice Chair – The Vice Chair serves in the absence of the Chair, assists the Chair when needed, and is responsible for reviewing the Newsletter and Website to confirm that the Traditions are being honored. This position is currently vacant.

Treasurer – The Treasurer maintains the CNMI checking account, submits monthly financial reports, prepares all

financial reports required by state and federal agencies, and makes the Treasurer's books available for the annual audit of the general account. The current incumbent is Dodie H.

One of Two World Service Business Conference (WSBC) Delegates – A WSBC Delegate represents CNMI at the annual World Service Business Conference (finances permitting), submits a written report of the actions of the Conference, and serves as designated downloader of pertinent World Service information. Delegates are expected to participate in the work of one of several WSBC Committees as part of their service. The current incumbent is Mary S.

One of Two Regional Representatives – A Regional Representative represents CNMI at the Regional Assemblies (finances permitting), submits a written report of the actions of the Assembly, and serves as designated downloader of pertinent Region III information. Representatives are expected to participate in the work of one of several Region III committees as part of their service. The current incumbent is Irine F.

To qualify for election to the Intergroup Board, an individual must:

- Be working the Twelve Steps, Twelve Traditions and Twelve Concepts of OA Service to the best of their ability.
- Have nine months of current abstinence except for the WSBC Delegates and Regional Representatives who must have one year of abstinence. Each person shall be the sole judge of his or her abstinence and maintenance.
- Be a regular member and attendee of an active OA group.
- Be willing to serve.

Additionally, WSBC Delegates must have at least two years of service beyond the group level and Regional Representatives must have at least one year of service beyond the group level, at CNMI or elsewhere. CNMI's Bylaws permit the positions of World Service Business Conference Delegate and Regional Representative to be held by the same person.

If you would like more information about these positions you are welcome to contact any of the individuals named above. Please do not be discouraged by lack of previous experience. OA service offers each of us an opportunity to grow, and many experienced members will be willing to offer assistance and support.

If you would like to run for election to one of these positions please contact any member of the Nominating Committee: Leonie W (505-856-6845), Amy D. (505-292-0936) or Carol Sm (505-873-1512). Nominations will also be accepted from the floor at the Annual Meeting.

If you have never attended an Intergroup meeting, do so only rarely, or have not attended recently, you are always welcome to join us! Our next meeting will be held on Saturday, September 7 at 9:00 a.m. in Southwest Room A at Presbyterian Hospital downtown, and the Annual Meeting for election of CNMI Board Officers will be held at the same location on October 5.





Region III TSW Reminder for August 2013

Here is the monthly reminder for August 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.

The final report from the 2013 WSBC includes this comment from a member attending the “2013: The Year of Abstinence Awareness” workshop:

“It’s tough for a person who is in the food to create a healthy food plan; they need help from and abstinent sponsor.”

What can I do today to be more effective in helping someone I sponsor to develop a food plan that will really work for him or her?



Message from Our Chair: Consider Doing Service

I’m grateful to have been a member of this program for 23 years. OA is with me every day, as I call my sponsor, pray to my Higher Power, and commit to a food plan. I don’t use all the tools every day. I’m terrible at using the phone beyond calling my sponsor. I write only sporadically. But one tool I use a lot is service. I learned early on that I could help by straightening up the room when the meeting was over. I realized that all I had to be able to do to lead a meeting was read. I found I was strong enough to carry the literature bag. I could do little things to help me feel part of the group, and to contribute in some way.

One day, a few years into program, I saw my home group members doing entertainment for the OA World Convention. “I want to do that!” I said. So the next year, for our local St. Louis convention, I signed up to participate in entertainment. I attended rehearsals with other OA members. I was hanging out with other people who were working the program. We joked about our eating disorders, we collaborated, we hugged, and we had a great time. I connected with fellow members in a way I never had before. And when convention time came, with the support of my new friends, I got up in front of a group of people and sang! I think it was that experience that hooked me on service.

Since those early days, I have given all sorts of service. I’ve led meetings, I’ve spoken at meetings, I’ve carried literature, and I’ve been group treasurer. I’ve been an Intergroup Rep, Intergroup Secretary, Intergroup Vice Chair and Chair. I’ve participated in planning our St. Louis convention and even chaired the convention committee. Since I’ve been in Albuquerque, I’ve helped plan a Region Convention and Assembly, and I was even a keynote speaker at that Region convention! I have been a volunteer at the World Service Business Conference and most recently, I was the volunteer coordinator for WSBC.

I’m not telling you all these things to brag. I am no different than you. I’m not special. I am not uniquely talented or gifted or smart or perfect. I had never done any of these things the first time I tried them. But I was willing to say “yes” when asked, and sometimes even to volunteer without being asked. As I heard someone say recently, “There’s always someone in the program who’s done it before. And if I volunteer for a service position, others will help me.” This is a We Program. Nobody has to do it alone.

We all have skills, abilities, and gifts to share. YOU can do many things to help the fellowship, and in the process, to help your own recovery. Our nominating committee is looking for lots of people to be of service. If you don’t have the abstinence or the confidence to chair a committee, maybe you can serve on a committee. What are your abilities? What are your interests? Do you want to help get the word out about OA? Join the Public Information/Professional Outreach (PI/PO) committee. Are you well organized? Help out with our intergroup recording library, or be part of the Archive Committee. Are you attentive to detail (lots of us compulsive people are)? Be your group treasurer! There are loads of things you can do.

I went to a few meetings in July in which we read the 7th tradition. Being self-supporting isn’t only about throwing money in the basket. It’s about giving of yourself to the program. I challenge everyone reading this newsletter to do some form of service this month. What’s more, I challenge everyone to stretch your service limits! Try something you’ve never done before. And don’t be shy about asking for help when you do. Nobody expects you to do it perfectly the first time. Doing service is a great way to be around other people who are working this program, to learn new things, to grow, and to recover. Try it.

In OA love and Service,

Kathy M





Open, Closed & Special Focus Meetings

Our intergroup OA meeting schedule indicates that all meetings are open to the public. The word “open” also appears next to some of our meeting listings. Meetings that anyone can attend are known as “open” OA meetings. People who identify as compulsive overeaters (or anorexics, bulimics, etc...), and members of the general public may all go to “open” OA meetings. Someone who thinks they might have an eating disorder, but isn’t sure, is welcome to attend any open OA meeting. A student who is doing a paper about eating disorders is welcome to attend an open meeting. A member’s spouse who wants to learn more about OA can attend an open meeting.

In contrast, you may only go to a “closed” OA meeting if you “have a desire to stop eating compulsively.” “Closed” OA meetings are limited to OA members. The student writing the paper, or a nurse who has just started working at an eating disorder treatment center, would NOT be able to attend a closed meeting unless they have a desire to stop eating compulsively. Some meetings are designated as “closed” in order to ensure a safe space to share for those who suffer from our disease. Of course, respect for attendees’ anonymity is expected whether a meeting is open or closed.

Special focus meetings target a subset of people with eating disorders: men, working moms, lesbian, gay, bisexual, transgendered (LGBT) people. However, ANY OA MEMBER, anyone who has the desire to stop eating compulsively, may attend ANY special focus meeting. A female OA member cannot be kept from attending a men’s meeting. A straight OA member is welcome at an LGBT special focus meeting. If you are an OA member and you need a meeting, you are welcome anywhere!

Kathy M



Awesome Workshops!

We were fortunate to have our Region III Vice Chair, Roni B, come to Albuquerque recently to lead two workshops. One was on sponsorship and the other was about the 12 Traditions and the 12 Concepts of OA service. Relative newcomers and OA veterans joined to learn more about these topics and to share our experience, strength and hope.

On Friday, Roni used real-life examples and made-up scenarios to stimulate discussion about how to choose a sponsor, whether or not to share the identity of one’s sponsor, what has worked for

us as sponsors and sponsees, “firing” sponsees and being fired. I was reminded to not judge sponsees who may not be working the program the way I think they should (boy, what ego!). Participants shared that sometimes a sponsor is someone’s only link to the program, and that connection can be the thing that propels a person to return to meetings and to working the steps. I heard that it’s OK to set limits and boundaries with sponsees and that it’s OK to change sponsors when that’s needed. Just as I do at any meeting, I came away from this workshop feeling that I’m not alone in my experiences, and with new ideas about how to handle challenging situations.

Saturday’s Traditions and Concepts workshop started with an overview of the structure of the OA fellowship, from local meetings all the way to the OA Board of Trustees and World Service Office staff. Our facilitator was flexible and responsive as we asked many questions unrelated to the designated topics. But the morning was just what HP meant it to be. This unplanned question and answer session was not only informative, but helped me see some ways in which our Intergroup can better serve its members.

We returned in the afternoon to talk about OA’s 12 Traditions and the 12 Concepts of OA service. Examples and scenarios were again used to illustrate how we can apply the traditions in our groups and intergroup. On the surface, the 12 Concepts apply to the “World” level of service. They specify how the OA World Service Business conference functions as the group conscience of OA as a whole. The Concepts address the relationships between the OA Board of Trustees and the OA World Service Office Staff, and the roles each of these groups play in our fellowship. But I believe many of the Concepts apply at all levels of service. The ideas that all members get to have a voice in discussions and decision-making, that we must keep an open mind as others express their views, and that responsibilities should be divided so that the fellowship can run smoothly have a place at our meetings, our intergroup and for Region service too.

I’m always glad to attend OA events in which I see and hear from people who don’t go to my regular meetings. We all have valuable experiences to share whether we’ve been in OA for 30 years or just walked in the door. Many thanks to Roni, Mary and Irine for planning the event, to Lisa Rae J. for creating a great flyer, and to all who attended. Kathy

