



## 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 Two: Came to believe in a Power greater than ourselves could restore us to sanity.**

**Tradition Two: 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.**

### 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, March 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 [ocnmi@gmail.com](mailto:ocnmi@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 [ocnmi@gmail.com](mailto:ocnmi@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

**Saturday February 24th is Unity Day!**

12:15 -1:00 PM (same room as 11am. Mtg.)

Central United Methodist Church

201 University Blvd, SE

Questions? Call Zana at (505) 842-9062

### OA Region 3 Convention in Salt Lake City

Friday, April 13 – Sunday, April 15, 2018

See article on page 3 for information.

### World Service Business Conference

Monday, April 23 – Saturday, April 28, 2018

Embassy Suites Hotel, Albuquerque

See the article on page 3 for additional information.

### Overeaters Anonymous Las Vegas Summerlin Group

is sponsoring First Annual Recovery Retreat

“New Beginnings” July 20-22, 2018

Rancho Palos Verdes, CA.

See future newsletters for information or call Cynthia (702) 242-8863.

### Meeting Updates and Changes

Durango Saturday – 9:30am meeting

New Location: Alano Club

2601 Junction Road Durango, CO. 81301

### 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 [ocnmi@gmail.com](mailto:ocnmi@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

Thoughts on Step Two and the Principle of Hope

*Came to believe that a Power greater than ourselves could restore us to sanity.*

I worked Step Two long before I had any idea about the Principles. But it was at about this period in my recovery that I found myself able to articulate my hope that this time things would be different. I had seen God working in my life enough to imagine that this would not turn out to be just another one of those endless cycles of weight loss followed by even greater weight gain. You can see from this that the conscious focus was still on losing weight, without much thought given to improvement of my spiritual or emotional health. These things were certainly happening without my fully realizing it, as I became more honest and teachable, and as I rejoiced daily in my abstinence and my release from slavery to old eating habits. As I think back now on the changes which began to occur when I became hopeful I am reminded about old sitcom characters who would start out

as loathsome, unlikeable people in season one. Then over three or four or six seasons the same person would become more genuine and sympathetic. I now realize that this had begun to happen in my life, only it didn't take six years of 24 episodes each for me to become a more loving and open individual. During this process no one came up to me and said, "Mary, you are a much more likeable person now than you used to be", but I could tell that something was happening because of the way people were beginning to treat and to respect me.

Today I find that hope is possible even in "hopeless" situations. When dealing with the illness or death of a loved one or any other major loss or misfortune I know there is always help available from the God of my understanding to get me through the darkest of days.

I'll leave you with this quote from page 104 from *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*: "Even in our loneliest hours, we can remind ourselves of the great truth that we are not alone; even in our weakest moments we will find the strength we need if we believe it is available to us and ask for it."

Mary S

#### From the Editor

I would like to start this article with a question. What does working the Twelve Step program look like on an individual basis? When I first came into the O.A. rooms I learned very quickly that each individual's program is going to look different from mine. This is not coincidental because each of us has been created uniquely by our Higher Power.

I originally came in because I was told that it is free and could be a wonderful support for me in my recovery in dealing with my anorexia.

I keep discovering more levels of recovery as I continue to work my program. Remember this is a three-fold illness: Spiritual, Emotional, and Physical. When I came in I was under-weight, emotionally very confused, and spiritually very disconnected from my Higher Power of choice (**my perspective** of my childhood H.P. was the one that changed). I was the one that became willing to take "**contrary action**" first with taking in food. Then I became **willing to open** my mind and heart again to my H.P. Then I became willing to **turn my will** over to my H.P. Then in Step 4 I had to become **honest** about not only my hurts but **also about my behaviors** and how I related within a relationship context. It takes time to work through steps 4 – 9 on many different levels. **If growth were overnight, I don't know how many of us could handle that well.**

For today, one of the latest insights that I am discovering is how much I have this "**meager existence**" in my belief system.

The word meager suggests a **lack of something**, which can apply to many areas of life. For me this has encompassed disbelieving that I have a right to live, breathe, and eat on this planet we call "earth". Yet, my **Higher Power** keeps **reminding me** that He has plans for good for me.

Today, I received some very good news! I am very grateful that because of this good news I decided to go walking outside and to buy some pleasant things for myself. I did not go into debt, I did not hurt myself by pulling hair out of my face, and I did not lift anything too heavy for my body size!! I did look at some very pretty items, I did eat my lunch, and I did enjoy the sunshine!

While I was learning and observing others having a meager existence as a child, which led me to believe that this is all I deserve, I am today learning how to take that "contrary action" by taking care of my individual needs on all three levels: Spiritual, emotional, and physical. Because, I desire to be able to live a thriving life which includes abstinence and so, so much more!

Grateful to be in recovery,  
Anna Charirose L.

#### Silent Retreat Committee Openings

CNMI has once again agreed to host the Silent Retreat to be held at the Pecos Benedictine Monastery on the weekend of October 26 - 28. A retreat committee is forming and everyone who is interested is welcome and encouraged to join us. Members who have attended and benefitted from the magical retreat experience in the past may find this to be a particularly rewarding way of giving back.

For many years this event was sponsored by the Northern New Mexico Intergroup, and it has become a beloved fall tradition here in the state and elsewhere. In 2017 CNMI took over sponsorship on a trial basis and will do so again this year.

With a core group of committee members in place new volunteers should find ample support for their service while preparing for another wonderful retreat experience.

For further information please contact Pat O at 505-281-3638 or Mary S at 505-977-3445, or send a message to Pat and Mary at [ocacmi@gmail.org](mailto:ocacmi@gmail.org).

#### PI/PO Committee News

News from the KOB Health and Wellness Fair

CNMI had the privilege once again to participate in the annual KOB Health and Wellness fair. This event attracts thousands of visitors and hundreds of exhibitors to the Expo New Mexico grounds each January. As a special side note, this year's fair marked our first Public Information /Professional Outreach use of the beautiful table top

display, previously available on loan only, which was donated to CNMI recently by the World Service Office.

Nine member volunteers had the opportunity to share their stories of recovery with visitors and fellow exhibitors over a two day period, and to distribute OA literature and local meeting lists to those who showed interest. One of our volunteers used part of her service time to visit the booths of agencies offering services to diabetics, kidney disease patients and Native Americans, as well as to dentists, acupuncturists, physical therapists, and urgent care providers. Representatives were given copies of the "Introducing OA to the Health Care Professional" pamphlet in hopes that these contacts will yield referrals to OA and new hope for those suffering from chronic illnesses.

Now that CNMI owns the table top display we hope to participate in more health fair and professional events each year. Watch for announcements in this newsletter or call our PI/PO (Public Information/ Professional Outreach) Chair Don J. for additional information at (505) 315-7940.

### Special Events

#### UNITY DAY CELEBRATION

Join us in the Unity Day Celebration on Saturday February 24<sup>th</sup> from 12:15 to 1:00 pm following the Saturday 11:00 am meeting and being held in the same room. OAers from around the world will be joining hands at the exact same time and saying the Serenity Prayer. In our time zone it will be at 12:30 pm. We will be listening to a podcast from the WSO on the First Tradition.

Questions? Call Zana at (505) 842-9062

#### Here's Your Chance to Volunteer for Service at the WSBC!

Once again CNMI members will have the opportunity to serve as volunteers at the World Service Business Conference. This annual event is the international business meeting of OA, and will be held this year at the Embassy Suites Hotel in Albuquerque during the week of April 23 - 28. Volunteer assistance will be needed from Tuesday, April 24 through Saturday, April 28. Please plan to help welcome nearly 200 delegates from around the world. Look for additional information and volunteer signup sheets to be circulated at meetings beginning this month. Please feel free to contact Mary S at [broomstick2@gmail.com](mailto:broomstick2@gmail.com) or call her at 505-977-3445 for additional information.

#### Free Pamphlet Downloads from the WSO

Have you ever wanted a single copy of an OA pamphlet which you can't find at your meeting? Quite by accident I recently discovered that complete copies of two very useful OA publications can be obtained without charge at the [www.oa.org](http://www.oa.org) website: "To the Family of the Compulsive

Overeater" and "Compulsive Overeating: An Inside View". "To the Family..." is a wonderful resource for loved ones who may be puzzled or concerned by the changes they see as members work the Twelve Steps and begin to recover, and "...Inside View" contains a large excerpt from the chapter on Step One in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. This may be particularly helpful in attracting the attention of a potential member.

These publications can be found in the Documents section at the OA website under the heading "Family and Friends".

Mary S

### 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](http://www.oautah.org/events.html)

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

#### Staying Overnight?

Rooms are 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.

### 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](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 your 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.

Nothing changes if you do not change.

