



**OVEREATERS ANONYMOUS
CENTRAL NEW MEXICO INTERGROUP**
Help for Compulsive Eaters, Bulimics and Anorexics



OCTOBER 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.

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Step TEN

Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle

Perseverance

Tradition TEN

OA has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Spiritual Principle

Neutrality

10th Step Prayer

I pray, God, that You remove my selfishness, dishonesty, resentment and fear.

Don't live in
the past

Forgiveness

Never assume
anything.

October 2022 Question of the Month

What is the one thing you have learned from your mistakes?

That I'm not as
smart as I
thought I was!
Dodie H.

The gift of humility
when I
acknowledge that
Higher Power is in
control, not me.

That I will repeat
them, and that that
is okay, because I
am not perfect! I
am a human being
and so I will make
mistakes!

I've learned that my
Higher Power is
always there to love
me, even if I cannot
love myself.

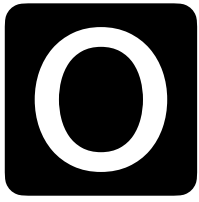
I can still be effective
even though I am
imperfect (Step 10)

November 2022 Question of the Month

What does abstinence mean to me?

Click on the question to answer

DID YOU KNOW?



Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food.

The first meeting of Overeaters Anonymous was held in Hollywood, California, USA on January 19, 1960. [Rozanne S.](#) attended a Gamblers Anonymous meeting two years earlier to help a friend and realized the format of the Twelve Steps meeting might hold an answer to her own addictive behavior as it related to food. Her vision of how this simple program could bring recovery to all those who suffered from compulsive overeating resulted in the worldwide organization that exists today.

There are OA groups in over 75 countries meeting in person, via telephone and through the internet each week. OA's 60-year history has shown that it is possible to recover from the disease of compulsive eating. We invite you to join us to find the freedom that many of our members have discovered over the years.



FREEDOM FROM F-E-A-R

Face Everything And Recover through the 12 steps



Region 3 Assembly & Colorado State OA Convention

OCTOBER 21-23, 2022

Denver Marriott Westminster
Westminster, CO

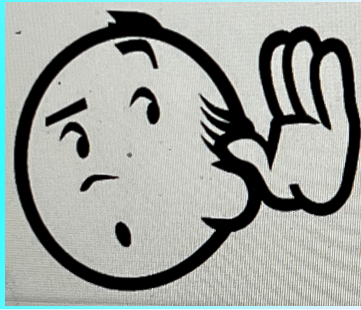
- This will be an in-person, vaccinated event!
- Scholarships available
- Registration now open!

Registration and
more details at:

oacolostateconv.com



HEARD AT A MEETING...



My Higher Power
is my Higher
Goodness

I use a
God bag

I white-
knuckled it for
months!

God's love is
not a penance

Finally I know
grace

My voice counts;
it matters!

I've become the person I've
always wanted to be.

The fear has left
me.

I try to do the next
right thing.

To include something encouraging that you've heard at a 12 step meeting, email LeslieSlowKaufman@gmail.com



It's Not Too Late to Step Up to CNMI Service!

At our CNMI meeting on October 8 we will elect a new slate of officers to serve our Intergroup for the next two years. We have a number of candidates lined up to give service and to each of these we are profoundly grateful. We are still in need of volunteers to serve in the following positions:

Vice Chair (one-year position)*
Region Representative**
Newsletter***
Young People's***
Special Events***

We who are serving presently have given a lot of thought about making Intergroup service more appealing to members who step up for the first time. We are working to simplify expectations for those who give service and to streamline our meetings.

Please be assured that if you have any interest in serving in one of these positions you will have the full support and guidance of seasoned members.

For further information please contact Deborah B. or me at the numbers given below.
Yours in Service, Mary S., Nominating Committee Chair
Deborah B. 505-604-3253, ibdeblee@netscape.net
Mary S. 505-977-3445, broomstick2@gmail.com

Abstinence Requirements

6 month abstinence *
1 year abstinence **
3 month abstinence ***

Experience Requirements

Region Rep must have 1 year service beyond the group level.

Message from the Outgoing Chair

Changes have come to CNMI, not as much by motions and votes but by conversations & observations. Our Participation Survey has yielded many comments to think about and discuss, initially sparking a plan to streamline and simplify all job descriptions for Intergroup. But there is more to come as we continue to consider the statements offered by all who answered the survey which our Nominating Committee so lovingly prepared. We seek eager volunteers for the open positions, as well as members to serve with standing committees that are so important to the future of the OA presence in Central New Mexico. We seek short and long term volunteers on committees including, but not limited to the PI/PO committee, Special Events, Young People's efforts and the list goes on! There is a place for everyone!

Mary C-W

What happens at OA Intergroup meetings?

Tune in to our next meeting at **9 AM on Saturday, October 8.**

Send me (LeslieSlowKaufman@gmail.com) your email address and I'll forward you the zoom link. Join us!

Want to learn how to design and create a newsletter? Leslie is delighted to help you! If you have an apple computer, I can teach you whatever you need to know to create a colorful and informative newsletter. Call me 505-250-9889

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

November Newsletter Deadline: October 25, 2022.

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