



CNMI NEWSLETTER

Volume No. XLIV Issue No. 10

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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 Ten: Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition Ten: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Intergroup Meeting

Your Intergroup usually 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 November 10, 2018. Everyone is welcome at all Intergroup and Committee meetings!

November Newsletter Deadline: Friday, November 2, 2018. Please e-mail news, announcements, and recovery stories of up to 500 words or less to oa-cnmi@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 oa-cnmi@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

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/

Please take note that the registration for the retreat has been extended to October 13, 2018! See article on Page 3.

I.D.E.A. Day (International Day of Experiencing Abstinence)

Sunday, November 18, 2018

Time and Location TBA

I.D.E.A. Day is coming to your area soon!! Please set aside November 18 on your calendars, smart phones, iPod, etc. This is going to be an exciting Special Events opportunity you don't want to miss!



The Carlsbad Wednesday 6:15 p.m. has become a Hybrid meeting, where members can attend in person or by phone! Members within the Central New Mexico Intergroup may call in on 1-605-562-0400 and provide the code 6412751# when prompted. This information will also be featured in the CNMI meeting list beginning this month. For additional information contact John R. at 432-250-5439.

The Saturday 2:00 p.m. meeting in Carlsbad has been closed.

New Address for the WSO!

The World Service Office has a new post office box for all correspondence, including contributions and *Lifeline* magazine. The old post office box will no longer be used. The new address is:

World Service Office

PO Box 44727

Rio Rancho, NM 87174-4727

With the rise of digital communications, the WSO receives a fraction of the paper mail it used to, and the large-sized box that we used for decades is no longer needed. The change, first suggested by a delegate to World Service Business Conference 2018, will sharply reduce this annual expense in the world service budget.

Please make note of this change which will be of particular interest to group treasurers in submitting 7th Tradition donations.

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. Thank you.

From the Chair

10th Stepping to Recovery

Fall is my favorite time of year, with the amazing quality of the sunlight, the lovely scenery and the generally agreeable weather making me feel invigorated and up to every challenge. When I think about invigorating my program my mind always turns to Step 10 and to what the regular practice of a written daily inventory has done for me. So with your indulgence, I've asked that this article from the June 2017 newsletter be reprinted here.

Recently Step 10 has come up frequently in conversations with sponsees and others, so it occurred to me that the time is ripe to write about this. For many years I was satisfied with the "spot check" method, but I was deluding myself. It really wasn't so much an inventory as a rehashing of some troubling incident which had occurred during the day. If there was no troubling incident there was no "inventory". Somewhere along the line I came to understand that true recovery meant delving deeper and giving serious consideration to all the events, actions, thoughts and feelings that come up as I go along.

So I set up a simple spreadsheet with a bunch of prompts and plenty of space to write as much or as little as required. Every evening I now have the opportunity to reflect on how I've thought, felt and behaved, and how I can do better. These are the topics I've identified for consideration: Pride, Fear, Anger, Self-Pity, Dishonesty, Greed, Rudeness, Food Behavior, Outreach, Other, and Amends Due. Sometimes I have nothing much to report, other times the writing is extensive. Many times, I reflect on the successes I've had in not becoming angry, avoiding rudeness, or defusing anger. I try to make amends on a daily basis, but sometimes it's only when I've completed my inventory that I realize I have caused harm to someone else.

The Outreach category reminds me to reach out to at least one person I wouldn't otherwise be in touch with during the course of the day. It might be a phone call, a text, an email message, or an act of kindness.

At the recent Region III Convention in Dallas I heard for the first time about the A, E, I, O, U, Y method of working the 10th Step:

A: Have I been **A**bstinent today?

E: Have I **E**xercised today?

I: What have I done for myself today?

O: What have I done for **O**thers today?

U: Am I holding on to **U**nexpressed emotions today?

Y: **Y**eah! What is something good that's happened today?

I love this as a reminder to accentuate the positive, but for me attention to what's right and what's wrong in my life must be evenly balanced. Just as with many other things in OA, I believe the only wrong way to work Step 10 is to not work it at all!

Mary S

From the Editor

This month is all about Step Ten: *Continued to take personal inventory and when we were wrong, promptly admitted it.*

I like the idea of what Mary shared about the A, E, I, O, U, and Y. I first read about this way of taking a Tenth Step at the WSBC some years back. I even bought a journal with this focus.

Maybe now that my life has settled down into some dependable peace and quiet I can again reconsider writing in this journal.

I am very conscious about my actions and behaviors as a part of my recovery process. Especially after the events of the last two years of my life.

So even though I cannot say that I have taken a formal Tenth Step inventory recently I know that I have been an emotionally and mentally active participant in this process, and will continue to work with my Step Sponsor.

Grateful to be in Recovery! Anna Charirose



Albuquerque Celebrates Recovery 2018

OA Outreach Event

What a privilege it was to represent Overeaters Anonymous At the Albuquerque Celebrates Recovery event held at the Civic Plaza on September 27. There were 74 vendors at the event representing a wide range of services related to recovery. Our booth is quite handsome which is a fitting testimony to the value we place on our program. Don J. did a great job getting it set up and supplying literature. Five OA members staffed the table during the 4-hour event. Almost all of the literature on the table was distributed to hundreds of interested attendees.

The highlight of the experience for me was talking to one young man in particular. He said he weighed 430 pounds and was desperate to lose weight. I explained our program to him, gave him some literature and a meeting list and invited him to attend the Monday night meeting as he works during the day. He had tears in his eyes when he thanked me and said he would plan to attend the meeting.

Please ask your Higher Power to send the gift of willingness to him so he, too, can be blessed with what OA has to offer.

In gratitude,
Dodie H.

Bylaws Committee Update

After an extensive review process, we have finished a final draft of the CNMI bylaws to be submitted at the October CNMI intergroup meeting. If that body approves, we will send an electronic copy of the final draft to the Intergroup Rep. or contact person for every CNMI meeting asking them to make sure their meeting members have access to it. So that all members of the fellowship will have ample opportunity to review the changes that we are proposing, we will also post the final draft on the www.oa-cnmi.org website. Look for it (after October 6th) and review it.

If approved, the draft will be presented without change for approval at the CNMI meeting on November 10. Anyone who has questions or concerns is welcome to call me at 505-281-3638. All comments received will be presented to the CNMI members present at the meeting prior to the vote. You are welcome to come (or send your Intergroup Rep. with comments) to the November intergroup meeting to voice your concerns.

In service, Pat O. secretary of the bylaws/policy committee

CNMI Silent Retreat Registration Extended!

If you've missed the opportunity to register for the Pecos Silent Retreat we're happy to inform you that we have extended the deadline until Saturday, October 13.

Plans for the weekend include meetings with speakers, sharing, and 24 hours of shared silence. There will be optional contemplative activities all weekend. The Pecos Monastery grounds are lovely and ideal for gentle walking or vigorous hiking, and there will be plenty of time to rest in your room if you like. The retreat begins Friday, October 26th with registration opening at 3 PM. We will wrap up by noon on Sunday the 28th.

A copy of the retreat brochure and registration form can be found at the oa-cnmi.org website under Pecos Retreat. Please be sure your registration is received no later than

October 13th so we can give the Monastery our final count. If you have any questions, please contact Jane V. at 505-980-9162 or Pat O. at 505-281-3638.

We're looking forward to seeing you in Pecos!

Exciting News from the WSO! A New Resource for Members and Newcomers

The new "What Is OA About?" page is now posted online. This page is the result of the 2018 Strategic Plan Subcommittee's goal to create a downloadable, translatable newcomer packet.

Find it online in the Newcomers section. Here is the direct link: <https://oa.org/what-is-oa-about/>

Newcomers -- and anyone interested in learning more about OA -- can jump in with the new *What Is OA About?* page. Beginning with the OA Preamble, including links to many OA website resources, and ending with a prompt to attend a meeting (or six), this resource is designed as an easy-to-use, easy-to-translate introduction to OA. Visit the *What is OA About?* page on oa.org and click "Select Language" to use Google Translate to see the information in a non-English language.

Please share the news of this resource with your OA sponsees, friends and people at your meetings.

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*.

Dignity Size

"Hasn't this been our greatest problem: truly committing ourselves to refraining from compulsive eating on an ongoing basis? Full of determination, we are great in the short run; but when the 'everydayness' begins to set in, we lose interest...a diet is something temporary...In *Overeaters Anonymous* we believe in abstaining every day, one day at a time. --A Commitment to Abstinence, p.1" (*Voices of Recovery*, June 30, p. 182).

This reading reminds me of where I am and how desperate I can get. Out of desperation and many failures, I am following the food plan I resented most. How unfair that I had to do more than I should or wanted to do to maintain abstinence! This disease is unfair. My best thinking got me nowhere. I was always wrong.

I didn't [want](#) to settle for on-and-off again abstinence, so I stayed away from the rooms for years and was miserable, longing for long-term relief but wanting the easier, softer way. I was physically, emotionally and spiritually unwell. I had to stop running.

My food plan is nutritious. I no longer eat CRAPs (Caffeine, Refined carbs, Alcohol and Processed foods) or my old favorites sugar, flour and wheat. I eat every four to five hours, three meals a day, plus a bedtime snack. I weigh and measure everything. A reasonable portion to me is a small elephant! I often dismissed this plan as impossible, but when God is included, nothing is impossible. This plan is sometimes bothersome but life saving. It frees me to concentrate on recovery's other areas. Wearing an "elephant junior" size makes for a tortured soul, but feeling satiated in a "dignity" size frees me.

I always failed diets. Dieting is dangerous and leads me to complacency and isolation. While dieting, I am a know-it-all who cannot absorb anything else. My food plan is Step Zero. Without it I am ineffective working other Steps and make too many changes, giving myself permission to relapse. I've lost resentment and instead have found my food plan. I don't have to check out the diet "du jour".

Reporting my food frees me from changing things. I don't debate my sponsor's suggestions; it frees me from myself. My inner voice says to listen to my sponsor and those in the rooms. I pray and make a daily gratitude list. I am working on Step Two. When I make a strong effort to run from relapse, I get strong recovery. It starts with what goes into my mouth.

God makes suggestions. I only suffer when I run from them, doing what I want. Having my food in order opens me to suggestions, emotional stability and spiritual victory. Being in a dignity size means having the greatest spiritual victory.

From May 2011 *Lifeline* issue

Ready, Willing and Able

I have spent more than 10 years studying my food addiction. This self-discovery gave me a new perspective about food plans. I discovered some helpful concepts for working an abstinent food plan.

What is a food plan?

Part of my compulsive eating problem was I wanted to eat what I wanted, when I wanted. I cultivated a strong

resistance to understanding the difference between a diet and a food plan. A diet is time-limited and has the single goal of losing weight. A food plan begins right away, limiting food intake to eating the correct amounts of nutritional food necessary for maintaining a healthy body weight, without a time limit. The food-plan concept is simple. Eat nutritional foods in the amounts that support a healthy body weight, one day at a time. Start today and, without keeping track of weight loss, you will arrive at your healthy body weight. This is logical and guarantees success. All food plans become individualized depending on lifestyles and individual trigger foods.

What's required to implement a food plan?

The second thing I found helpful for working a food plan turned out to be my own willingness, or lack of it. My understanding of "willingness" was anything that my actions could confirm. Thinking about doing something and telling myself I was "willing" did not cut the mustard. Words about what I would like to do or intended to do without "walking the walk" only defeated my food plan and made me feel guilty. Unless I had the willingness to take the actions – by planning and preparing meals in advance, shopping, and weighing and measuring my meals when possible – then my food plan remained beyond reach.

For many years I was not willing to give up any foods, whether they were trigger foods or not. My own compulsive eating history proved how powerless I had become. My weight continued to increase against my will. My powerlessness over compulsive eating forced me to use food as a dangerous weapon. My own self-destructive eating brought with it life-threatening consequences and huge guilt pangs. I couldn't figure out how to get the "willingness" to join with my "abstinent food plan".

The answer came from working the OA Twelve Steps. I became willing to take the actions that enable me to use the abstinent food plan and escape compulsive overeating. As OA's *Our Invitation to You* states, "It is weakness, not strength. That binds us to each other..." I am grateful in admitting I need the recovery found in the OA Twelve-Step program. That's why I keep coming back and am committed to becoming a lifetime member.

My food plan is a work in progress. I hope my rambling will be useful to my fellows.

From May 2011 *Lifeline* issue

Please remember that we need your service regarding sending in your recovery stories! All of us have a voice!

**Fondly and Abstinely in your service,
Anna Charirose**