



## CNMI NEWSLETTER

Volume No. XLIV Issue No. 3

Date: March 2018

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 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 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, April 14, 2018. Everyone is welcome at all Intergroup and Committee meetings!

**March Newsletter Deadline:** Friday, April 6, 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

#### 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 2 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

#### The Albuquerque Tuesday noon meeting has closed.

See the Bit of Nostalgia article on page 3.

### New Meeting on the West Side

See article on page 3

Monday Night - 6pm.

Lovelace Westside Hospital

10501 Golf Course Rd. NW

Mesa Grande Room -Basement Level-

Please contact Carolyn at 382-5559

or Lee at (828)778-7704.

### New Las Cruces Meeting

Thursday Night - 7pm.

Peace Lutheran Church

1701 Missouri Ave. (Choir Room at the back of the church)

Big Book Study, Please contact Barbara

at (575)405-9128.

### 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!**

**NEWS ALERT: See page 4 for important news about new and discontinued OA Literature.**

### From the Chair

A Fiesta on My Plate

A couple of weeks ago I spent a long weekend in the New Orleans French Quarter where we attended the wedding of an old family friend. It was a lovely, exhilarating experience, but it was no picnic for me as recovering compulsive overeater and vegan. One friend observed that the terms "New Orleans" and "Vegan" constitute an oxymoron, and another suggested that I write about my experience for this month's newsletter.

It wasn't really all that difficult, but it was by far my most challenging traveling-while-abstinent experience. The strikes against me were: lack of access to transportation to a regular supermarket (no place to stow a rental vehicle in the French Quarter), lack of a refrigerator or microwave in our hotel room, an outright prohibition against coolers on the premises, lack of vegan protein options in restaurants, tiny but expensive salads, and hardly a cooked veggie in sight that wasn't prepared with meat.

Here's what I had going for me: the help of my Higher Power, the unfailing and patient support of my husband, a determination to remain abstinent, a determination to stick by my commitment to veganism, a willingness to accept smaller meals or delayed meals, finding that the one large chain drugstore in the neighborhood had a can (pop top, no less!) of something I could eat for protein on the first night, finding a good grocery store nearby which could meet most of my other basic needs, and the gift of ingenuity to figure out how to keep my groceries cold without violating hotel rules. (Hint: ice bucket, plastic storage containers, and the floor of the shower.)

Next time I go I'll know where to stay and what to do to be better prepared. I'm grateful beyond measure for the gift of abstinence, and have learned not to be disheartened by minor disappointments. A few years ago, I probably would have allowed these inconveniences to ruin my enjoyment of the trip. Now I always keep in mind the wise words of one of our trustees, who once said in a workshop, "Every meal doesn't have to be a fiesta on my plate." She mentioned recently that she doesn't recall saying this, but I heard it and took it to heart.

Mary S

#### **From the Editor**

Step Three is all about *letting H.P. outline my growth. What is that decision? Turning my will and my life over to a Higher Power.*

Does this mean I become a "door mat" for one more person to do whatever they want to do to me? In the beginning of my recovery in the 1990's I went back and forth between this concept and what I had been taught all my life. Although the childhood concept included a "loving God" it also included a very guilt-ridden idea that God was very judgmental. As I have mentioned before, my perception has changed as I continue to grow in this recovery process. I thought that I knew enough about God when I entered these rooms. (LOL)

I am discovering an entirely different way of viewing how I turn my will and my life over to a God of my understanding. I had to find a way to survive as a child. So I used the only source I had, a choice over "food" and what I did or did not do with the substances which went into my mouth.

As I proceeded with recovery, I discovered that I can believe that I am in control of the food and food behaviors but is that really what is going on? For example, my early choice was to let another person know what I was eating or not eating. This helped me get out of my own head.

Then I was asked to write down the food as an observation of my intake and behaviors. Because of my willing attitude to try something new, my will was being turned over to my Higher Power but I did not understand yet how vital this step is to my recovery. When I let go of a thought that is in my mind is this not a form of surrender to something greater than myself?! Surrender does not have to mean "submission" to something that is going to hurt me. Surrender can be as simple as asking myself, "Am I hurting myself because that is what was modeled? Or am I hurting myself because I am in a rut? Instead of being afraid of surrendering to a Power greater than myself, I think of my surrendering as a process in which my H.P. gently reminds me that when I let go of anything I am dealing with I am not alone. I am regularly guided to do baby steps until my muscles get stronger so that I do eventually take bigger steps.

Grateful to be in recovery,  
Anna Charirose L.

#### **2018 World Service Business Conference**

People often find it hard to believe that the World Service Office for our international fellowship is located here in New Mexico. But it's true, and we in CNMI have reaped many benefits over the years from this proximity. Probably the most significant of these is our ability to be first hand witnesses to the World Service Business Conference, which is defined in the Twelve Concepts of OA Service as "the voice, authority and effective conscience of OA as a whole. This year the WSBC will be held at the Embassy Suites Hotel in Albuquerque during the week of April 23 - 28.

Albuquerque is the permanent home for this event which attracts approximately 200 delegates from across the country and around the world each year. Local members can meet and share fellowship with this amazing group of recovering compulsive eaters. OA meetings taking place during the conference are open to all, and early morning and late evening meetings make it possible for local members to attend outside normal workday hours. A number of conference workshops are also open to volunteers and visitors.

The five business sessions taking place on Thursday, Friday and Saturday are the highlight of the event, during which the delegates conduct the actual business of OA. Visitors are welcome to observe these sessions, and better yet volunteers are able to become participants serving as door monitors, timekeepers and pages.

Volunteer assistance will be needed beginning on Tuesday, April 24, through the close of the conference on Saturday, April 28. In addition to the service positions mentioned above, we are looking for people to greet and welcome delegates, to assist them in signing up for conference activities, and to help relay information between delegates and conference support staff. We are also in need of helpers to staff the Boutique where recovery-related items are sold by various service bodies, and delegates come to rest and browse between sessions.

Here is a link to the Tentative Conference Agenda schedule for the full schedule of OA meetings, workshops and business sessions:

<https://oa.org/files/pdf/Delegate-Schedule-18.pdf>

Please plan to join us at the WSBC this year, and to enhance your experience by serving as a volunteer if you are able. For more information, or to sign up as a volunteer, please contact Mary S at [broomstick2@gmail.com](mailto:broomstick2@gmail.com), or by phone at 505-977-3445.

### Bit of Nostalgia

It was bittersweet when I heard that the Tuesday noon meeting was closing. For many years the Tuesday/Thursday noon meetings had been the mainstay of my OA meetings. The Tuesday meeting had opened in January of 2014 and the Thursday meeting opened in July of 1985. When I returned to Albuquerque in 1986, these meetings were both close and convenient. I remember how big the meetings were when we met at Sombra del Monte Church. When the Church decided not to allow outside groups to use their facility it moved, and then moved once again, ending up at Asbury United Methodist Church.

I attended the Thursday meeting for quite some time when only 2 or 3 members were in attendance. Finally, the group decided in 2014 that we would close the Thursday meeting but keep the Tuesday meeting open. Again, the meeting attendance began dwindling which led to the decision to close the meeting.

I owe much to these meetings. It was there I met my sponsor of many years. It was there I heard the stories of recovery that kept me coming back. It was there I learned the value of service. It was there that I learned that change is part of life. So, farewell to these meetings. May they be replaced by strong and supportive meetings to meet the needs of the Fellowship.

Dodie H.

### New West Side Meeting

Have you ever heard the phrase, "MEETING MAKERS MAKE IT!"? Living on the West Side of Albuquerque, many of us find it challenging to attend as many meetings a week as we'd like. And so..... "Let's start an OA meeting on the West Side!" Sounded like a great idea! We were delighted

when **FIVE** members gathered at 6:00 pm in the basement of Lovelace Hospital, Mesa Grande room, McMahon and Golf Course, Monday February 26th. Four of us stayed afterwards for a group conscience to determine just what sort of meeting we wanted it to be. Our conclusion: We will alternate reading the OA 12 + 12 with the AA 12 + 12, ideally completing a step in one setting. However, some chapters are longer than others and it may take two weeks to get through one of them, which is fine (It's ALL good). When the month offers a 5<sup>th</sup> Monday, it will be a Speaker Meeting, either a live speaker, speaker on podcast, or reading a member's story from the OA 3<sup>rd</sup> Edition. Naturally it's subject to change as the meeting grows and develops. Please contact Carolyn 382-5559 or Lee (828)778-7704. We hope to see you there!

Lee R.

### Twelfth Step Within Workshop Starting (very) Soon!

The Twelfth Step Within is an intensive step study. It was designed for those in relapse or struggling in OA. However, I believe it's beneficial for anyone who wants stronger, more vibrant recovery. All are welcome, but newcomers (to the twelve steps) are encouraged to discuss your participation with your sponsor or a trusted OA friend. Completing all twelve steps in fifteen weeks can be intense if it's your first time!

The format we use is the Twelve Step Workshop and Study Guide (<https://goo.gl/w5Bj88>), approved at the 2016 World Service Business Conference. Some highlights of this format:

- ) We meet weekly for 15 weeks
- ) The workshop is closed to new participants after the second meeting
- ) Each workshop is 2 hours long
- ) There are reading and writing activities between meetings
- ) Workshops are facilitated
- ) Use an extensive amount of literature:
  - o The Study Guide (loaner copies available)
  - o AA Big Book and AA 12&12 (both available online for free)
  - o OA 12&12 and Overeaters Anonymous, 3rd Ed. (Brown Book)
  - o OA daily readers - Voices of Recovery and For Today

*So... where is it, when is it and when does it start?*

Workshops will be on Saturdays from 1:30 PM - 3:30 PM. They will tentatively start on Saturday, March 24 (ending June 23), assuming enough people have signed up by then. The location is still to be determined, but I hope to have it near the "Big-I" so it will be convenient for most people.

Please contact me with your name, email and phone number as soon as possible if you are interested so we can get started. For more information or to sign up, contact: Frank @ [505oaguy@gmail.com](mailto:505oaguy@gmail.com) or 505-688-0788

## 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 to get the special rate. Please request the room rate for the Overeaters Anonymous block.

#### *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*

The World Service Office has announced publication of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*. The new edition was approved by the delegates at the 2017 World Service Business

Conference, and is now available for sale at the OA Bookstore. Here is the direct link:

[http://bookstore.oa.org/pc\\_product\\_detail.asp?key=4B992B35A6B141D1AC39EAF4CC0144FB](http://bookstore.oa.org/pc_product_detail.asp?key=4B992B35A6B141D1AC39EAF4CC0144FB)

Groups using the 12 and 12 in their meetings may want to order a copy as soon as possible in order to form a group conscience about phasing in its use.

We've learned from the World Service Office that a limited number of copies of the original 12 and 12 will continue to be available for a while. The large print format can be ordered from the OA Bookstore by following this link:

[http://bookstore.oa.org/pc\\_product\\_detail.asp?key=38A92F7B752D41C9940E6B3508FD74B4](http://bookstore.oa.org/pc_product_detail.asp?key=38A92F7B752D41C9940E6B3508FD74B4)

Copies of the regular size edition must be ordered from the WSO by phone at [505-891-2664](tel:505-891-2664).

#### Free Spanish Literature

OA Spanish Literature is being offered for free to groups and service bodies. The WSO will no longer sell Spanish-language pamphlets and books after 2018. Existing inventory is now available for the cost of shipping alone, and will be available on a first come first served basis. Books and pamphlets can be viewed at the website under "Bookstore", "Shop", "Español". **All orders must be placed by phone at 1-505-891-2664** so correct shipping charges can be calculated.

#### WSO New 2017 Membership Report

The new *2017 Membership Survey Report* (#102) is now available in the OA bookstore. Please share the news of this new resource with members, groups, and service bodies.

Here is the direct link:

[http://bookstore.oa.org/pc\\_product\\_detail.asp?key=980DCD4207034733A23B4A4BCDE0EA91](http://bookstore.oa.org/pc_product_detail.asp?key=980DCD4207034733A23B4A4BCDE0EA91)

NEW *2017 Membership Survey Report* Available

Use the new *Membership Survey Report* to carry OA's message to doctors, nurses, nutritionists, and other referring professionals in your area. As survey data shows, OA is a diverse Fellowship, but through OA, together we've found "physical, emotional, and spiritual recovery ... from compulsive eating." Share the strength of the OA program by sharing who we are. Find the new *2017 Membership Survey Report* (#102) in the OA bookstore.

#### 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/>