



CNMI NEWSLETTER

Volume No. XLIV Issue No. 6

Date: June 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 Six: Were entirely ready to have God remove all our defects of character.

Tradition Six: An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

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

July Newsletter Deadline: Friday, July 6, 2018. Please e-mail news, announcements, and recovery stories to oacnmi@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 oacnmi@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

Registration closes soon!

R3 Rocky Mountain Recovery

June 22 – June 24, 2018

Last day for registration is June 11, 2018

Held at Northern Arizona University in Flagstaff, Arizona

For more information please contact: 510-825-6959
Sponsored by Arizona Serenity in the Desert Intergroup

Overeaters Anonymous Las Vegas Summerlin Group

is sponsoring First Annual Recovery Retreat

"New Beginnings" July 20-22, 2018

Rancho Palos Verdes, CA.

For information call Cynthia (702) 242-8863.

Fall Region 3 Convention and Assembly

Acceptance is the Key

October 12-14, 2018

Hotel Elegante, Colorado Springs, Co.

For information contact oaholly18@yahoo.com

Pecos Silent Retreat - Exploring the Eleventh Step

October 26-28, 2018 at Pecos Monastery: Pecos, N.M.

For further information, please contact Pat O. at

281-3638 or www.oa-cnmi.org/pecos-retreat/

Meeting Updates and Changes



Fragrance Free Meeting!

Friday 11am meeting at Our Savior Lutheran Church

4301 Atrisco NW Newcomers Welcome!

Please contact: Carol Sm for information at 505- 221-4515.

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 oacnmi@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

Mysteries of the Intergroup Revealed

During a recent CNMI meeting we began the process of taking an Intergroup inventory, and the question arose as to the basic purpose and functions of an Intergroup. This is a very good question, and one I hope to address here without putting everyone to sleep!

An Intergroup is usually composed of several meetings in a geographic area which have come together to perform functions that which would be difficult or impossible for individual groups to manage on their own. Some examples include providing a newsletter, website and a centralized email account for enhanced communication among the

member groups. CNMI also offers a published phone number which is monitored by volunteers who answer calls, provide information, and give referrals to sources within CNMI, our region and the World Service Office.

An Intergroup will also offer fellowship and recovery opportunities through special events such as workshops and retreats. CNMI has gone a step beyond this by providing ongoing Twelfth Step Within programming which consists of a fifteen-week series of intensive step study sessions.

Our Intergroup also participates in public information and professional outreach activities, which help to carry the OA message to the public and to professionals such as physicians and other healthcare providers. A recent example of outreach to those in the behavior health field was our participation in the National Association of Social Workers statewide annual conference. CNMI members provided information to social workers, social work students, and to many of the 70 other exhibitors who were present at the event.

CNMI differs from many other intergroups in that our service area is very large, covering most of New Mexico and meetings in Durango, Colorado. Our Outreach Committee provides a channel of communication with groups outside the Albuquerque area and with individuals who are isolated due to distance, health reasons or lack of access to electronic communications. Visits have been made, and continue to be made, to groups in outlying areas.

We are also fortunate to have the resources to send delegates to the annual World Service Business Conference and representatives to the semiannual Region 3 assemblies. These events allow us to participate in the work of our Fellowship on a larger scale, and to have access to resources we are unable to provide on the group or intergroup level. (Watch this space next month for more on this subject!)

Meetings affiliated with CNMI select and send Intergroup Representatives to our monthly meetings, some now coming from as far away as Las Cruces and Deming. Arrangements can be made for other reps from outlying areas to attend remotely if desired. Reps participate fully in the decisions of the Intergroup and convey information back to their meetings.

If you've been keeping track, you can see that many dedicated members are working very hard to perform these functions for the benefit of us all. As Chair it is my very great pleasure and privilege to work with the people who make all of this happen. As Chair I also want to thank each of you for your financial contributions at the group level, much of which is passed on to CNMI to enable us to provide these services and to help support the work of our region and the WSO.

Intergroup meetings are held on the second Saturday of each month, and all are welcome to attend. Please join us and location can be found on the first page of this newsletter.

Mary S, CNMI Chair

From the Editor Reflections on Approval of WSBC Appeal Letter

I am very grateful for Overeaters Anonymous.

I was there during the question and answer period when the distinction between the general fund and the translation fund, along with many other clarifications, came up.

Over the years that I have been at WSBC, the financial health of WSO has been discussed regularly. I really wasn't ready to hear this part of the conference for a very long time because I was working on my own various health issues.

Now I find myself not only listening to the discussion but also realizing that I am concerned. Why am I concerned? I have a new understanding that there are many costs that go into getting the word out to the still suffering compulsive eater.

Where does the money come from? Our primary source of income is from 7th Tradition donations, from local group meetings, our regions, our intergroups, and national service boards worldwide.

Here are some facts from the OA *A Step Ahead* Newsletter for the Second Quarter, 2018:

"Did You Know? Contributions to the World Service Office in January 2018 totaled US\$79,832.32 This is the highest January amount on record and a 30 percent increase from January 2017. Thank you for your contributions. Together we can!"

"You may also know that we have a projected balanced budget of \$1.7million dollars for 2018."

"In recent months, the World Service Office has received copies of translations in German, Spanish, Dutch, Afrikaans, and Zulu!" Donations can be made to the Translation Assistance Fund to help pay for additional translations.

"These [Board of Trustees] committees are now meeting virtually, either by teleconference or videoconference, on a schedule set by each committee". This saves Overeaters Anonymous travel and expense money to be able to reach out to the still suffering compulsive eater.

These are a few examples of what the money can accomplish when we all carry the message to the still suffering compulsive eater.

The suggested donation of \$3.00 is a *suggestion* yet no one is turned away. We can each ask our H.P. how much to contribute.



Gratefully in recovery,
Anna Charirose

Group and Individual Donations to the World Service Office

Anna Charirose has made an eloquent appeal for personal and group support for the WSO. Following is a link to the Appeal Letter from the World Service Office asking that all OA groups consider taking up collections to be applied the general operating fund. This appeal is made in the face of increasingly tight budgets and the need for additional resources to help carry the OA message of recovery worldwide.

<https://oa.org/files/pdf/Appeals-Letter-18.pdf>

In the spirit of Tradition Four autonomy we in CNMI believe this is a matter for each group to consider in light of its own Group Conscience. These contributions are intended by WSO to be in addition to each group's regular 7th Tradition contributions, but this is also a matter for each group to decide.

There is also an ARC (Automatic Recurring Contributions) program through which individuals may sign up for periodic transfers of funds to the WSO. Please follow this link for details:

<https://oa.org/files/pdf/FAQ-ARC.pdf>

Thank you for doing your part in helping to support the work of the World Service Office.

Mary S

Public Information/Professional Outreach Committee

We need your help. On June 23rd, 2018, from 10 AM-5 PM, CNMI will be staffing a booth at the Albuquerque Civic Center for the "Convoy of Hope" which is a free event for the public. They will be giving away free groceries, hot lunches, they will have health services there, a Kids Zone, nutrition education, job & career services, family portraits, community services, veterans services, breast health services, haircuts and prayer. You will be signing up for a shift of 2 hours or whatever you want to help with. You will be handing out O.A. literature and reaching out to others

with the message of Hope to those who suffer with compulsive eating disorders. If you want to do this service, please contact Don J. at (505) 315-7940. Together we can make a difference in our community.



'Exploring the Eleventh Step' – The CNMI Pecos Silent Retreat - October 26-28, 2018

What better way to get ready for the end of year holiday rush than spending a contemplative, recovery centered weekend in the beautiful Pecos mountains? That's what many of us will be doing at the end of October. Will you join us? The monastery grounds are extensive and breathtakingly beautiful with Fall colors at that time of year; the weather has usually been very pleasant. We'll have fellowship and speakers at the beginning and end of the retreat with silence and contemplative activities in between. It's a wonderful balance in a wonderful setting. Sign up before early bird registration ends (August 15th) for the best rate and to ensure your place there.

Go to the retreat section of our website – www.oa-cnmi.org/pecos-retreat/ - to get further information, a copy of the brochure, and a registration form. If you still have questions, feel free to call.

In service, Pat O. retreat chair 281-3638

Reflections on Approval of WSBC New Business Motion Regarding Bariatric Surgery

During my years of attendance at the World Service Business Conference as a volunteer and as a delegate I've witnessed many instances of passionate debate over emotionally charged issues, but this year's discussion of New Business Proposal B was particularly striking to me. The proposal reads as follows:

Overeaters Anonymous has no opinion on bariatric (weight-loss) surgery. In the spirit of Tradition Three, we welcome to the Fellowship of Overeaters Anonymous those who have had the surgery and those who are considering it.

The proposal was sponsored by Central Jersey Intergroup in Region 7, and their rationale reads in part: "It has saddened members of our intergroup over the years that OA members and prospective members who have had or are considering the surgery are reluctant to share in fear of being judged by other members."

The point of view expressed in the relatively mild opposition to the adoption of the proposal was that our

Traditions address this issue adequately, and that the measure is redundant and unnecessary. So why was I so emotionally involved in this debate?

The answer is partly due to experience and partly due to proximity. During my time in OA I've known a number of people who have had bariatric surgery, and I've listened to their before and after stories in private and during meetings. I've heard their accounts of actual rejections by other members, and their ongoing fears of being judged. Whenever we discuss Tradition Ten (outside issues) in a meeting, I bring up the subject of bariatric surgery and our responsibility to refrain from making negative comments about this issue.

As to proximity, my position as a page placed me immediately adjacent to the "Pro" microphone area, where proponents of the proposal gathered to decide which of the many delegates desiring to speak would be selected to make the three allotted arguments in favor. Their passion for official recognition of the significance of this issue by the Fellowship and their elation upon its passage was something I've rarely experienced, and it still resonates with me today.

Mary S

My Bariatric Surgery

My top weight was 354 pounds. Part of the weight gain was from the steroids I had to take for rheumatoid arthritis, part from my compulsive overeating. It became harder for me to walk, to breathe, and my legs began to swell. Steroids make weight loss almost impossible. I decided to have bariatric surgery. My health was getting worse.

I thought of the surgery as a tool, not a cure. I know that I am a compulsive overeater. In the beginning, I was losing weight. I attended support meetings and OA. After three months, I began to gain. My life was turned upside down because my cat was dying of kidney disease. He wouldn't eat or drink. The only way he would drink was if I held a cup of water to his lips. He would only eat very small amounts of meat if I hand fed him. The only way I thought to deal with the pain was to eat sugar and high calorie foods. From May through September he lived with pain. He tried to leave and I begged him to come back because I wasn't ready for him to go. I gained 20 pounds in 6 weeks. It took me almost 3 months to lose it. I had to remind myself that I needed to get into program. The surgery didn't stop me from eating compulsively, OA does. I am an addict.

It has been three years. I am now 215 pounds and still have 40 pounds to go. I am thankful for OA. I don't think I would be here without it. Grateful for recovery and blue sky. Anonymous

What Service Means To Me

Hi everyone. My name is Taylor, and I am a compulsive overeater (COE) in recovery and the Secretary for the Saturday surrender Meeting in Albuquerque. I came into the OA rooms in 2005, and have let go of and kept off 60 pounds over that period of time with the help of OA, my HP and service! More importantly, I have become a more purposeful, more joyful, and more spiritual person thanks to this wonderful program!

One of the key ways I have continued to grow as a COE and a human being is through service. Service is where I finally let HP contact me directly, and it is usually with a clear message that I have a lot of growing and learning still to do!

One of the things I realized relatively early in recovery, was that I had grown very big in a very small world. My concerns, my fears, and my ego were everything to me, and seemed like very important things to be constantly obsessed with. They had crowded everything else out, making it pretty hard to see around them and grow as a human being. Once I got into a fairly regular program of recovery, I began to take on some service, thinking I was so amazing and would show all those old timers what was what! What they did, was introduce me to myself, and it was not always pretty. As a meeting leader, Meeting Treasurer, Intergroup Rep, and Intergroup Treasurer, I tried my best, and often managed to do some good. Each one taught me something new about myself: I learned I was very hard-working, dedicated, and creative I also learned I was overly opinionated, argumentative, easily wounded, compulsive, and unreliable. Luckily, most COEs are really kind and understanding people, and they were patient as I confronted my character defects one by one (or sometimes in a herd!) My sponsor reminded me that I could do a 6th and 7th step every time HP showed me a new CD, and I always finished my prayers with "progress, not perfection." Amazingly some of CDs have lifted, while my strengths have deepened, all through OA service.

Service means to me, growing in my recovery with good work that I know is helping others. What is amazing is how deep and wide the changes have been. The skills and qualities I have developed in OA service are gold in my bank, and I draw upon them regularly in my work, personal, and recovery lives. This program is about always growing, always striving, and reaching to touch the hand of God in the form of the suffering compulsive eater. Service gives me the opportunity to be right there, always reaching out.

Taylor in recovery,
taycdc@hotmail.com

Searching for OA Recovery/Relapse Stories

For me the OA Newsletter is not just about facts and figures. This is a forum for encouragement, building each other up and sharing our experience, strength, and hope. If this fits with what you like to read about please send the your stories of recovery/relapse to oa-cnmi.org.

