



CNMI NEWSLETTER

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Date: August 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 Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition Eight: Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

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, September 8, 2018. Everyone is welcome at all Intergroup and Committee meetings!

September Newsletter Deadline: Friday, August 31, 2018. Please e-mail news, announcements, and recovery stories of 500 words or less 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

OA Sponsorship Day Workshop!

Creating a Strong Relationship with a Sponsor
When: 2-4 p.m., Saturday, August 18, 2018
Where: Central United Methodist Church
201 University Blvd. NE, Albuquerque



What: Skits, Questions and Answers, Panel Discussion, and Networking!

Contact: Cynthia D. (503) 754-0972

Cost: Suggested optional donation of \$5

Public Information Service Opportunity!

Albuquerque Celebrates Recovery

When: September 27, 2018 10a.m.-2p.m.

Where: Civic Plaza in Albuquerque, N.M.

If you would like to help contact Don J. at (505) 315-7940.

See article on page 4.



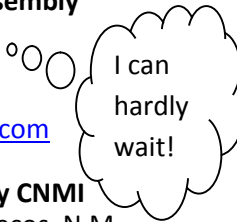
Fall Region 3 Convention and Assembly

Acceptance is the Key

October 12-14, 2018

Hotel Elegante, Colorado Springs, Co.

For information contact oaholly18@yahoo.com



Pecos Silent Retreat sponsored by CNMI

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

For further information, please contact Pat O. at 281-3638 or see www.oa-cnmi.org/pecos-retreat/

Meeting Updates and Changes

NEW MEETING IN DEMING, NM!

Thursday 2:00 PM

Deming Senior Center

800 South Granite Street

Contact: Erin R. (760)447-7474



RECENTLY ADDED!

Tuesday 12:30 PM

Heights Club

8520 Marble Avenue NE in Albuquerque, N.M.

Rotating Format

Please contact: Claudia H. 977-9297

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

The World Service Office – Right in Our Own Back Yard!

During the past couple of months I've written about the structure and function of our intergroup, CNMI, and about the OA regional service structure and our place in Region 3.

Now it's time to move on to the World Service Office (WSO). This is a large topic for one not-so-long article, so I'll summarize as best I can.

As you probably know, the WSO is in Rio Rancho, and a key to understanding its role is the word "Service". The WSO does not make policy or determine how the fellowship operates, since this is the role of the World Service Business Conference (WSBC) which in turn has "...entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous."¹ Under the direction of the Executive Committee of the Board of Trustees the WSO and its paid staff provide services and support to the regions, service bodies and the membership as a whole.

Examples of these services include organizing major events such as the annual WSBC and periodic World Service Conventions. The WSO maintains the oa.org website where members can access an amazing array of OA information including listings of all registered OA meetings, both face-to-face and virtual. The WSO staff also provides support to the Board of Trustees, maintains the historical archives, and keeps the membership informed about new developments via the website and email news bulletins. (You can sign up to receive these by clicking on News Bulletin Sign Up at the oa.org homepage!)

The WSO also handles public information activities on the national and worldwide levels, manages financial operations, and oversees the production, sale and distribution of OA literature and the *Lifeline* magazine.

With respect to the oa.org website mentioned above, a great place to start a search for information is at the Documents page, <https://oa.org/documents/>. Some very useful resources include the Ask-It Basket and Archive, Group Secretary Materials, Group Support, Group Treasurer Materials, Guidelines on a vast array of subjects, and Register/Change Meeting Forms. This is only a partial listing of the goodies you can find there!

Finally, the pamphlet *OA Handbook for Members, Groups and Service Bodies* is a wonderful resource for additional information about OA's service structure and how each of us can fit into the picture. Copies have been provided to all current CNMI board members, committee chairs and intergroup reps. Copies may be available for purchase at your meetings for \$2.25 each and can be ordered by phone or online from the WSO bookstore. If you purchase a copy at your meeting, please be sure to check the back cover for the 2015 copyright date. As a special bonus the first 5 people to call me at 505-977-3445 to request a copy will be sent one for free!

Mary S
Chair

¹Quoted from "The Twelve Concepts of OA Service" at the oa.org website © 2018 Overeaters Anonymous, Inc.

From the Editor

Since the Sponsorship Workshop is coming up later in August, I thought I would share experiences I have had with being a sponsor. When I was first told that I was ready to sponsor I was unsure of myself. I have had mostly good experiences with the sponsees over the years. There were two interesting situations that I learned a lot from while I still lived in California.

The first one involved a young lady who talked a lot and was convinced that I could help her. So, I said "okay, let's try".

At first, I was spending a lot of time on the phone with her, upwards of 1-1/2 hours at a time. We seemed to be making progress. However, the longer I worked with her I noticed that I was becoming exhausted. As time continued, I not only was worn out, but I started to physically shake after getting off the phone with her. I am not sure how long this went on, but I finally decided to ask other people in the program how long they spent with their sponsees. I got quite a range of answers from 15 minutes to 45 minutes.

When I mentioned that I was spending at least an hour with this one person, suggestions were given as to how to set boundaries. One of the suggestions was to either cut the time in half or consider not working with this person anymore.

After speaking with my Sponsor, I realized that I was no longer able to help this person without hurting myself.

I had to write out the things that were working and not working. I ended up stating three positives about how hard she had been working with me and the main reason why I was letting her go (health reasons). The conversation was not easy, but I did it!

The other sponsee I had been working with was also draining my energy quite a bit but in a different way. I also let this young lady go saying she needed to work with someone else because I had other issues going on in my life and I couldn't be of service to her in a way that was healthy at that time for me.

I am very excited in 2018 to have a new sponsee in my life who is taking responsibility for her program, choices, and step study which is very encouraging to me. I look forward too many more years of positive experiences with sponsees in the present and future.

Grateful to be in recovery, Anna Charirose



CNMI SERVICE OPPORTUNITIES

CNMI ELECTIONS

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 Representative
Electronic Communications Coordinator
Intergroup Rep Support Committee 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 now in office may choose to run again. Whether they do or not, please consider throwing your hat in the ring for any of the positions in which you are interested. Also, please encourage your friends and spouses to consider service for our intergroup.

The qualifications for these service positions are as follows: the abstinence requirement for the WSBC delegate and Region Rep are 1 year of current abstinence, for the Chair and Secretary is 6 months current abstinence, and for committee chairs, 3 months current abstinence. In addition, World Service Delegates must also have a minimum of 2 years of service beyond the group level and Region Reps must have a minimum of 1 year of service beyond the group level.

Job descriptions for all CNMI service positions are now available on the CNMI website under Service Opportunities, so please look these over and see what position piques your interest! My experience is that service is great for my program. Please contact me at picardysmom@yahoo.com or 505-730-6788 with any questions or to express your interest in running for a CNMI service position. I look forward to hearing from you.

In service
Kathy M
CNMI Nominating Committee Chair

SILENT RETREAT EARLY BIRD SPECIAL CLOSING SOON



Reduced early bird registration fees for our Silent Retreat at the Pecos Monastery on the last weekend of October will end August 15th. Don't let the deadline go by without your registration. Check the last menu tab on our website: www.oa-cnmi.org for a brochure with complete details and

a registration form. The retreat is an annual event that many of us look forward to every year for the peace, the beauty, and the opportunity to do some concentrated, deep, recovery work. This year's theme is "Exploring the Eleventh Step" and promises to be a well-rounded event with (optional) guided hikes, arts and crafts, and scheduled time for fellowship and processing as well as 24 hours of 'corporate silence'. Feel free to call me if you have questions about the retreat. See you there!

Pat O. 505-281-3638.

THE MANY REWARDS OF GIVING SERVICE

Over the years I've been in program I've held a lot of different service positions and learned so much in each one. For me, the rewards of giving service are many including: increased self-confidence, more developed people skills, and deepening friendships, not to mention the fact that sometimes honoring a service commitment was the only thing that kept me 'coming back'. However, recently I've experienced some unexpected perks from my service, especially regarding my time as website manager for CNMI.

My family is having a big reunion next year and as chair of the reunion committee (I'm the 'elder' of the group!), I offered to develop a website to keep everyone up to date on what's going on. I've been having a blast developing it and adding picture pages of my parents and other ancestors as well as pages for each of my siblings and their kids, grandkids, and great grandkids. So, not only am I having some great creative fun while helping family members connect, but last week at a BBQ, I heard a grandson brag about how 'tech savvy' his grandmother is and last night I got an email from one of my nieces in Ohio saying how impressed she is with our reunion blog/website and the fact that I had the skill to create it.

In past years, I have experienced grandkids and other young people assume that because I am 'old' and 'old-fashioned' I couldn't possibly know anything about technology. It's been very enjoyable for me to surprise these kids with my tech skills. And truthfully, if we hadn't needed someone to learn how to update our CNMI website, I never would have learned anything about website building. If it weren't for OA I wouldn't know half of the tech stuff I do. I've had to learn all about emailing and conference calling and Excel, Word, and other tech issues if I wanted to fill the service positions that I have filled. And I use those skills in many other areas of my life today.

I'll be setting up video meetings with my family committee members in Ohio – and I'll have to teach a few of them how to do it – that'll blow them away! It occurs to me, too, that heading up this reunion effort is similar to working on the region convention planning committees over the years. It's a year-long process of planning a fun and inspiring

gathering for about 100+ people. That's what I'm doing now, and I know how to do it because of OA service work.

Working service positions in OA is just like everything in 12 step work. It is 'one day a time'; building new skill sets one shaky step at a time; and waking up one day to the realization that over the years I've grown in so many ways, learned so many new things and live a much better, fuller life for having been an active member of this fellowship. I recently celebrated 24 years in OA and I thank God every day for the graces I've received here. 'Keep Coming Back, it works when you work it and you're worth it!!'

Gratefully, Pat O.

Albuquerque Celebrates Recovery 2018

This will be the second time CNMI has participated in this event, which offers services to people who are suffering from addictions. We will setup our booth and pass out OA literature to those who are interested in our program of recovery and to other exhibitors who can use this information in their work with their clients. However, we need your help to staff the booth. The date, time and place are as follows: Thursday, September 27, 2018, 10 a.m. – 2 p.m. at the Civic Plaza. If you would like to help contact Don J. at (505) 315-7940. This is a great opportunity for service. Hope to see you there.

You Too Can Facilitate A Twelfth Step Within Workshop

You might be familiar with Twelfth Step Within workshops, or maybe even participated in them. They are fifteen-week (formerly thirteen week) workshops where, as a group we study all twelve steps by reading from a variety of OA and AA literature, writing, sharing and working the steps! It doesn't work for everyone, but for many it's a transformative part of their OA journey.

What you might not know is that anyone with a willingness to serve, strengthening their own program in the process, can facilitate a workshop. Because this format is so dear to me, I've been the official or unofficial Twelfth Step Within coordinator for over ten years. During that time other folks have facilitated workshops and one meeting even used our previous format as their regular meeting format. However, I've been the facilitator for the large majority of workshops during that time and I'm afraid it's given the impression that it's something that "Frank does". Not so!

To have a Twelfth Step Within workshop requires just a few things: (1) finding a suitable location to hold the meetings, (2) making the fellowship aware of the workshop time and location, (3) securing the required literature, collecting a seventh tradition to pay expenses and (4) being absolutely committed to showing up every week. The good news is you're not alone - I'll be glad to help you with these things (except with the commitment to show up every week -

you're on your own there). This is a service that will absolutely, positively improve your program!

There is a special need currently as we typically have at least two workshops a year, but health issues make that impossible for me to facilitate one this fall. If someone steps forward, it will help keep the Twelfth Step Within program vibrant. This is open to all, but it would be an especially good fit for someone who's been through the workshop since we've switched to the "green book" from World Service (2017 and 2018).

Pray about it and discuss it with your sponsor. Is this the service opportunity that will strengthen your program beyond your wildest dreams?

- Frank L, Twelfth Step Within Committee

Exciting News from Carlsbad!!!

The Carlsbad Wednesday 6:15pm meeting has started moving toward becoming a "hybrid" meeting. This means they are testing a format that allows call in members while others are meeting face-to-face. So far members from Albuquerque, Tijeras, Cedar Crest, Los Lunas, and Belen have participated. Look for more details on their progress soon!!

Men's Virtual OA Meetings

We continue to receive more information about men's meetings. To see the latest please visit the CNMI website at <http://oa-cnmi.org/meetings/men-only-meetings/>.

What's New?

Here's a reminder to check the oa.org website for new and updated information. Just click on the What's New box at the homepage, or follow this link:

<https://oa.org/whats-new/>

Recently posted items include the updated *Been Slipping and Sliding? A Reading and Writing Tool*, the new *Public Information (PI) Resource List*, and the revised *Guidelines for Translation of OA Literature and Materials*.

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 oaenmi@gmail.com. In order to make room for more stories please limit your submissions to 500 words or less.

Anna Charirose, Editor