



CNMI NEWSLETTER

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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 Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine: OA as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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. Due to a conflict with the Region 3 Convention and Assembly the next Intergroup Meeting will be on Saturday, October 6, 2018. Everyone is welcome at all Intergroup and Committee meetings!

October Newsletter Deadline: Friday, September 28. Please e-mail news, announcements, and recovery stories of up to 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

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/

"Stepping Up to Life" SOAZ OA Retreat 2018

October 26th-28th 2018 at Holy Trinity Monastery retreat center, St. David, AZ.

For further information please contact: Deb B at 520-248-7531 or Mickey M at 520-419-7753

Meeting Updates and Changes

RECENTLY ADDED

Thursday 2:00 p.m. in Deming

Deming Senior Center

800 South Granite Street

Deming, N.M. 88030

Contact: Erin R. (760)447-7474

Tuesday 12:30 PM in Albuquerque

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

You Can Make a Difference: CNMI Committees Need Your Help

At a recent intergroup meeting we had a discussion, the gist of which was that committees are usually comprised of groups of people, not just one individual doing all the work on their own. CNMI is blessed to have a number of active committees, many of which are solo or near solo efforts. Other committees and subcommittees with multiple members are made up largely of people who are wearing several different hats within the intergroup structure already.

Any OA member is most welcome to join a committee and to participate in the work of carrying the word to the compulsive eater both inside and out of the Fellowship. You will often see requests for assistance in this newsletter, like the one on page 4 from Don J about the Albuquerque Celebrates Recovery event to be held later this month. Don's committee, Public Information/Professional Outreach, is a perfect example of an area where volunteers can be used to reach out to the community outside OA. If you'd like to help with this effort Don has some ideas about projects in the area of professional outreach, and members are welcome to make their own suggestions as well. Don can be reached at 505-315-7940.

Special Events is another area where much help is needed and is most welcome. Last month's very successful Sponsorship Day event was planned largely by members of the Fellowship who do not hold elected intergroup positions, and they did a terrific job. This committee plans workshops and other observances to celebrate OA holidays including Founder's Day (January), Unity Day (February), Sponsorship Day (August), IDEA Day (November) and Twelfth Step Within Day (December). Other workshops and events take place during the year with the help of individuals and groups that might want to put on a workshop on their own. With two of the major events coming up very soon there is much room for help from within the fellowship. IDEA Day (International Day Experiencing Abstinence) is held the weekend before Thanksgiving, and is meant to help members prepare for joyous abstinent holidays. Please contact Carol Sm at 505-221-4514 to offer your assistance, and join me in thanking Zana G, outgoing co-chair, for her outstanding service over the past 2½ years.

Visits to CNMI groups in outlying areas are one of the many activities of the Outreach Committee, including recent road trips to Gallup and Las Cruces. Committee chair Mary C-W would welcome your company and assistance with driving to other outlying areas in the future. Many calls are also made to contact persons outside the Albuquerque area every month, and Mary would be happy to help others become involved in this activity as well. Please call Mary at 505-363-8774 if you would like to pitch in.

Finally, you are looking at this newsletter which Anna Charirose L. produces for our enjoyment and information each month. As always, she says her biggest delight is in receiving as many recovery stories as possible for the newsletter. We know there are hundreds of great stories out there, so please send yours to Anna Charirose's attention at oacnmi@gmail.com.

The joys and rewards of service are many, and everyone is welcome to join in!

Mary S
Chair

From the Editor

Step Nine is about making direct amends from the list of people made in step eight. Keep in mind that this is not a process that happens overnight. Thus, the amends will not automatically happen overnight either. Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

When I first read this step I thought "Oh No" because for me there are a couple of people that to make a direct amends to I would be hurting myself by putting myself in harm's way physically and emotionally.

For example, I am making direct amends to someone by sending them money once a month that I promised I would several years ago. I made a direct amends when I returned preschool items to the preschool I had left but knew the classroom equipment was theirs.

I have learned over the years that there are in fact quite a few ways of making amends. There are also, other amends that are living amends which I can do in a number of ways...whether I mail a letter, or I return an item through the mail or I simply pray for a person on a regular basis.

In regard to the people I cannot make a direct amends to...I have discussed with my step-sponsor the details of the relationships that I would be putting myself in harm's way. I have been directed to pray for them whenever they come to my mind asking H.P to bless them in every way that I desire to be blessed and then leave them in God's hands.

In essence, I am not only forgiving these individuals but I am also getting to forgive myself. Forgiveness is true freedom in all my affairs.

Grateful to be in recovery, Anna Charirose



The Blind Leading the Blind

Last weekend, I went to the Sponsorship workshop in the afternoon. In the morning, I had attended a class about how to help Blind people and, as I sat there listening to everyone talking about Sponsorship, my experience from the morning

started to crystallize into a metaphor about the Sponsor/Sponsee relationship.

We had done an exercise whereby the students in the class paired up and one person wore a blindfold and the other person was to lead them around. The “Sighted” person doing the leading was instructed not to grab or pull the “Blind” person around, but to touch their hand and let them know they are there. They were to just let them hold their elbow and walk naturally. To hold the Blind person would just trip them up; they just needed to offer up their elbow and let the Blind person feel their body’s natural adjustments as they moved about. The more relaxed the leader, the easier it would be for the follower. The only tricky part was steps (no kidding!) but they said it was just important to face them straight-on and not come to them sideways, lest the Blind person trip on an unexpected step or step on a step that wasn’t there.

I was the “Blind” person first. Although the woman I had picked as my partner seemed perfectly nice, I immediately began to doubt her as the anxiety of stepping into the unknown began to sink in. Any moment, I was convinced that a pole or a wall was going to smack me in the face! She was very patient with me and never chided or teased me as I began to take smaller and smaller steps; I was terrified but I was still making progress. The farther afield we got, the more nervous and out of my comfort zone I was. I was surprised how much it changed the way I interacted with her – I felt so dependent! I had to make a conscious decision to trust her – even if it meant being smacked in the face with a pole!

On the way back, we switched and I had the responsibility of leading her while she was “Blind”. I noticed right away that she was talking a mile a minute and I realized that I had done the same thing myself when I was “Blind”. I think people need to talk when they are feeling that vulnerable and trying to trust. It made it a little tricky to get a word in edgewise when we came to a threshold or rough patch that I needed to warn her about. I also realized I had to be very patient as she was going a lot slower than me; after all, I knew where I was going! But her experience was a little different from mine; I had felt scared but she felt dizzy. When we got back to the class, many people had had different experiences. Most had not been able to tolerate the exercise for very long, some had thought it was an exhilarating challenge, others felt sick afterwards.

When we ask someone to sponsor us, we are stepping off into an experience we cannot predict. No matter how prepared we think we are, it is a unique experience to each of us that we must go through for ourselves. It is so hard to trust another person when we are in this darkness, but if we want to go somewhere we have never been before, we must make a conscious decision to trust our guide. It is counter-intuitive. The inclination is strong to grab the reins, snap your eyes open and say, “Thanks, I’ve got it now” but if we could guide ourselves, we wouldn’t be in this mess in the

first place! I think Sponsors sometimes forget just how vulnerable the person is who is actually asking for guidance. It’s no wonder so many Sponsees jump ship just a short way into the process! And, as a Sponsor, I also need to remember to be patient with slow progress. And to just relax, be myself and “lead by example” rather than attempting to drag someone along with me!

Thank you for this opportunity to be of service!
Carol Sp.

This article appeared originally in the May 2010 *CNMI Newsletter*

CNMI SERVICE OPPORTUNITIES CNMI ELECTIONS

Looking for a little variety in your recovery? How about a new service opportunity! 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.

We currently do not have any nominees for World Service Business Delegate or Intergroup Rep Support Committee Chair (hint, hint), but you’re welcome to throw your hat in the ring for any of the positions in which you are interested. Also, please encourage your friends and sponsees to help CNMI carry the message of recovery to those who still suffer.

The qualifications for these 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, so please look these over and see what piques your interest! My experience is that service is great for my program. Please contact me at picardysmom@yahoo.com or call 505-730-6788 with any questions, to suggest a nominee 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

CNMI SILENT RETREAT CLOSE OF REGISTRATION

It's hard to believe that school is back in session and Fall is looming big as we look ahead. That means the silent retreat is just around the corner, too. If you haven't heard, the retreat happens the last weekend of October at the Pecos Monastery in Pecos, NM. We still have rooms available if you'd like to join us. Look on our website: <https://oa-cnmi.org> for a brochure, registration form, and other information. But don't procrastinate too long! Registration closes on September 21st. Your completed registration form with full payment needs to be postmarked by that date.

LITERATURE ORDERS - We've added a new feature this year. If you order and pay for literature from the WSO between October 15th through the 23rd, we'll pick it up and have it at the monastery for you. Call (505) 891-2664 and ask for Howie at ext. 115 to place an order for delivery at the retreat. Note: you'll need to pay by credit or debit card at the time of the order. We will not have extra literature for sale at the retreat, so bring any personal literature that you will want to have at the retreat with you.

If you have questions, issues, or comments about the retreat or the literature ordering, feel free to call me at (505) 281-3638.

In service, Pat O. retreat committee chair

Albuquerque Celebrates Recovery 2018

This will be the second time CNMI has participated in this event, which offers services to people who suffer from addictions. We will set up our booth and pass out OA literature to those who are interested in our OA 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 as follows: September 27, 2018, 10a.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.

Don J. PI/PO Committee Chair

Twelfth Step Within Study Group Forming!

A group is being organized to study the twelve steps using OA's Twelve Step Workshop and Study Guide. This group will meet on Tuesdays from 6:30-8:30pm, starting September 25, at The Heights Club--8520 Marble Ave, Albuquerque, NM 87110. This group will meet for 15 weeks, and a meeting schedule for the holidays will be decided by group conscience. Please contact Jane V.—(505) 980-9162 or msjanev@comcast.net by September 20 so that we can determine if there's sufficient interest for this group to move forward. After meeting for two weeks, this group will be closed to new members. Thanks, Jane

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*.

Searching for OA Recovery/Relapse Stories

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

Anna Charirose, Editor