



CNMI NEWSLETTER

Volume No. XLIV Issue No. 7

Date: July 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 Seven: Humbly asked Him to remove our short comings.

Tradition Seven: Every OA group ought to be fully self-supporting, declining outside contributions.

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, August 11, 2018. Everyone is welcome at all Intergroup and Committee meetings!

August Newsletter Deadline: Friday, August 3, 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

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

Recovery is the Key

October 12-14, 2018

Hotel Elegante, Colorado Springs, Co.

For information contact oaholly18@yahoo.com

Pecos Silent Retreat sponsored by CNMI

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

Monday Night 7:00 p.m. Meeting Temporary Location Change July 23 Only!

Central United Methodist Church
201 University Blvd., NE

West side of University 1 block north of Central Avenue. Park in the lot nearest University and enter through the door adjacent to that lot. If the door is locked call the posted phone number for entry.

Please contact: Mary S (505-977-3445)

Please
Read
me!!

New Meeting!

Tuesday 12:30 PM

Heights Club

8520 Marble Avenue NE in Albuquerque, NM

Rotating Format

Please contact: Claudia H. 977-9297

Saturday 9:30 a.m. Durango, CO

Location Change

Christ the King Lutheran Church

495 Florida Road

Please contact: Heather, 970-769-2739

Saturday Gallup, NM

Meeting is **CLOSED** for now.

Please contact Elizabeth at 505-721-9208

if you would like to attend a meeting in Gallup.

Groups Stay Up to Date

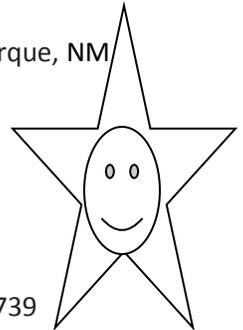
Groups can now register and update their meeting

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 Region 3, The Place to Be

Last month I wrote about the function and structure of our intergroup, and I promised to move on to discuss our region and the World Service Office. Meanwhile I realized that both these entities merit an article of their own, so let's take a look now at our place in the OA region service structure.

CNMI is part of Region 3, one of eleven OA regions worldwide. Until the 2018 World Service Business Conference there were ten geographic regions, but this year the delegates approved the addition of an eleventh Virtual region in recognition of the growing importance of this aspect of OA recovery. Please see below for a guest article from OA's Virtual Trustee, Dora P, for more information about the Virtual region.

Region 3 covers a seven state area including Oklahoma, Texas, Colorado, New Mexico, Utah, Arizona and Nevada except for the Reno/Lake Tahoe area. Also included are small areas in Nebraska and Wyoming. You can follow this link to a color map of the ten geographic regions.

<https://oa.org/wp-content/uploads/2015/11/Region-Map-2015-V2-COLOR.jpg>

A region lends support to groups and intergroups within its boundaries in many ways, including logistical assistance and financial backing to service bodies hosting region conventions and assemblies, and financial assistance to defray expenses for sending representatives to region assemblies and delegates to the WSBC. The region also provides speakers at no expense to conduct Service, Traditions and Concepts workshops, and workshops on other topics that may be identified from time to time. Each region has a chair, elected at the region assembly, and a trustee whose candidacy is affirmed at the assembly and is elected by vote of all the delegates at the WSBC. These trusted servants, along with other members of the region steering committee, provide invaluable assistance to intergroups as questions and situations arise.

Regions also contribute financial support for the work carried out by the World Service Office. This was especially notable this year when our Region 3 delegation placed a check for \$10,000 in the 7th Tradition basket at the WSBC, an amount approved by the representatives only two weeks earlier at the spring Assembly.

CNMI is fortunate to be able to send one or two representatives to each semi-annual assembly. While there they participate in conducting the business of the region, and they have the opportunity to exchange information with other representatives and with the Region 3 Trustee, who is in a position to take our concerns back to the Board of Trustees and to assist the region and its intergroups in preparing new business motions and amendments to the OA, Inc. bylaws for consideration at the WSBC. As our region

reps perform this service they grow in their own recovery, enhancing the value of their contributions to the work we do here, both at intergroup meetings and in all their affairs as members of the fellowship.

Mary S
CNMI Chair



New OA Virtual Region

One night I was desperate and was looking for help. Someone told me about OA, but there were no meetings where I live here in Brazil. Then I heard about virtual meetings, but I didn't have internet. Once I got internet at home I went to my first meeting, became abstinent, and my life has become a miracle ever since, one day at a time.

I believe in recovery through virtual meetings. I need these meetings and I am sure that they have opened the door to lots of other compulsive overeaters. Since I believe in these meetings and need these meetings for my recovery I need to help these meetings continue to be here for me and for all compulsive eaters. A compulsive eater who is alone eats, but meetings with other compulsive eaters make one stronger! This is why we need virtual intergroups to help the virtual meetings become stronger, and each meeting can give and receive help from another meeting.

Today the OA virtual world has more than 500 meetings. There are many phone and online meetings, and many miracles happen at these meetings. Now we need to work with the land based meetings to decide how we will work together.

I am the third person to serve as Virtual Trustee, but I am the first to serve as the trustee for the new Virtual Region. Two years ago a virtual conference committee began its work to prepare a for the new region. It was amazing!

We began a website www.oavirtualseervices.org that has now become our region's website. The committee has a newsletter which in the future will become our region's newsletter -- VSCC NEWS which you can find at the region website. The virtual conference committee continues to work on many other projects to help OA as a whole.

Since the Virtual Region began this year at the WSBC we have a temporary chair who is working to create bylaws and to organize the first region assembly. We also have a new treasurer, and many other great things are happening!

What will happen with the new region and with the virtual conference committee? We don't know, but it's all happening to help OA as a whole. It's about extending our hands.

I finish with our **Responsibility Pledge**: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." Whether we are virtual OA or face to face OA we are together, and we are OA!

Dora Prolungatti
OA Virtual Region Trustee
virtualregiontrustee@gmail.com
Phone: +5521 988422521

See also Dora's article, [Virtual Region to Become a Reality](https://oa.org/files/pdf/asa-q3-2018-bw.pdf), in the *A Step Ahead* newsletter, Third Quarter 2018: <https://oa.org/files/pdf/asa-q3-2018-bw.pdf>

From the Editor

There are continuing to be changes in my life, so I thought that the wisest use of this article is to share that when I practice Step Seven I am asking my H.P. to do His part in removing my shortcomings.

Earlier in my recovery I did not understand that I could take my character defenses to my Higher Power and actually have a discussion not only of what was bothering me but also to ask for help from a spiritual source about what I could not remove using my own abilities.

Step Seven to me is about acknowledging that I have a part in the relationship with my H.P. and my H.P. has a part in this relationship as well. For if there is not a two way street with my H.P. then how can I truly be in a reciprocal relationship that has a spiritual connection?

I am learning so much about the importance of respect and give and take in all of my relationships in 2018.

As some of you know, my mom came to visit for a week. I really enjoyed our time together! I did a lot of observing and a lot of reflecting. She is getting up in years and soon will be turning 88. I am really grateful that I surprised her with informal birthday party!!

I was able to keep an open mind and to learn a lot. I have come away from this amazing experience with my mom understanding even more the privilege of prayer, the need for the Eleventh Step prayer, and the need to be in constant contact with my Higher Power.

Grateful to be in recovery, Anna Chariose



CNMI Service Opportunities

While it may seem like ages from now, CNMI elections for board members and committee chairs will be held in October, and a number of positions will be open.

These include:

CNMI Chair
CNMI Secretary
World Service Business Conference Delegate
Region 3 Representative
Intergroup Rep Support Committee Chair
Electronic Communications Chair
OA Young Person's Chair
Special Events Co-chair and
12th Step Within Chair.

Most of these positions are currently filled and some who are currently in office may choose to run again (at the time of this writing, the nominating committee had not yet contacted those who are eligible to run again to see if they are willing). However, please consider running for any of the positions in which you are interested or encourage your friends and sponsees to consider service to our intergroup. The abstinence requirement for Chair and Secretary is 6 months current abstinence, for the WSBC delegate and Region Rep is 1 year and for committee chairs, 3 months.

For more information about Board and Committee Chair positions, please contact me at picardysmom@yahoo.com or 505-730-6788.

In service
Kathy M
CNMI Nominating Committee Chair

Fall Silent Retreat at the Pecos Monastery

Don't forget that we (CNMI) are sponsoring a silent retreat at the Pecos Monastery in Pecos, NM on the last weekend of October (26th -28th) again this year. Go to our website: www.oa-cnmi.org and look at the last menu tab for full information, a brochure, registration form, and pictures. We hope you will consider joining us this fall.

Our planning committee is busy looking for new craft ideas (we'll bring back old favorites, too), mapping routes for guided walks, and engaging speakers – all so that we can come together in love and fellowship to discuss and ponder the mysteries of the Eleventh Step. We'll have a 24 hour period of silence with fellowship and processing before and after that time. Of course, if you like, you can maintain silence for the entire weekend.

For those of you who came last year and were cold, know that the monastery has now installed permanent wall mounted heaters in every retreat room so there shouldn't be any heating issues this year.

Early bird registration closes in mid August, so check us out now while the price is still at a reduced rate. If you have

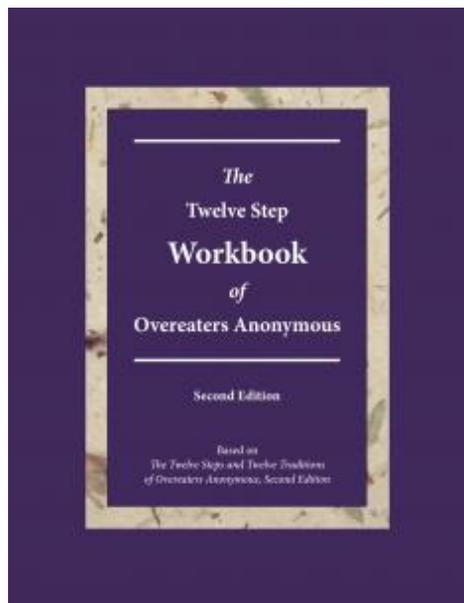
questions, need assistance of any sort, or just want to talk about the retreat feel free to call me at 505-281-3638.

Hope to see you in the Fall!

Pat O.

Retreat Committee Chair

NEW and UPDATED!
Twelve Step Workbook, Second Edition



The new *Twelve Step Workbook, Second Edition* is now available. Composed of questions based on OA's keystone book—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*—this new workbook has updated references, including page number references, to the new *OA Twelve and Twelve, Second Edition*. PLUS: The full list of questions found in the Step Four chapter of the new *OA Twelve and Twelve* are presented in the new workbook, all in a single, comprehensive workbook. Find the new *Twelve Step Workbook, Second Edition* (#992) in the OA bookstore. Also available from the OA bookstore as a downloadable, interactive PDF e-Workbook.

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 your stories of recovery/relapse to oaacnmi@gmail.com.

WSBC 2018: Six Days of Group Conscience

More than 180 delegates from around the world gathered in Albuquerque, New Mexico USA for OA's 57th annual World Service Business Conference this April 23–28. Seventeen countries were represented: Australia, Austria, Brazil, Canada, Costa Rica, England, Germany, Greece, Ireland, Israel, Mexico, New Zealand, South Africa, Spain, Sweden, USA, and Venezuela...

See the full article in the *A Step Ahead* newsletter, Third Quarter 2018:

<https://oa.org/files/pdf/asa-q3-2018-bw.pdf>

Now OA Has a Spanish Language Service Board!

It got formed! The Spanish Language Service Board is now a service body to help all Spanish speaking groups and intergroups. We are members of countries with groups that meet in Spanish, including Spain, Mexico, Costa Rica, Argentina, Venezuela, Colombia, USA, Chile, and others. We have joined to serve our needs and answer our questions...

¡Ahora OA Tienen una Junta de Servicios del Idioma Español!

¡Se formó! La Junta de Servicios del Idioma Español es ahora un cuerpo de servicio para ayudar a los grupos e intergrupos de habla hispana. Somos miembros de países con grupos que se reúnen en Español incluyendo a España, México, Costa Rica, Argentina, Venezuela, Colombia, EU, Chile y otros. Nos hemos unido para resolver nuestras necesidades y preguntas...

See the full article in the *A Step Ahead* newsletter, Third Quarter 2018:

<https://oa.org/files/pdf/asa-q3-2018-bw.pdf>

OA Endorsement

I have served in teaching, counseling, and nursing capacities in the health professions for more than forty years. I received a solution in Overeaters Anonymous, and I have had the opportunity to point others to the OA way." —N. J., R.N., M.H.S

Reprinted from the OA *Courier* newsletter

Did you know that OA is in over 80 countries worldwide!?