



## 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 12:** Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

**Tradition 12:** Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

#### 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 January 12, 2019. Everyone is welcome at all Intergroup and Committee meetings!

**December Newsletter Deadline:** Friday, January 4, 2019  
Please e-mail news, announcements, and recovery stories of 500 words or less to [oacnmi@gmail.com](mailto: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](mailto: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

#### SPECIAL ANNOUNCEMENT – COMING UP SOON!

##### Twelfth Step Within Day Workshop

Sunday, December 9, 2:00 to 4:00 p.m.

Presbyterian Main Hospital, Room Southwest A

**See the article on page 2 for more details and directions to the meeting room.**

#### Holiday Meeting Schedule!

The Sunday night meeting is happy to announce that the holiday meetings will be held at Presbyterian Kaseman Hospital 8300 Constitution N.E.  
(Enter through the Emergency Room  
Rooms are to your left inside the double doors)

Christmas Eve (December 24), 6 PM

Christmas Day (December 25), 12 noon and 6 PM

New Year's Eve (December 31), 6 PM

New Year's Day (January 1, 2019), 12 noon and 6 PM

All meetings will be held in the Aspen Room except for New Year's Day which will be in the Cottonwood Room.

#### 2019 Region 3 Spring Assembly and Convention

San Antonio, TX, March 29-31, 2019

Doubletree by Hilton San Antonio Downtown

[2109saconvention@oasanantonio.com](mailto:2109saconvention@oasanantonio.com)

Watch for additional information in future newsletters.

#### 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](mailto: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. Thank you.

#### Important News from the World Service Office *Lifeline* Subscription Rates Increasing January 1

Buy, Renew or Extend your *Lifeline* subscription before the annual rate for printed and electronic versions increases from \$23.00 to \$30.00 effective January 1, 2019. Call 505-891-2664 or subscribe online at:

<https://oa.org/members/lifeline-magazine/subscribe/>

#### From the Chair

Thoughts for the Year End

As I approach the end of each year I like to reflect on the ups and downs of the past eleven months and on the prospects for the year ahead. Where have I been in my personal life and in my recovery? Am I regressing, making progress or treading water? What will the coming year hold? Will my beloved OA friends be well and thriving in recovery? Will my loved ones be healthy? Will I?

Thankfully I have the Steps to guide me and the Promises to inspire me. The Steps allow me to look back on how I've

handled the challenges life has presented to me and to remind me that there is help for future difficulties, no matter how large or small.

Step One reminds me that I have this disease and that my life will always be unmanageable if I don't work diligently on my recovery. Step Two has kept me in tune with the concept of a Higher Power who can and will help me. Step Three helps me to entrust my difficulties to the care of God, not just now and then but day in and day out. The lessons I learned in Step Four have inspired me to continue to do a searching and fearless moral inventory in my daily Tenth Step writing. Step Five reminds me that I mustn't keep secrets about my character defects and that I need to reveal and discuss them with my sponsor or some other trusted person. Steps Six and Seven help me to identify my misdeeds and to obtain God's help in releasing them. Steps Eight and Nine are constant reminders to identify harms I've done to others and to make amends as soon as possible.

Step Ten helps me to synthesize all the previous Steps and to take a hard look at how I'm doing in this effort. I can also toot my own horn a bit when, with God's help, something has gone particularly well. Step Eleven reminds me to keep the lines of communication with my Higher Power open at all times. I practice Step Twelve by remembering that my continued recovery depends upon my willingness to give service, not only in OA but in all areas of my life.

And then there are The Promises which give me hope at the beginning of each New Year. Copyright considerations prevent me from quoting them here, but you can find The Promises on pages 83 and 84 of the AA *Big Book*, or through a quick web search in your browser of choice. So nowadays I need only one New Year's resolution, and that is to keep working the Steps!

May we each continue to be blessed with recovery during this holiday period and in the coming year.  
Mary S

#### **From the Editor**

This is a time of reflection about what has taken place in the year 2018. Which goals did I accomplish, the hopes and disappointments, and how have I grown this year in my recovery?

I don't know about you but for me this year has been one of learning how to accept what I cannot change and that I do have choices over which I receive repeated reminders. These decisions are mine and no one else's.

At some point early in my recovery process I realized that my new resolutions were not working. Thus, I made the decision that I would not make resolutions anymore.

I was following everyone else's ideas of what a resolution should be. Then I thought about it and decided that the 12

Step recovery program is my resolution because it is a way of life that I can do one day at a time. Other goals can come and go at whim but my recovery program and process is a daily act of participation no matter what else is going on in my life.

For example, today I had a friend helping me clear out another section of my house. Making way for other choices once the physical items no longer needed are removed allows me to let go of emotional attachments that no longer serve a purpose in my life, and to make way for new ideas and new ways of being in contact with my Higher Power.

The new idea that came to me was, "Its time has passed and this item is no longer needed." I could not hear this fact from a different friend when I was first separated. However, the divorce has been final now for a year and four months, and I am now ready to hear this with an open mind and to take the action necessary to have a partial piano removed from my garage later this week.

I am so grateful that my H.P. is so patient, kind, respectful, and full of grace towards me as a human being.

Grateful to be in recovery,  
Anna Chariose

#### **The Special Events Committee Announces Twelfth Step Within Day Workshop Coming Up This Sunday January 9!**

December is a wonderful time to carry the message of recovery to all compulsive overeaters. It is a time of service to others and a way to reach out and say: "We love you.....keep coming back. We are here for you. "

December 12 is a day to celebrate the 12th Step Within with other compulsive overeaters in order to reach out to those who are still struggling with their abstinence or have relapsed and need support in order to recommit to abstinence as they define it.

In support of this 12th Step Within Day, the CNMI Special Events Committee will be sponsoring a 2 hour workshop from 2:00 - 4:00 on Sunday, December 9, 2018 at the Presbyterian Hospital located at:

1100 Central Avenue, SE in Room Southwest A in the basement near the Café.

Take "A" elevators at the north end of the lobby to level S-2 and follow signs to the Café; the room is the last one on your right at the end of the long hallway.

There will be activities, discussion groups, and sharing. It would be wonderful if we had a full house for the event. Carol and Margaret are the co-chairs for the event and will be assisting all those that attend. There will also be a special door prize to be drawn at the end of the event.

## **Suggested Activities for Those Who Cannot Attend the Twelfth Step Within Day Workshop**

Here are some suggestions that may supplement your recovery. These suggestions were outlined by Zana G. in the newsletter dated December 2017. They are as follows:

1. Members are encouraged to write out 12 actions that will strengthen their recovery and share it with at least one other member of OA.
2. For the month of December, make a copy of the reading and writing tool entitled "SLIPPING AND SLIDING." Use it as your meeting's focus. You can find the document at: <https://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf>
3. Call 12 members who have been absent from the fellowship and invite them to a meeting or to our next special event.
4. Form a phone tree of just your current members and make sure everyone gets contacted over the month of December.
5. Any idea which your group creates that aligns with our 12 traditions and strengthens your own abstinence will be beneficial to your group's recovery.
6. We would love to hear about your activities and if you wish, we can include it in our reports and the next month's newsletter.

Questions? You may contact Carol at 505-221-4515 or Margaret at 505-898-2519.

In loving service,  
Margaret C. and Carol Sm

### **WSO Resource on Relapse Prevention**

In the spirit of December's Twelfth Step Within theme, the Region 3 Twelfth Step Within Committee has reminded us about an excellent resource which is available at the OA website:

<http://oa.org/members/relapse-prevention/#readmore>

### **Joan's Red Flag List**

Warning Signs of Possible Slip or Relapse?

Snack samples at stores  
Not wanting to do OA reading or writing  
Having a sweet (no matter how small)  
Worrying about next meal  
Cooking and spending too much time in the kitchen  
Procrastinating about calling my sponsor  
Angry at meetings  
Seeing myself as only fat and a failure

Hating my writing(work) and seeing only flaws in it  
Wanting to watch movies endlessly  
Not wanting to swim or work out  
Feeling hopeless and wishing life was over already  
Not trusting anyone  
Not believing anyone when they're kind  
Anticipating negative outcomes  
Being sure no one care whether I live or die  
Wanting pills to feel better or numb out

Joan T, Santa Fe

### **Silent Retreat in Pecos**

Did you attend October's Silent Retreat at the Pecos Monastery? Or do you wish you had gone?

It was an incredible time. Everyone there was a sister or brother in our fellowship. For me, I got to read and write and meditate. I even went for a couple of walks down by the river and have a better understanding of my relationship with my higher power.

We couldn't have such a powerful retreat without all of you. As chair, I'm forming a committee to plan the 2019 Silent Retreat and I'd like you to join up.

Some of you might be silently screaming (noooooooo!!) but I promise we will not meet too often. Even if you're unable to attend the retreat, you might want to serve because of the many ideas and talents you possess.

Our mission: To provide a meaningful recovery opportunity for all retreat participants (including our committee members). We have already secured the Pecos Monastery for the weekend of **October 25 - October 27, 2019**. The first committee meeting will be on February 3, 2019 in the afternoon.

Please call or text me 505-250-9889 if you would like to know more about the planning. Happy holidays everyone!

Leslie, Committee Chair

### **Revised Bylaws and New Policy Manual Adopted**

The bylaws committee is happy to report that the 2018 revision of our bylaws has been ratified by CNMI. We have also adopted the newly written policy manual. Both documents are helpful tools that keep CNMI running smoothly and give us references that keep the continuity in our organizational work even as we continue to change committee chairs and board members. You can read and/or print copies of both documents by going to our website: <https://oa-cnmi.org> and clicking on the About Intergroup menu tab.

Pat O. bylaws committee chair/secretary

## Thoughts on Rotation of Service

The principle of 'rotation of service' is an important one for our personal recovery and for the health of our OA organization. I feel strongly about having the documents of bylaws and policies available because I think getting necessary work done in an efficient manner is a good thing. If we practice healthy rotation of service, there are always new people coming into new positions. With the above documents available, they won't have to continually re-invent the wheel. In each service position there is room for creative thinking, new ways of doing things, and putting our personal touch on the way a committee runs or a board position is enacted, but having guidelines as to what has worked in the past gives us a jumping off point to get up to speed more quickly.

In CNMI we have and abide by term limits, so no one individual can hold on to the same position indefinitely. Due to shortages of new members stepping up to service, however, many of these people move from one position to another, sometimes with a break of a year or two in between and sometimes not. I think that when the same people are doing all the jobs of intergroup it is intimidating for new people to step up to the plate. It is easy for them to say, "They all know what they're doing, I don't have any experience so I'll just let them do it." Every one of us who participates in intergroup started with no experience. Part of the joy of service is learning new things and building new skills. I have found no group that is more inviting or supportive than the folks in intergroup so that 'starting from the beginning' is not painful. I encourage those of you who have not been to intergroup before (or often), to visit it and see what goes on at the monthly meetings. Better yet, volunteer to be one of your meeting's intergroup reps and become a part of intergroup.

We held elections in October and many of us rotated out of one position or another leaving opportunities for others to serve. There are still a few positions open. Everyone can look into those positions and see if they are being called to service at the intergroup level. You can find out what positions are open and a description of the duties and other information about each service position by going to our website: <https://oa-cnmi.org> and clicking the Service Opportunities tab.

Pat O, grateful OA member

## No Matter What

"A person doesn't have to be abstinent to be welcome at OA meetings...In fact, many of us have kept coming back to OA despite problems with abstinence and have found this to be the key to our recovery" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition*, pp.130-131).

On Wednesday nights we have a wonderful meeting that addresses recovery from relapse. I've attended since it began, not because I was in relapse, but to support those who were. The meeting also reminds me I could go back to life before recovery. I must keep the memory green.

Some come to support others; some because they were headed for disaster. Coming saved them just in time.

This meeting has no abstinence requirements. You can share and give service. You are an OA member because you say you are, and hopefully you have a desire to stop your compulsive eating and compulsive food behaviors. Some people came to this meeting but could not obtain abstinence. We turn no one away nor do we shame them. We emphasize that the person with less than 30 days of abstinence is the most important person in the room and that we need each other. Almost everyone who came obtained abstinence, and many stayed on to support others.

One of my favorite movies is about a group of boys from a ghetto who came together to play baseball. Their dream was to get to the championship. At the end of the movie, the coach talked about their ability to "show up no matter what." Despite their lifestyle, which might have prevented them from practicing or playing, they showed up. Even one player's death did not prevent them from showing up. By persevering they won the championship.

Every day that I suit up and show up I am a winner, as long as I don't give up. One day at a time for almost 11 years, I have not had to use food as a drug or turn to it in times of stress, happiness or other emotions. What about the other 20 years? I was abstinent sometimes and in relapse many times. But I kept coming back.

I deserve no medals. I earned my seat in these rooms, and by golly I am going to be there to sit in it. By the grace of my Higher Power and this program, I have had consistent abstinence and a 94-pound (43-kg) weight loss one day at a time. Thank you, Overeaters Anonymous.

Our meeting also uses the buddy system. Each week we fill out a piece of paper with our name and telephone number. We put the names in a basket and pass it around for each person to draw a name. We suggest that everyone calls his or her buddy each day. I have learned how important it is to pick up that 100-pound (45-kg) phone and speak to others. It is a great idea. Try it; you might like it!

Thanks for letting me share, and remember above all keep coming back!

Judy P, Fern Park, Florida (*Lifeline*, December 2011)