



CNMI NEWSLETTER

Volume No. XLV Issue No. 9

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

Tradition 9: 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. The next Intergroup Meeting will be on the first Saturday in of the month on October 5, 2019. Everyone is welcome at all Intergroup and Committee meetings!

October Newsletter Deadline: Friday, September 27, 2019. Please e-mail news, announcements, and recovery stories 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

The Promises by Candlelight

Friday, September 20, 6:30 – 8:30 p.m.

Grace United Methodist Church, 420 San Lorenzo Ave., NW

Call Frank L. 505-688-0788 for information

See also the article on page 3.

Region 3 Fall Assembly and Convention: Welcome Home

October 11 – 13, Las Vegas, NV

Contact Cheryl at 702-683-1824 or

See <http://lvoa.org/838-2/850-2>

for additional information.

CNMI Silent Retreat: Living the Promises

Friday, October 25 – Sunday, October 27

Pecos Benedictine Monastery, Pecos, NM

Retreat reservations are now at full capacity.

Contact Mary S at 505-977-3445 or

broomstick2@gmail.com if you would like

to be added to the waiting list.

Meeting Update:

Tuesday 12:30 p.m. Rio Rancho Meeting

New Location Effective September 10

St. Francis Episcopal Church, 2903 Cabezón Road, SE

Northwest Corner of Cabezón and Golf Course

Carol Sm. 505-221-4515 or Margaret C. 505-898-2519

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. Thank you.

From the Chair

Step 9: Made amends to such people wherever possible, except when to do so would injure them or others.

Principle: Love

The 12 & 12 (page 86 in the Second Edition) tells us that: "Practicing the principal of love we learn to accept others as they are, not as we would have them be." At first this seemed to be almost irrelevant to Step 9, which was of course all about me! Loving practice of Step 9 isn't much of a challenge when the party I have harmed is innocent of any harm to me, but it takes a great deal of love and forbearance

to speak or write to someone who may have injured me. It's so easy to fall into the habit of justifying my actions in terms of how much the other person annoyed me, how tired I was at the time and so on. Avoidance of any reference to what they have done to me, whether it be intentional or not, is a matter requiring a great deal of prayer and preparation.

For me love in Step 9 has to do with this acceptance, and a commitment on my part to building better relationships in the future. It very well may be that there is no future to some of these relationships, but it will not be because of my unwillingness.

One of the great things about recovery and working the Steps on a regular basis is that through my Step 10 daily personal inventory I can make amends promptly and am no longer faced with the age-old questions: How do I approach someone I haven't seen or spoken to in years? Do I call, write or ask to see them in person? How do I begin? Will they think I'm crazy? Our sponsors can help us with the first three. As to the fourth, I guess it really isn't my concern as to what they will think of me. It's just my job to show them the love I really feel for them.

Mary S

From the Editor

To all my fellow travelers on this journey of the road of recovery, no matter where we are now, we have been helped by those before us and we are helping those who are coming to OA.

I am amazed at how my H.P. continues to surprise me one day at a time. This past week included Labor Day and a short week packed with learning experiences. I substituted on Tuesday with eighth graders who were very obnoxious to say the least. I had to keep telling myself "one more hour" and this will not last forever. Then on Friday I worked with fifth graders. A treat! H.P. has put a love in my heart for children for as long as I can remember starting with babysitting as a young teenager.

God has also put a love for music and gardening in my heart. I started piano lessons when I was eight years old. The gardening came later. I am now in a new chapter of my life and in awe of how I started to get into fear this last week because I "cannot see" physically where the money is coming from for my living expenses. As I was surrendering for the umpteenth time one day I received a text from an adult piano student asking if I would be interested in giving a workshop at her organization. Here I was almost in tears of despair when I realized that this is a great opportunity H.P. has brought to me. Now I was having tears of elation and gratitude. Everything is pointing me towards "practice of my music craft"! I was not ready for any of this previously in recovery. Instead of shrinking with fear of how I am going to

pull this off, I responded with "Yes, I would be interested", and started asking questions.

I am learning that there are all kinds of love in this world which affect us on all three levels: physical, emotional, and spiritual recovery. I am learning that as I include different kinds of love and friendship into my life, I am becoming a stronger woman relying more and more on my H.P.

My perspective is continually challenged as I grow on this path of recovery! I am so grateful that my H.P. does not wish me to stay stagnant in any area of my life. He desires to bring new things into my life on a regular basis. I believe as we trudge this road of Happy Destiny our H.P. is just waiting to shower all of us with His Blessings and Miracles.

Gratefully in recovery, Anna Charirose

CNMI October Elections

In accordance with our bylaws, CNMI will hold elections for officer and committee chair positions at our October meeting (October 5). The positions up for election at that time include the following (** indicates that we have a candidate willing to run for the position):

Vice Chair (6 mos. abstinence) **
Treasurer (6 mos. abstinence)
WSBC Delegate (12 mos. abstinence) **
Region Representative (12 mos. abstinence) **
Newsletter editor (3 mos. abstinence)
Outreach chair (3 mos. abstinence)
Archivist (3 mos. abstinence) **
Public Information/Professional Outreach chair (3 mos. abstinence) **
Website manager (3 mos. abstinence) **

The new treasurer will transition with Howie S' assistance from the time of election through December and will completely assume the Treasurer responsibilities on January 1, 2020.

In addition, several other Committee Chair positions are open, and interested candidates could stand for election in October. These positions all have a 3-month abstinence requirement.

Electronic Communications Chair
Intergroup Rep Support Chair
Special Events Chair

Given the large number of vacancies, the nominating committee could use your help. Please consider people you know (sponsees, program friends, fellow meeting attendees, maybe yourself) who might be good candidates. If you have

someone in mind, feel free to suggest to that person that they take advantage of a CNMI service opportunity (service is slimming)! If someone is open to nomination or even to further discussion, let a member of the nominating committee know and we will contact them. Current nominating committee members include me (Kathy M), Kay G and Mary C-W. CNMI service position job descriptions can be found on the CNMI website under the Service Opportunities tab.

Thank you for your thoughtful consideration and your assistance in recruiting members to fill these positions.
In service

Kathy M
Nominating Committee Chair
505-730-6788
picardysmom@yahoo.com

The Monday Night Newcomers Meeting of Overeaters Anonymous Presents The Promises by Candlelight

On Friday, September 20, from 6:30 p.m. to 8:30 p.m. OA in Albuquerque will have our first (hopefully annual!) Promises by Candlelight ceremony. The location is Grace United Methodist Church at 420 San Lorenzo Avenue, NW.

What is it? Speakers will be sharing their experience on how "The Promises" (Alcoholics Anonymous "Big Book" pp. 83-43) have manifested in their lives. Do they know a new freedom and a new happiness? Has their self-seeking disappeared? Do they intuitively know how to handle situations that used to baffle them? Attendees will also have the opportunity to share. Where does the candlelight come in? Candles are lit as each promise is addressed and at other appropriate moments.

Why did the Monday night meeting choose to host this event? I first came into program in Santa Fe nearly twenty years ago. The Promises by Candlelight is the first special event I attended. Twenty years later, it is still the most moving OA event for me. Tears ran down my cheeks during some shares (men don't cry!). While not a religious person, I found the ceremony aspect of it increased my appreciation rather than detracting from it. As a result, the Promises became an important part of my program early on. So, when the Monday night meeting decided to host a special event and were trying to decide what to do, I made a passionate endorsement for the Promises by Candlelight, which the group agreed to.

I do hope you'll come and join us and that the Promises by Candlelight will move you as much as it did me all those years ago.

- Frank

WSO News!

New Seventh Tradition of OA Pamphlet

The updated *Seventh Tradition of OA* pamphlet is now posted online and is available for free download. **The update has OA's new suggested contribution of \$5.00.** Find it online at What's **New** on the oa.org home page or at oa.org/documents under "Group Treasurer Materials."

Here is the direct link:

<https://oa.org/files/pdf/SeventhTraditionPamphlet.pdf>.

Updated: Strong Meeting Checklist and OA Group Inventory

Is your meeting safe for all members? This question has been added to the [Strong Meeting Checklist](#) and to Part 1 of the [OA Group Inventory](#). Other questions in these documents have been reordered and rewritten for clarity. Download them now to **replace your older versions of these documents.**

Updated Suggested Meeting Formats

OA's Suggested Meeting Formats now include OA's updated definitions of "Abstinence" and "Recovery."

For many, hearing OA's *Suggested Meeting Format* may be their first introduction to the OA Twelve Step recovery program. Give newcomers a clear understanding of our solution by reading aloud the new definitions of "abstinence" and "recovery" at your meetings using the updated *Suggested Meeting Format*. Find and download all of OA's suggested meeting formats, updated with the new suggestion contribution of five US dollars and the new definitions at oa.org/documents under "Meeting Formats."

Note to CNMI Members: The definition of "recovery" has not yet been incorporated into *Our Invitation to You* which is included with the *Suggested Meeting Format*. We will advise you when this has been done so you can print out the new version if it is used at your meetings.

Closest to Heaven

When I became abstinent and willing to do anything my sponsor said, I saw the profound grace of service. At the time, I was ill and almost housebound. My partner, who had nursed me, was in the hospital having major surgery. I panicked from need and terror! How would I look after him?

I called my sponsor. She said only service helped her in a crisis, so I did service each day. I wanted to run away, to have someone look after me, but I did service, not fervently, but

one small piece at a time at the OA office working the phones and at my home meeting as an office holder.

Service became the foundation of my recovery. Before service, crisis seemed insurmountable. Panic was my reality. To move forward, I had to do something new.

Service propelled my body forward while the rest of me looked around for someone or something to save me.

Through service I remained abstinent, and the crisis passed. This solution might sound simple, but my behavioral pattern had been the same for most of my life: panic, eat, more panic, eat, destroy and revile myself, weep. The darkness and the whipping of self are my well-tread paths, secret and mine. To experience a new self and reality, I had to step into new territory. Service catapulted me there and provided the framework for self-movement, recovery, and atonement.

But service is not action alone. If action were service's only component, then walking and other activities would be enough to remove my eating compulsion or panic. Sometimes they allow for clear thinking, but sometimes in the past they distracted me from the cause of my unease and I would eat.

Service is action in relation to other people, which is a simple yet marvelous principle. With humility from my most broken place, I can help others in their brokenness. Brokenness binds us and gives rise to compassion, one of humanity's astounding graces. In service, I live my humanity.

But service is not only an act of humanity. Service takes my attention away from myself. Before service, I tried to manage and control my eating, pit my good side against my dark side, and untangle the bracken of thoughts and impulses leading to overeating. With little knowledge and objectivity, I tried to analyze my thought and feelings in relation to my background. Before the Steps, I tried to wrest culpability from any situation. The vortex of self had me in its grips—self-management, self-criticism, self-destruction and self-righteousness.

Service is about action, other people and selfless attention. Attending to someone else created new space where I heard my Higher Power for the first time, discovered new ways of thinking and heard new directions from fellow members. I had to turn the attention away from myself to hear God.

At the heart of OA lies a spiritual mystery. In the Big Book, a great psychologist could not fathom it, and the doctor could not analyze it. You cannot break it down into pat phrases or tired truisms.

It is a spiritual paradox beyond my comprehension. How do I receive love every time I do small acts of service?

How can I—feeling abject, disgraced and shameful—be the recipient? I have been a miserable failure trying to make everything right, yet I am surrounded by love and forgiveness! How does *giving* service *create* more love, a love that encompasses those I help and myself?

In the end, OA is a spiritual program, and service is more than altruism, logic and psychological analysis; it is a Higher Power.

I have been abstinent from bingeing and starvation for 14 years. My husband and I have lived with chronic illnesses; had two beautiful children; moved five times; and dealt with deaths, weddings and my 40th birthday! I have lived a rich, blessed, abstinent life doing one small piece of service at a time.

I urge you to do service. On Earth, it is the closest thing to Heaven.

--Samantha, Castlemaine, Victoria, Australia (*Lifeline* June 2011)

Translations from Around the World! We will share Serenity Prayer in Chinese this month.



Recovery and Relapse Recovery Stories Needed!

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

Thanks, Anna Charirose L (Newsletter Editor)