



CNMI NEWSLETTER

Volume No. XLIV Issue No. 4

Date: April 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 Four: Made a searching and fearless moral inventory of ourselves.

Tradition Four: Each group should be autonomous except in matters affecting the other groups or OA as a whole.

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, May 12, 2018. Everyone is welcome at all Intergroup and Committee meetings!

May Newsletter Deadline: Friday, May 4, 2018. Please e-mail news, announcements, and recovery stories to 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. **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

World Service Business Conference

Monday, April 23 – Saturday, April 28, 2018

Embassy Suites Hotel, Albuquerque

See 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.

Pecos Silent Retreat sponsored by CNMI

Oct.26 – 28, 2018

Pecos Benedictine Monastery

Contact Pat O. at 505-281-3638

See the article on page 3 for additional information.

Meeting Updates and Changes

The Thursday 9:00 a.m. meeting is moving to Sunday at 10:30 a.m. effective April 22, and will feature a new rotating format.

New Meeting Reminders

New Meeting on the West Side

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, 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 3 for important news about new and discontinued OA Literature.

From the Chair

Step Four and the Concept of Courage

Made a searching and fearless moral inventory of ourselves.

My first OA sponsor came from the tradition which espouses the very lengthy narrative approach to Step 4, so I wrote and wrote and then I wrote some more. Since many of the questions were somewhat redundant I circled back around repeatedly to many of the same themes, much to my chagrin. And in the course of all of this writing I found

myself describing the same great fear time and time again. I had by this time lost a substantial amount of weight but was still caught up in fear and worry about my health. I hadn't been to a doctor in many years, preferring to drag myself to urgent care any time I was too sick to tough it out on my own. I hadn't had all of those tests and screenings appropriate for people my age, and for all I knew I was likely to expire at any moment. I finally realized that rather than continuing to write indefinitely about this fear I needed to do something about it.

By way of background I have to admit that when I was in the food I was so frightened about my health that I actually hoped I would have a major incident such as a heart attack or stroke. I didn't want to die, but I wanted to get sick enough so the decision to seek medical care would be taken out of my hands. I could not imagine walking into a doctor's office on my own two feet to surrender myself to the terrors of the medical establishment, not to mention the inevitable scoldings about my weight and blood pressure.

So before even completing my 4th Step I found the courage to pick up the 50 pound telephone and call for an appointment. I was blessed to find the right doctor who did not scold or condemn me. At the end of our visit she hugged me and said, "Whatever happens, we'll get through this together." I left her office that day with a handful of referrals and a very light heart. Having overcome my initial fear all of the rest of it came surprisingly easily.

Today I am no longer paralyzed by fear. I don't always know what I should do, but with prayer (always) and the counsel of a trusted friend or loved one (often), I am able to find the courage to move forward.

Mary S

From the Editor

April is the fourth month of the year, so I was planning on writing about the Fourth Step. However, as I have been writing and meditating something else has come to my attention. In some ways, what I am about to share falls under the Fourth step but also covers other steps.

I receive calls from a family member on a regular basis. What this person shared with me this time...knocked my socks off completely; that is how intense her memory is. My family member admitted being abused in the sentence in a "I statement" for the first time.

All of us who have been in recovery for a bit of time, know that there is a "fog" that lifts as we work the program and learn about "abstinence". Although my family member does not understand the "O.A. Abstinence" concept; I believe that her Higher Power is reaching out to her.

You may ask, why do I bring this up at this time. Because

I wish to share my experience, strength, and hope. I need you my OA family to know that if this had happened three years ago or maybe even two years ago this would have triggered me severely into old behaviors.

Because of the power of our brains, my family member still believes that the abuser is still alive due to the "larger than life" presence that he had while he was on earth.

I am deeply grateful for the years of experience and abstinence that I have in this program.

What was I like two or three years ago?

I was hesitant in my mannerisms and communication with men and women because of this abuser.

I believed that I needed a partner to survive at all.

I believed my value came from people outside of me even though this was subconscious.

I worked hard but believed I am required to struggle financially no matter what.

I enabled my ex to live off of me far too long because of boundary issues unresolved due to "this abuser".

I thought of myself as an **appendage** in my relationships.

I struggled to maintain my individuality with men and women.

I believed that I was **required** to stay in relationships whether healthy or not.

I was living in somebody's shadow full of fear and had picked my 2nd husband due to this fear.

I did not trust my own inner intuition.

Yes, I understood the need to feed myself, but to listen to my needs for other areas within the context of relationships was very difficult.

Living with anyone who verbally undermines who I am is very scary.

I believed that any abuser was more important than my own life on many levels.

I have struggled with relationships as long as I have been in recovery.

I did not have good role models growing up. I had an extremely dysfunctional/violent childhood.

My Step-sponsor listened to everything and at the end of our scheduled time told me to make sure I get some extra rest during the day.

In conclusion, here are the things that my anorexic/compulsive brain wanted to do: not eat, isolate, draw the drapes, not answer the phones, stay in a physical fetal position, not drink any water, and continue shallow breathing which brings on panic attacks. All of this stuff has happened in my past while being in early recovery.

In contrast, here are the things that my recovery has taught me to do instead or what I like to call "contrary action":

I did eat a substantial snack since I could not eat my dinner because of the tension in my body.

I did text and talk with my co-sponsor.
I did bring my dogs inside for the night.
I did pet my dog to help me calm down.
I did rest.
I talked with my Step-sponsor the following morning.
I did get together with another friend and took a walk.
I did have lunch with a friend instead of eating alone in isolation at home.
I did pay my bills later that afternoon.
I did eat a full and **satisfying lunch**.
I was able to eat my regular meals Thursday and the entire weekend.
I was able to go out with a girlfriend to a special event.
I was able to get a good night sleep Friday night.
I was able to buy a small antique piece of music for under \$10.00
I was able to ask my H.P. to heal the abuse memory for everyone involved.
I was able to listen to my H.P.'s guidance throughout this weekend.

However, I made the **choice** to reach out to people who I chose to believe had my best interest in mind. Some were recovery people, and some were good friends that I am learning to trust in my new season of life. This also showed me that I have a much stronger prayer and meditation connection in my life than I ever dreamed possible.

The biggest change that has strengthened my recovery is discovering that I can trust my H.P. more deeply than I had previously believed was possible.

Thank you for letting me share my experience, strength, and hope as we trudge this road to Happy Destiny.

Deeply Grateful to H.P.,



Anna Charirose L. (transforming into a butterfly... one step at a time!)

SILENT RETREAT AT THE PECOS MONASTERY

The silent retreat committee is excited to announce that registration for our CNMI retreat will be open soon. We're busy getting the brochure printed and distributed so be on the lookout at meetings and especially our website - www.aa-cnmi.org - for details and a registration form. Please consider checking it out this year. This retreat has been a great Northern New Mexico tradition for many years now, and we at CNMI are happy to be sponsoring it again this year. If you haven't been before, please consider checking in out this year. The retreat will be held October 26th to 28th at the Pecos Monastery in Pecos, NM. We'll have a speaker meeting on Friday evening, followed by 24 hours of silence, and a meeting Saturday night to break the silence. Sunday morning, we have another speaker meeting where we share our experiences of the weekend – they are

often very profound! The monastery grounds are beautiful and there are plenty of walking/hiking opportunities. Please help us spread the word by printing flyers from the website to hand out, or just telling people about the retreat. If you have questions about the retreat or would like to join our committee, feel free to contact me by phone at 281-3638 or email me at oetzelpatjack@q.com .

Pat O.

It's Not Too Late to Plan to Attend the WSBC!

What: OA's 2018 World Service Business Conference

When: April 23 – 28

Where: Embassy Suites Hotel in Albuquerque

Please don't miss the opportunity to participate in the World Service Business Conference. There are still a few volunteer positions to be filled, but this is not so much an appeal for help as a reminder about the privilege we in CNMI have to attend this event every year.

Volunteer help will be needed from Tuesday, April 24 through Saturday, April 28. OA meetings will take place from Monday morning, April 23, though Sunday morning, April 29.

To volunteer or to receive a copy of the conference OA meeting schedule please contact Mary S at 505-977-3445, or by email at broomstick2@gmail.com.

Public Information & Professional Outreach Report

On March 27, 28 and 29, -2018, CNMI had a booth at the National Association of Social Workers - New Mexico Annual Conference, held at the Sandia Resort and Casino. Attendance was 770: 700 registered participants and 70 exhibitors. We distributed literature to the participants and to interested exhibitors in the physical and behavioral health areas. We passed out 128 Professional Presentation Folders, 7 Young Person's Packets and 106 CNMI meeting lists. I would like to thank those who manned the booth, Dodie H., Mary S., and Linda Z. I think this was a great opportunity to spread the message to Social Workers and those in the physical and behavioral health areas so they could help the people they work with. I would suggest that we continue to make OA's message known at this venue.

Don J.

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

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

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

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.

New Fun and Fellowship Resource

The new *Twelve Step Within: Fun and Fellowship* resource is now posted online and is available for free download. What does it mean to live happy, joyous, and free? Enhance your recovery and encourage membership retention by using this Fun and Fellowship download, created by the Twelve Step Within Committee.

Find it online at: <https://oa.org/files/pdf/Fun-and-Fellowship.pdf>

Are You Stuck on Step 3?

This message is from the Twelve Step Within Committee(TSW), reaching out to those who still suffer and to address relapse and recovery.
Do you keep taking back your will?

<https://oa.org/podcasts>

Try OA recordings of virtual workshops on a variety of topics:

Topics include:

- Sponsorship
- Service
- Twelve Steps
- Twelve Traditions
- OA Literature
- Recovery from Relapse
- Tools of Recovery
- The Promises
- Interviews with OA members

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 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".