



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



SEPTEMBER 2024 NEWSLETTER

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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.

Step 9

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

Spiritual Principle = Love

Tradition 9

OA, as such, ought never be organized;
but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle = Structure

Ninth Step Prayer

Higher Power,
I pray for the right attitude to make my amends,
being ever mindful not to harm others in the process.
I ask for Your guidance in making indirect amends.
Most important, I will continue to make amends
by staying abstinent, helping others & growing in spiritual progress.



A Double Dose of Inspiration

Voices of Recovery – Page 214, August 1

“As long as we have not forgiven people for harms they have done to us, we will find it impossible to make sincere amends to them for our side of the conflicts.”

—The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed., pp. 60

For me the essential element in Step Eight is forgiveness. Until I learned how to forgive, I could not even see where I was at fault.

I was not aware of the deep resentment I had against my parents for the abuse I endured as a child. My insecurities, fear of rejection, and low self-worth were all a direct result of suppressing those feelings. I began to truly search my past, and the old memories of abuse returned. As I examined them, hate, humiliation, and a deep rage boiled out of me in floods of tears. I knew I could not forgive these wrongs myself, especially where my own defiance was often at fault.

It suddenly occurred to me to pray for a “spirit” of forgiveness. Gradually a peace enfolded me. Forgiveness came, and with it came complete deliverance from those damaged feelings. From that moment, I was healed. Once the miracle of forgiveness occurred, the amends happened naturally.

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Voices of Recovery – Page 68 March 8

“We complete our amends for our wrongful actions of the past by changing our actions in the future.”

—The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed., pp. 65-66

Though it can be humbling to apologize for something I’ve done wrong, it’s easy to feel remorse when the pain of a recent mistake is still with me. The test of my commitment to the Ninth Step is if I continue to improve my behavior after the initial feelings of regret have passed.

To amend something means to alter it. To be free of the wreckage of my past, I have to do more than just say I’m sorry when I harm another person. I have to change my behavior. This can be hard and sometimes even disconcerting, particularly when my old behavior patterns and beliefs are stronger than I thought. But continuing to work the Steps moves me through the difficult spots to new experiences of freedom and joy.

The fruits of recovery are great motivators to change, but alongside the hope of a brighter future is the equally powerful consequence of not changing — compulsive eating. If I don’t change my thoughts and actions to reduce the harm I do in the future, I will overeat. For me, to overeat is to die.

A life well-lived requires that I continue to change, grow, and clean up the wreckage of my past — and my present. If I do that, my life is better than I could have ever imagined. I thank my Higher Power for OA!

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Step 9: HONEST EFFORT

A Lifeline Reading



In one of my meetings this week, we were asked to respond to a question from the [Twelve Step Workbook of Overeaters Anonymous](#) regarding Step Nine. I chose “What is the purpose of Step Nine?” (p. 65). I completed my first Step Nine amends the first year I joined OA, but I never fully answered all the questions in the workbook. So this time I began to look carefully at what the completion of Step Nine has meant and still means to me as I practice the Principles of the Twelve Steps in all my affairs.

Step Nine meant I could take action to finally make amends, apologize, and change my behavior toward those whom I had harmed or wronged in the past.

In Steps Four and Five, I looked very carefully at the wrongs I did to others and admitted those wrongs to myself, God, and my sponsor.

In the religious tradition of my youth, I learned that God only forgives wrongs, or sins, committed against him and that sins committed against my fellows could only be forgiven by the people whom I had wronged. However, [The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#) tells me that these people “don’t owe us forgiveness, and we don’t need it to complete step nine and recover from compulsive eating” (p. 77). It only matters that I make an honest effort to apologize for my wrongs and then amend, or change, my behavior toward others. Only then can my conscience be cleared of old guilt.

When I walked into the rooms, weighing 313 pounds (142 kg), I had no idea why I ate like I did. Then I learned in the rooms that I ate to hide from fears, guilt, and resentments. By truly apologizing and making amends to those I had harmed, I found I no longer needed to hide from shame and guilt by using food.

I believe now that if I make honest and thorough amends, God will forgive me for my wrongs. I will be washed clean and be ready to face life without old guilt haunting me and without the need for me to eat compulsively.

Did it work for me? Well, here I am, nearly five and a half years later, maintaining a weight loss of 145–150 pounds (66–68 kg) for more than three years. My life has completely changed, not only with respect to food, but in all areas. The promises in the Big Book have come true for me ([Alcoholics Anonymous](#), 4th ed., pp. 83–85). But I know they will continue to do so only if I continue working the Steps on a daily basis, one day at a time.

—Sander

Reprinted from the Lifeline website <https://www.oalifeline.org/steps/step-9-honest-effort/>

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ANNOUNCEMENTS AND UPCOMING EVENTS!

(WITHIN THE CNMI AND AROUND OA)
PLEASE SHARE AT YOUR MEETINGS...

2024 OA Silent Retreat

Sponsored by Overeaters Anonymous Central New Mexico Intergroup

REGISTRATION is NOW OPEN !

*Join us for a weekend of contemplation and
shared experiences*

among the quiet and the beauty.

The weekend will include a shared 24hr Silent Period

October 25 – 27, 2024 | Pecos, NM

Our Lady of Guadalupe Abbey, Pecos Benedictine Monastery

\$265 for the Retreat Weekend per person

Single room, three days, two nights with meals

To Register for the RETREAT

OR Request a Scholarship

click the following online link:

<https://cnmisilentretreat.regfox.com/2024-oa-silent-retreat>

We will be exploring our theme of

“Rocketed into the Fourth Dimension”

with meetings, workshops and sharing. The extensive monastery property offers many areas for walking, vigorous hiking, and places to rest and meditate. Also offered will be contemplative arts and crafts and other inspirational activities.

Contact Information:

cnmiretreat@gmail.com

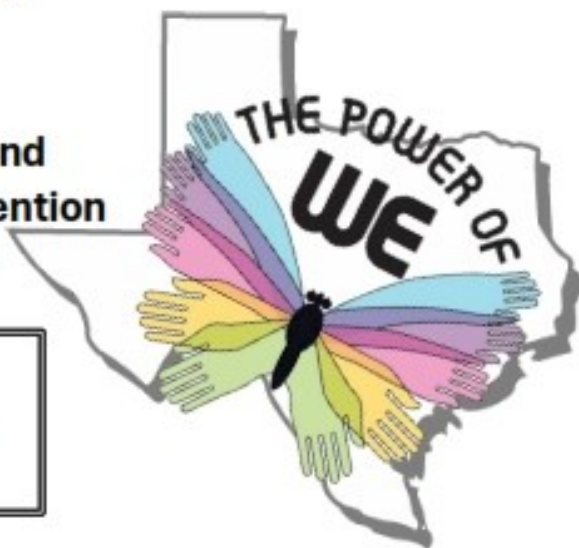
Vanessa G. (505) 507-9894

Mary Lou A. (830) 279-9526



Big Country Intergroup OA in West Texas

Hosts the
Region III Fall Assembly and
2nd Annual Texas State Convention
September 5-8, 2024



CONVENTION SCHEDULE, INFORMATION and SERVICE OPPORTUNITIES

www.txoaconvention.org

REGISTRATION INFORMATION:

Click here to Register:

[Convention Registration](#)

Full Convention Registration Includes:

Saturday/Sunday Breakfast & Saturday Dinner

Early Bird Registration (before August 4) - \$125

Registration (after August 4) - \$150

Saturday In-Person Only (includes dinner) - \$75

Virtual Registration - \$ 30

(includes 3 Keynote Speakers)

Scholarships are available.

Email: info@txoaconvention.org



Convention or Registration Questions:

325-665-4160

info@TXOAConvention.org


OVEREATERS
ANONYMOUS®

Whatever problem you may have around food, whether it be overeating, undereating, restricting, purging, over exercising or something else, this conference is for you!

- Inspiring Speakers
- Meet others who struggle, just like you!
- Informative and Motivating Workshops
- Experience the "Power of We"!



HOTEL INFORMATION

Hilton Garden Inn
4449 Ridgemoor Dr.



Reservation Phone: 325-690-6432

[Hilton Garden Inn Abilene](#)

Rate Code Emailed at time of Convention
Registration

Reservations made by August 4, 2024:

\$139 + tax per night
up to occupancy of 4

Reservations after August 4, 2024:

Subject to rate increase and availability

Rooms include:

- Free Wi-Fi
- Free Parking
- Microwave & Refrigerator in Every Room
- Pet Friendly (details on web site)
- Fitness Center



ABILENE
TEXAS



You Are Not Alone

Quarterly Region 3 Relapse Prevention
Workshop

Saturday, September 21, 2024

Time: 1:00 pm – 2:30 pm CT

Hear speakers share their experiences with
relapse/relapse prevention

ZOOM ID: 842 4509 9831

Password: itworks

Questions? Email

r3tswregister@oaregion3.org

Sponsored by Region 3



CNMI MEETINGS

SEE THE UPDATES AND THE FULL LIST OF MEETINGS [HERE](#).

Find more events around the OA World [here](#)

SERVICE

There are many opportunities to be of service coming up. Please read the next pages to see how you can give back to Overeaters Anonymous!

ANNOUNCEMENT OF UPCOMING CNMI ELECTIONS

This is the second of two official announcements of CNMI elections to take place at our Annual Meeting on October 12, 2024.

Each of the positions shown below is available for a two-year term. We have candidates for the positions indicated by an asterisk, although other nominations, including self-nominations, may be made prior to the Annual Meeting or from the floor. Candidates must be present at the Annual Meeting or have submitted a written statement of qualifications and interest in the position.

These positions require six months of abstinence:

Chair*
Secretary*

These positions require three months of abstinence:

Archivist
Electronic Communications Coordinator (ECC)
OA Young People's
Outreach*
Special Events
Twelfth Step Within



This position requires one year of abstinence and two years of service beyond the group level, currently or at any time in the past:

WSBC Delegate*

This position requires one year of abstinence and one year of service beyond the group level, currently or at any time in the past:

Region Representative*

How You Can Help

With a little over a month remaining until the elections, we hope to add more stars (*) to the list above. Please give prayerful consideration to running for one of these positions, and sponsors are asked to encourage abstinent sponsees to step up to service at the Intergroup level.

Of particular urgency is the ECC position, which is responsible for maintaining our website and managing internal communications for the intergroup. The position as currently structured combines the function previously titled ECC which was responsible for email communications, and the position of Website Manager. If a prospective candidate would prefer to serve in one of these capacities only, the positions can be separated.

For more information, please contact one of the members of the Nominating Committee:

Leslie SK, 505-250-9889, Chair • Deborah B, 505-604-3253 • Mary S, 505-977-3445

SERVICE

OPPORTUNITIES TO GIVE BACK TO OVEREATERS ANONYMOUS

Translation Volunteers Needed for OA.org

BONJOUR NAMASTE HELLO! C'IAO! ¡HOLA!

LANGUAGE

Are you fluent in a non-English language? If you meet basic abstinence and service requirements, the World Service Office needs your service to improve oa.org web page translations that have been generated by artificial intelligence (AI).

OA is launching a new website translation feature, and as a designated website translation volunteer, you will have the ability to click directly on the web page to edit and improve web page text that has been translated into your language—a benefit all OA members who share your language!

To volunteer, [review and complete this form](#). After your OA membership has been verified by your service body, you will be contacted to get started.

Translation volunteers are particularly needed for the following languages (ranked in order of annual visitors to oa.org):

- German
- French
- Spanish
- Dutch
- Portuguese
- Simplified Chinese
- Italian
- Swedish
- Persian
- Greek
- Russian
- Polish
- Arabic
- Japanese
- Hebrew
- Norwegian (Bokmål)
- Hungarian

Many more languages are supported. [Review the form](#) and add your language if it is not listed.

Donate Used OA Literature

Do you have old OA literature laying around? Donate it to the Retreat!
It's always nice to have a table where people can borrow
or take literature to help inspire them while on retreat.

We can raise a little money from donations to help pay for the retreat next year too!

Contact: Carol S (505) 804-5093

SERVICE

OPPORTUNITIES TO GIVE BACK TO OVEREATERS ANONYMOUS

Central New Mexico PI/PO Campaign

“THEY NEED TO KNOW”

The purpose of this campaign is to ask individual OA members to get OA literature to the health care professionals who provide their care.

This could be your physician, nurse practitioner, physician’s assistant, mental health care provider, dentist, physical or occupational therapist, acupuncturist, or any of your health care providers.

Your Public Information/Professional Outreach Committee will supply several copies of the pamphlet, “When Should I Refer Someone to Overeaters Anonymous” to each member. Sue M, PI/PO chair, will be happy to mail these to you to bring with you to your medical appointments.

AND THEN DO IT!!!

Personal testimony is one of the most effective ways to spread the 12-Step message of OA.

To order pamphlets or with any questions,
please contact Sue M. at 209 765 0132 or sjmealy@lightspeed.net.





Editor's Musings

Happy September and the coming change from Summer to Fall. The natural change of season is a reminder of the internal changes I am making as a product of working this program. Step 9 is one of the most profound, humbling and healing changes I can experience. In addition to making amends to my spouse, family, and others I have impacted with my disease, my sponsor reminded me it is most important to remember to put myself on that amends list. Of any one, I harmed myself the most. Abstinence is the most profound living amends I can make to myself. When I was in the depths of my disease, I ate and did things that ruined my digestive system. Additionally, the extra weight damaged my knees, back, and neck. In Program, I get to repair my body along with my emotional and spiritual being. Self-care is a loving act and a profound sign that I care about myself. Whether it is going for a long bike ride to help reduce my stress or opting for a quiet evening rather than going to a show or taking on another commitment, I more readily recognize when I need a meeting to fill my tank or just an hour or two of simple rest. These are examples of the gifts I offer myself that do more for my sanity and serenity than any food could ever do for me. I am forever grateful for Overeaters Anonymous teaching me how to treat myself with respect, love, and compassion.

- Deanna G.

Do you have any comments or feedback? I would love to hear from you!
Please email me at oadeannag@gmail.com



Heard In A Meeting

Courage is fear that has said its prayers.

***Want to support this newsletter and your fellowship?
Send your story of experience, strength, and hope to oadeannag@gmail.com
by the 20th of each month to be published in the next month's newsletter.***