



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



APRIL 2022 NEWSLETTER

OA Responsibility Pledge: Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.

Volume No. XLVI Issue No. 3
Central New Mexico Intergroup P.O. Box 30273
Albuquerque, NM 87190-0273
CNMI Phone Number: (505) 261-3553 E-mail: oacnmi@gmail.com
Website: www.oa-cnmi.org

Step Four

**Made a searching and fearless
moral inventory of ourselves.**

Spiritual Principle

Courage

Tradition Four

**Each group should be autonomous
except in matters affecting other
groups or OA as a whole.**

Spiritual Principle Autonomy

From the Editor Leslie S-K

Welcome to the NEW NEWSLETTER!

I don't know about you, but I really missed getting the OA Newsletter.

What exactly did I miss?

I missed the *extra* monthly connection to OA. I missed learning about what was going on in Central New Mexico and I missed hearing from my fellows. Things change, as they always do. Sorry but this newsletter will not be printed. Let me know how *you'd* like to receive it — direct email

or a notification that it is on our website and you can read it at www.oa-cnmi.org.

It's been a weird two years, to be sure. The pandemic has shifted OA, specifically our meetings. Who ever could have imagined Zoom meetings? I've so enjoyed getting to know members **from all across the country as well as those around the world!** In-person meetings still collect 7th tradition donations; if you haven't been doing that, please send donations to P O Box 30273; Albuquerque, NM 87190-0273.

NEW FEATURE

Each month we'll feature a question posed to OA members.

The April query was _____ years ago I found OA. I kept coming back because _____.

Here are their answers:

In April, it will be 28 years since I found OA. And thank God, I did. At first, I kept coming back because I found hope at my first meeting, hope that maybe, just maybe, there was a way out of the despair brought on by my constant battle with food. And indeed, by working the steps, learning from my fellow sufferers, and most importantly, by surrendering to a Higher Power, I have found a way of life that is satisfying and free of the guilt and angst of overeating. Now, I keep coming back because of my OA friends and the joy I find in my service positions.

Submitted by Pat O.

19 1/2 years ago I found OA. I kept coming back because OA has made it possible for me to live a fulfilling life as a reasonably functioning adult. When I first arrived it was as though an emotional 9-year-old was attempting to manage my adult affairs. I'm grateful to those in our fellowship who have loved and supported me along the way.

Submitted by Mary S.

OA CNMI Calendar

This newsletter will go out around the first of every month.

For the most up to date information, please check our website.

www.oa-cnmi.org

32 years ago I found OA. I keep coming back because compulsive eating is a chronic illness which requires daily treatment. I will never be over this. I keep coming back because newcomers remind me what it was like and where I could return if I don't continue to work on recovery. I keep coming back to hear my fellows remind me how the steps and the program allow me to face the challenges of life without overeating. I keep coming back to share my experience, strength and hope, to give back what I have so generously been given. I keep coming back because of the unconditional love and acceptance I am given by my fellow OA members. And I keep coming back because I know it's my Higher Power's will for me.

Submitted by Kathy M.

Next month's query: Was it easy or hard to ask someone to sponsor you? What did you say? What did she/he/them say?

What would you like to hear from other OA members in this newsletter? Would you like to answer the question of the month?

Reach out to me at oa-cnmi@gmail.com

Election updates:

Mary C-W has been elected unanimously to serve as our alternate representative to the 2022 Spring Region 3 Assembly. Congratulations!

Immediate Volunteer Openings in CNMI

- Vice Chair
- Region 3 Delegate
- Electronic Communications Coordinator
- Young Persons Committee Chair

For requirements and job descriptions on each of these, go to <https://oa-cnmi.org/cnmi-service-position-descriptions-pdfs/>

WSO Makes Second Call for Diverse Voices

Let's join together to demonstrate the diversity of our Fellowship by answering this call for service! If you are an OA member with a relatively under-represented background or if you know someone who is abstinent in OA and brings diversity to our Fellowship, we ask that you respond to this second call for stories. We are hoping to specifically hear from those who identify as a member of one or more of these under-represented groups within OA:

- Asian/Pacific Islander
- Latinx
- Indigenous
- Members who have had or considered a surgical solution
- Transgender
- Non-binary
- Muslim
- Buddhist

These stories will be used to revise the pamphlet *A Common Solution: Diversity and Recovery*. Your story can help under-represented newcomers and longtimers identify with OA. Download the flyer ([color](#) or [black and white](#)) for complete details. You can also find these flyers in the [Document Library](#) under the category "Flyers."

The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Rozanne S, OA Founder

Don't delay! Stories are due by April 29.

Thank you for your service!

Important Rules 1. Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc. 2. Submissions are not returned. 3. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate. 4. Submissions must be submitted with a signed release form. 5. Submissions of approximately 500-800 words are preferred. Due by April 29, 2022 Email your story to info@oa.org with subject line "Common Solution."

May Newsletter Deadline: April 23, 2022.

Please e-mail news, announcements, and recovery stories to cnmi@gmail.com.