



CNMI NEWSLETTER

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Central New Mexico Intergroup

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OA Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.

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 meets on the 2nd 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 10, 2018. Everyone is welcome at all Intergroup and Committee meetings!

March Newsletter Deadline: Friday, March 2, 2018. Please e-mail news, announcements, and recovery stories to oa-cnmi@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 oa-cnmi@gmail.com. **For those with Apple 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

January 27-28, 2018 KOB Health and Wellness Fair at the Expo New Mexico (State Fair Grounds) Manuel Lujan Jr. Exhibit Complex. Contact: Don J. 505-315-7940

February 24, 2018 Unity Day

Information will be available soon...keep your eyes open for information about an observance of Unity Day!

OA Region 3 Convention in Salt Lake City

Friday, April 13 - Sunday, April 15. See the article on page 3.

World Service Business Conference

Monday, April 23 – Saturday, April 28, 2018

Embassy Suites Hotel, Albuquerque

See future Newsletters for additional information!

Groups Stay Up to Date

Groups can now register and update their meeting information using the following link:

<https://oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/>

WSO uses the information you provide to distribute OA news and keep meeting times current.

Please remember to also e-mail meeting changes to oa-cnmi@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!

From the Chair

A New Freedom and a New Happiness

I like to focus on The Promises at the New Year, and in the past week or so I've had the opportunity to hear and read many members' thoughts on what The Promises mean to them. Our program is so rich in the unlimited access we have to new ways of living, provided we remain in fit spiritual condition. This year I've been thinking about new freedoms and happinesses that were not accessible to me before coming to OA.

One of the freedoms I find most enjoyable, especially at this time of year, is the freedom from the futility of New Year's Resolutions. Working the Steps makes it possible to improve attitudes and behavior successfully on a daily basis. With honesty and perseverance I can bring my Higher Power into my life to help me endure adversity, admit my shortcomings, be relieved of my faults and understand how to do better in the future. A daily 10th Step is key to this process, and daily prayer helps me to find the strength to follow through. No extraordinary willpower is required, just the willingness to work my program to the best of my ability.

There are so many ways in which I know I must do better, and so many challenges and sadnesses to be faced, but I can still make some progress every day of the year, long after January has come and gone.

As to new happiness, I've had the privilege of making wonderful friends in OA, with their number increasing as each day, month and year goes by.

Sending wishes for a blessed year in recovery to all!

Mary S

From the Editor

Once again the time has arrived for a new month of the CNMI Newsletter. I was asked if I would like to speak at a meeting in Albuquerque, NM. At my home meeting the fifth week is set aside as a speaker meeting. I said "yes" because that is part of my program to be of service.

I wasn't sure how my share would go this time. There have been so many changes in my life this past year. Since I had a full week to think and pray about this opportunity, I did. In the first five years of my recovery I talked and shared a lot about my family of origin.

I knew this time that I did not want to focus on the details that I had already processed. My Higher Power made it clear that I needed to share about my current recovery and current relationships which had been impacted by someone that was not blood related to me yet created a lot of chaos for my mom and her family including me the fifth child and baby of the family. In this share, for the first time in this meeting, I admitted the I have the "disease of compulsive cluttering". For me the cluttering is the other side of the coin of anorexia and compulsive eating behaviors. For me the challenge has been to let go of the clutter and at the same time keep my abstinence from starving myself.

I am very grateful to share that my H.P. is helping me to take a slower approach to the decluttering while keeping the balance of when to take a break and eat. Another factor is that I have had lots of help over the years yet this is the first time that I am ready to accept both my powerlessness over the hoarding and taking responsibility for how the clutter is holding me back from the blessings or gifts that my H.P. desires to shower on me.

Grateful to be in recovery,

Anna Charirose L.

Sponsorship – A Reminder

Working with a sponsor and sponsoring others are central to working the OA program of recovery. Our pamphlets about sponsorship and the OA 12 and 12 provide excellent guidelines about the roles a sponsor may take in helping other members become and stay abstinent and work the steps. In short, in my opinion, sponsors are a source of accountability to another member about her/his food, they share their experience, strength and hope on a one-on-one basis, and they help another apply the principles of the program to life. It does help if the sponsor is abstinent. The sponsor-sponsee relationship is personal, and is defined in many ways by the sponsor's experience and the sponsee's needs. Our literature points out that the role of the sponsor can be supplemented by the expertise of a qualified professional, for example, in helping a member design or adjust a food plan, treating the medical complications of an eating disorder, or in working through past abuse or trauma.

Our intergroup recently received a reminder from the chair of the OA Board of Trustees about what a sponsor is NOT. This notice was based on concerns raised to the Board about the actions of some sponsors. Specifically, a sponsor is not a Higher Power. As the OA 12 and 12 says in the discussion of step 11, "when we believe we have received insight from our Higher Power, we find it wise to discuss the matter with a sponsor or spiritual advisor before taking any drastic action." HP is the source of wisdom, and the sponsor is the sounding board. To paraphrase something I heard once in a meeting, "My sponsee has a Higher Power and I'm not it."

A sponsor also does not provide medical advice. While we may have personal opinions about the advisability of treatments such as bariatric surgery or the use of certain medications, most of us are not medical professionals. Those who are, as sponsors, are not attending to their sponsee's medical needs, only to their needs in recovery, as best they can. The last thing any of us wants is to endanger a fellow member by making possibly harmful suggestions about her/his medical care. Newcomers put their trust in a sponsor as they begin their journey in recovery, and as a sponsor, I must remember to treat that trust with great care. In their earnest desire to help the newcomer recover, sponsors are wise to remember the elements of the serenity prayer: the things I cannot change, the things I can, and which is which.

In loving OA service,

Kathy M

PI/PO Committee News 2018 KOB Health and Wellness Fair

Would you like to reach out to others? Have you been wanting to do some 12-step service work for the good of Overeaters Anonymous? Well here is an opportunity to do just that.

On Saturday, January 27 from 10 AM – 4PM and on Sunday, January 28 from noon – 4PM, we will be operating a display booth at the KOB Health and Wellness Fair. We need your help to give out literature and answer questions from those who visit our Overeaters Anonymous display booth. We were blessed by the donation from WSO of a very professional display that we will use. There are over 200 exhibitors and between 8,000 and 10,000 visitors.

If you want to volunteer and do service for 2 hours or so, please contact Don J. at (505) 315-7940. This event will be held at Expo New Mexico (State Fairgrounds) in the Manuel Lujan Jr. Exhibit Complex. Together we can do what we cannot do alone.

Thanks, Don J.

ARCH TO RECOVERY
Region 3 Spring Convention
Salt Lake City
April 13 - April 15, 2018

Come join us for a weekend of inspiring workshops and OA fellowship. As we gather together, we can experience our own personal connection with the OA program and the Higher Power of our choosing. Remember, you are not alone! If you think you have a problem with food, we are a 12 step fellowship with a solution.

OA Region 3 Convention Information

Friday, April 13 - Sunday, April 15
Courtyard Marriott
Downtown Salt Lake City
345 W 100 S
Salt Lake City, UT 84101

We'll have something for everyone, no matter what step you're working or where you are in your recovery!

-) Grand Opening and Dinner
-) Guided Meditation
-) Workshops
-) Banquet
-) Entertainment
-) Keynote Speaker

How do I register?

Visit the Utah Soaring website:
www.oautah.org/events.html

Registration fees range from \$30-\$95.

Staying Overnight?

Rooms available at the Courtyard Marriott for as little as \$129/night.

To reserve a room, please call [1-866-238-8235](tel:1-866-238-8235). Hotel reservations must be made by 3/20/18 in order to get the special rate. Please request the room rate for the Overeaters Anonymous block.

From the Pages of Lifeline:

Everyday Elation

I've always loved hiking and being in the mountains. Thanks to the confidence I gained working this program for three years, I signed up for a seven-day mountaineering trip in the Canadian Rockies. We would hike over rock, snow, and ice, carry all our equipment and food, and stay in alpine huts. I was one of the least experienced and certainly the least fit in the group, but I heard I would be able to handle it.

The conditions were more difficult than expected. We often had to be mindful of risks: crevasses, avalanches, rockslides

and bad weather. Our leaders constantly discussed the dangers, reminding us what to do in different scenarios. Thanks to the OA program, I was aware of the fears that threatened to take hold of my mind, and I knew what to do. If I noticed fear moving in, I handed it to God. Instead of speaking prayers repeatedly, I sang them. I also spent a lot of time thanking God for everything I could think of: no accidents yet, patient team members, good weather, incredible panoramas and so much more.

I was the slowest person in the group. To avoid slowing everyone down, I was the only one not asked to carry group gear. I appreciated this but felt I should contribute in other ways, so I looked for jobs I could do: cleaning the hut, preparing meals, fetching water and carrying out garbage.

After a few days, I was enjoying myself and feeling elated. I could see so many parallels between program and the incredible experience we were living. I felt like I was flying. I was sad to see it end but knew I had to go back to civilization and everyday life.

Fast forward eight months later. The elation I had felt in the mountains was long gone, but I continued to work the Steps. One weekend I attended an OA workshop designed to help members strengthen their programs. One of the main ideas I came away with was that I needed to reach out to other members a lot more. Making phone calls was something I had avoided in and out of program. I was I afraid of being a nuisance. But I asked God to remove my fear and began calling members I knew were struggling or I had not seen at meetings for a while. The first few calls were difficult, but it got easier.

God helped me pick the people I should phone and find the right words to say. After a few days, I became aware of a strange feeling. It was elation, just as I had experienced in the mountains months before. As I wondered at this, I tried to find similarities between the two situations. In both, I had faced my fears, trusted God and tried to help others. So that feeling I had enjoyed months before had nothing to do with the mountains and everything to do with my attitude toward life. I had come to OA because I wanted to stop bingeing. I never expected it could change my whole outlook!

--Anonymous, Canada (Lifeline March/April 2014)

Change Me

"Practicing the principle of love we learn to accept others as they are, not as we would have them be. We're beginning to take this new attitude not just toward other OA's but also toward those at home, school, work ,and in all areas of our lives. Slowly, but surely we find we are establishing the best possible relationship with each person we know"

--(*The Twelve Steps and Twelve Traditions of OA*, p. 105). (Lifeline March/April 2014).

PI/PO Service Manual

The new, revised Public Information Service Manual (#762) is now available in the OA bookstore at:

http://bookstore.oa.org/pc_product_detail.asp?key=1DA4E16CE6674400AFB9F0E4BED458C6.

Twelve Stepping a Problem

Did you know that OA now has a wallet card, free PDF download, and podcast on "Twelve Stepping a Problem". Just go to the following link for all the information:

<https://oa.org/members/working-the-program/step-resources/12-stepping-a-problem/>

OA Virtual Services Website

If you have not yet visited the OA virtual services website, there are lots of good things to discover there! <http://oavirtualseervices.org/>

Lifeline Topics

Submission deadline: **March 15, 2018** (for publication July 2018)

Generally Speaking: Write on any topic you find meaningful.

Celebrating OA's Freedoms: "The word freedom appears so many times in our literature, I began to think about the freedoms from my disease I gained by working each of the Steps ..." (Voices of Recovery, p. 205). What freedoms have you gained in OA?

Submission deadline: **April 15, 2018** (for publication August 2018)

Sponsorship Day: Sponsorship Day is the third Saturday this month (August 18). Share your appreciation for your sponsor or for the opportunity to give service as a sponsor.

Service: Inside and Out: How do you give service to the Fellowship? To the still-suffering compulsive overeater? How do you carry the message outside OA? Which came first for you, service or abstinence?

My Professional Community: How has your doctor, dietician, or other provider supported your recovery? How has OA helped you to succeed with your provider's treatment plan? Read the Forwards and Appendices of *Overeaters Anonymous, Third Edition*, which are written by professionals who "get it." What do their messages about our disease mean to you?

Submission deadline: **May 15, 2018** (for publication September 2018)

Working the Program While Working through Obstacles: Your OA fellows have so many questions! How did you focus on abstinence when the weight wasn't coming off? When compulsive overeating urges arise, what do you do instead? How did you find

self-esteem? How have you gotten unstuck and moved your recovery forward? How have you kept your program fresh? How did you overcome burnout or rebellion? How did you give up judging other OA members who still suffer and become truly compassionate? Give service to your fellows by responding to these questions with your experience, strength, and hope, or write about how you overcame a low point or other obstacle.

Submission deadline: **June 15, 2018** (for publication October 2018)

How I Found My Higher Power: How did you come to believe? How did you find the God of your understanding?

When OA is Your HP: Is OA, your sponsor, your group, or another aspect of program your Higher Power? If so, how have you worked the Steps and applied our literature? Share how you HP has served your recovery.

Prayer, Meditation, and Improving Conscious Contact: What is your method of practicing Step Eleven and what are the results? Explain how prayer and meditation have worked for you and what has been the key to seeing results. Have your prayers been answered in unexpected ways? Do you have a special place to pray or meditate? Send us a photo!

Submission deadline: **July 15, 2018** (for publication November/December 2018)

International Day Experiencing Abstinence and Twelfth Step Within Day: IDEA is November 17 and Twelfth Step Within Day is December 12. Write about attending a celebration of either day or reflect on what either day means to you.

Staying Abstinent Through the Holidays: How have you stayed abstinent through the holidays? What tip, strategy, prayer, or Tool has helped you the most?

Gratitude and Blessings: Giving Thanks: A little gratitude goes a long way in recovery. Share what you are most grateful and thankful for in your recovery.