



CNMI NEWSLETTER

Volume No. XLV Issue No. 3

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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 Three: *Made a decision to turn our will and our lives over to the care of God as we understood Him.*

Tradition Three: *The only requirement for OA membership is a desire to stop eating compulsively.*

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, April 13. Everyone is welcome at all Intergroup and Committee meetings!

April Newsletter Deadline: Friday, April 5, 2019. Please e-mail news, announcements, and recovery stories to ocnmi@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 ocnmi@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

Region 3 Spring 2019 Assembly and Convention

Friday, March 29 – Sunday, March 31

Doubletree by Hilton San Antonio Downtown

San Antonio, TX

Register online or download the brochure at:

<https://oasanantoniidotcom.wordpress.com/region-iii-2019/>

For additional information contact Pat O.

505-281-3638

2019 World Service Business Conference

Volunteers Needed!

Monday, May 6 – Saturday, May 11

Embassy Suites Hotel

Albuquerque, NM

Contact Mary S. at 505-977-3445 or by email at:

broomstick2@gmail.com

See the articles on pages 2 and 3.

Save the Date!

CNMI Silent Retreat:

Living the Promises



Friday, October 25 – Sunday, October 27

Pecos Benedictine Monastery, Pecos, NM

Registration will be open soon!

For additional information contact Leslie SK

505-250-9889

Meeting Updates

Carlsbad Wednesday Meeting Time Change

The Carlsbad hybrid meeting will now start at 5:30 p.m.

Remember you can call in to join this meeting!

605-562-0400, code: 6412751#

Westside Monday 6:00 p.m. Meeting Location Change

Fairwinds, 920 Riverview Drive, SE, Rio Rancho

Meeting is in the Library

For additional information call Lee R

828-778-7704

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 “Thinking Is Not One of Our Tools”

I heard these wise words at an OA convention many years ago. The speaker went on to say, “And ‘Figure it out’ is not one of our slogans.” I truly believe this is one of the most helpful things I’ve learned in recovery. I understand now that my tendency to overthink has been a sorry waste of energy and a surefire way of guaranteeing that I’ll be stuck in confusion and indecision. Figuring things out for myself without reference to my Higher Power is just another manifestation of my self-will.

So nowadays I’m alert to the fact that if I say to myself or others, “I need to think about this”, I must self-correct to, “I need to pray about this.” Then I do the best I can to move on to something else and wait for an answer. Often times this comes from one of you -- sometimes solicited and sometimes out of the blue -- or from my husband, my son or another trusted friend. Sometimes I see it in a newspaper article or read it in a book. Often the answer comes to me while I’m brushing my teeth, probably because I don’t usually think about anything at all when I brush my teeth. In fact, the idea for this article came to me as I was brushing my teeth this morning.

We learn in Step 3 that our intuition is enhanced as we develop a trusting relationship with our Higher Power. The Promises remind us that, “We will intuitively know how to handle situations which used to baffle us.” And Rozanne has said in the beautiful OA Promise: “No longer must we each depend on our own unsteady willpower.”

What a relief it is to know that there is always someplace I can turn for help when I’m stuck in confusion, fear or indecision. I recently received help in working my way through two separate dilemmas using OA’s writing tool, “Twelve Stepping a Problem”. It was a godsend in the most basic meaning of the word. You can download this document for free from the oa.org website by following this link:

https://oa.org/files/pdf/twelve_stepping_a_problem.pdf

This is also available for order at the OA Bookstore as a nifty little wallet card.

I know the more I turn to God, and to you, my OA fellows, the happier and more serene I become!

Mary S

From the Editor

The Third Step is all about making “...a decision to turn our will and our lives over to the care of God as we understood Him.” (spiritual principle—Faith).

I had an experience surrounding the topic of gardening this weekend. I listened to the speaker talk about the environment needed to give a “seed” a really good opportunity to have a safe and dark space to germinate in.

As I listened to the details of the different components used to create a healthy “home” for the seedlings, I began to realize that my H.P. was reminding me of the daily choices I make each day.

The seed needs nutrition, space to grow, and enough air, light, and water to work together to cause the germination process to start.

In my own life, OA was that foundation of air, light, and water through my fellow OA membership when I could not accept this help from anywhere else. This doesn’t mean other friends didn’t try to help me. However, I needed a “home base” that I could attend any time I needed to, to feel safe.

The planting recipe of coconut coir, vermiculite, worm castings, fine sifted compost, and fertilizer reminds me that our Three Legged Stool of physical, emotional, and spiritual recovery is pretty amazing!

Coconut coir is very light but can hold water very well. Just as Step One admitting I am powerless over my eating compulsion is my first baby step into the light.

In Step Two, I am discovering that I need a H.P. before I delve into the mess I am living in (worm castings).

Step Three, I am choosing to trust in a H.P. because everything else I have tried has not worked. If I am to be able to grow from germination to the actual plant (I need the compost, vermiculite and fertilizer working together).

Each region of the country is a bit different for gardening. My H.P. is the only one who knows the exact ingredients that I need in order to become all that I am meant to be!

Grateful to be in recovery!
Anna Charirose L.

Volunteering at the WSBC

I’m honored to be one of CNMI’s elected delegates to the World Service Business Conference again this year, but that being said, I gotta tell you I’m also bummed not to be one of the many needed volunteers there as I have been in the past. It’s just great fun to be part of the effort without all the responsibilities of a delegate. What a treat it is to be able to witness the history of our fellowship ‘in the making’.

Every year OAer’s gather from all over the world in our own backyard to make decisions that will impact the entire fellowship for years to come. In many years, and this one is no exception, there are controversial issues or issues that are groundbreaking to deal with. For instance, an additional tool and the definition of abstinence will be discussed. We have a new region – the virtual region - and there are many challenges involved that don’t have comparable features to

the land-based regions which need to be discerned and put into policy.

It's amazing to witness the creative energy of the group of delegates working together in good faith to evolve what starts out as a clumsy or narrow proposal into an elegant and very useful policy through the process of debate and amendment. I love how the delegates work towards what is best for the fellowship, not just what they want to see happen. And when the tension is building and 'self' intrudes, someone calls for the Serenity Prayer and we all regain our composure and remember the true purpose of our mission there.

Besides the business sessions, there is a need for volunteers at the conference support desk and in the boutique where you can meet and visit with people from all over the world who are committed to recovery and our 12 step way of life. What an education it is to see 'how they do it' in Spain or Australia or South America, etc. We are so lucky to be at the home base of OA Inc. so that the world comes to us. And don't miss the OA meetings throughout the week at conference, what great recovery we hear there.

Check out our website and newsletter for more information on how to volunteer and the agenda for the week of conference. I hope you can all find time to take advantage of this great service opportunity. See you there!

Pat O. 281-3638

WSBC Volunteer Service Opportunities

Recruitment is underway now for volunteers to serve at the World Service Business Conference to be held at the Embassy Suites Hotel in Albuquerque Monday, May 6, through Saturday, May 11. Volunteers will be needed from Tuesday through Saturday. We hope that Pat's enthusiastic endorsement has sparked your interest in participating this year. To help decide which is the best service for you a summary of volunteer job descriptions has been posted at the CNMI website:

<http://oa-cnmi.org/wp-content/uploads/2018/05/2019-Brief-Volunteer-Job-Descriptions-corr.pdf>

For additional information contact Mary S at 505-977-3445 or broomstick2@gmail.com.

News From the WSO

Each issue of this newsletter will now feature a summary of recent news items from the World Service Office for your information.

Help Young Compulsive Eaters Find Recovery

Members who were between the ages of 18 and 30 when they joined OA, regardless of their current age, are encouraged to submit their stories of recovery for inclusion

in a new pamphlet. For more information follow this link to a flyer and release form:

https://gallery.mailchimp.com/73645822c06a4c7e0156a79cb/files/d498fb98-c5f8-4425-a4f0-f3df33f7149b/YP_Story_flyer_and_release_form_mailchimp.pdf

Young Persons' Podcasts Are Being Planned

The OA Young Persons' Committee is looking for members between the ages of 18 and 30 who are able to share their experience, strength and hope as a speaker for a series of young persons' podcasts. If you are interested please complete the interactive questionnaire by January 31, 2021.

<https://www.surveymonkey.com/r/YPC19>

New 2019 Catalog and Order Form Can Help You Stock the Literature Table

OA's literature catalog and price lists are updated every year, and can be downloaded here:

https://oa.org/files/pdf/catalog_listing.pdf and
<https://oa.org/files/pdf/Order-Form.pdf>

OA Literature List by Copyright Date /Revision Date

This document will tell you when each piece of literature was last updated to reflect OA's group conscience. Groups may want to review literature on hand to determine if they are stocking the most recent editions.

[https://oa.org/files/pdf/OA-Literature-List-by- para aceptar las cosasCopyright-Date_1_14_19](https://oa.org/files/pdf/OA-Literature-List-by-para%20aceptar%20las%20cosasCopyright-Date_1_14_19)

Declaring Bankruptcy

I came to OA hoping for physical recovery. I found the beginnings with my group's support and by reworking the first Three Steps. Some called that "Three Stepping. Many of us stop there, but real recovery takes work!

Early on OA challenged me to own my physical, emotional and spiritual bankruptcy. That admission laid the foundation for recovery. I came to OA in its infancy (when we relied on AA literature and had little of our own).

I knew I was physically bankrupt. My weight kept going up or down. Dieting interspersed with other times when I let go because I felt good about myself or didn't care to discipline my eating. I wanted something and felt deprived without it. Couldn't I enjoy myself sometimes?

My body had to deal with excess weight, lack of exercise and snacking. Was that sane behavior? My desire for recovery began in earnest when I recognized my body pattern of weight gain and dieting. This helped me declare physical bankruptcy.

Soon I realized my emotions were either up or down. Feeling "moderate" felt uncomfortable. I had little experience with it. I lived a black-and-white existence with few tools to deal with emotions. Yes, I was emotionally bankrupt.

I couldn't identify with spiritual bankruptcy. I believed in God, prayed and centered life on my church community. I knew their importance. Even my work connected with my church and faith.

After six months I found my answer in OA. I waltzed through Steps One, Two and Three to establish good abstinence before doing Step Four. But my eating was worse after I came to OA; only then did I realize I couldn't control it! What to do?

I found myself in front of the recovering priest who had challenged me into recovery. He asked, "You haven't owned spiritual bankruptcy, have you?" I admitted I hadn't. He said, "You won't recover until you do!"

I wanted recovery with my whole heart. Stunned, I left his office. That evening I looked up at the sky and prayed. "Well, God, I guess I don't know you."

My spirit became a blank page. Old beliefs left. It took time to rebuild my concepts of my Higher Power, thoughts and prayer. I had an uncomfortable feeling of spiritual emptiness.

Once I wanted to fill my void with Bible study. But I received the message, "Stop. You cannot control filling your void. You must wait for your Higher Power to reveal him or herself." I let go and waited. A new spirituality grew.

Years later I realized this spirituality felt off base. Experience conflicted with the Higher Power I wanted to believe in. I claimed bankruptcy and started over.

In my 27 years in OA, I have owned spiritual bankruptcy at least three times. Doing that has been an important step in releasing the old so a newer, healthier and freer spirituality might take its place.

Much distortion comes with our disease. My perceptions of life, others, HP and myself experienced vast changes because I found healing and miracles in the Twelve Steps.

I had to be willing to learn. I can't add to a full glass. But if I empty the glass, I receive new sanity, perceptions and health. I liken that to my experience with bankruptcy. It's a lesson I will never forget.

Kathy B., St. Cloud, Minnesota USA
(Reprinted from *Lifeline* June 2011)

Comforting

After reading the November 2009 *Lifeline*, I thought I'd write to say it's comforting to know I am not the only man in OA.

I read the guys' stories with tears in my eyes. One guy's story was so much like mine it was unbelievable—our initials are even the same! A "God moment," I'm sure.

I am lucky enough to have a good meeting in my home city of Stoke-on-Trent, with much recovery from compulsive eating. Some of the ladies even serve at the world service level. But that's the thing: I've been the only longtimer male with a lot of women for about 10 years (with the odd guy coming and going). I have even considered starting a men's meeting from home.

A few men are in OA groups up and down the UK, in big cities like Manchester and London. But to be honest, I've had to turn to other Twelve-Step groups for help doing the Steps because I need a male Step sponsor.

My female OA friends at my local meeting are good for food sponsorship.

Thank you for *Lifeline*. It picks me up when I start to fall down. Compulsive overeating takes away my soul. While OA and the Twelve Steps exist, I will always have hope of recovery from this terrible illness.

Neil L., Newcastle, United Kingdom
(June 2011 *Lifeline*)

Translations From Around the World!

Please take note that we are adding a new section to the Newsletter that will share through prayers, slogans, and other interesting items in two languages for your reading enlightenment.

We will share in English/Spanish this month!

God, grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference.

Dios, concedeme Serenidad para aceptar las cosas que no puedo cambiar, Valor para cambiar aquellas que puedo, Y Sabiduria para reconocer la diferencia entre estas dos cosas. Amen.

Recovery and Relapse Recovery Stories needed!

A Friendly reminder that anyone in program that would like to is welcome to share their recovery story through poems, poetry, comedy, a slogan, etc! We encourage you to send your thoughts to oacnmi@gmail.com so that our newsletter editor might have a wonderful selection to choose from in the future!

Thanks, Anna Charirose L (Newsletter Editor)