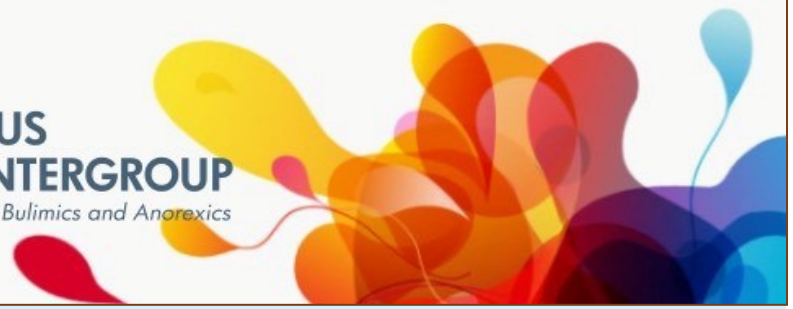




**OVEREATERS ANONYMOUS  
CENTRAL NEW MEXICO INTERGROUP**  
*Help for Compulsive Eaters, Bulimics and Anorexics*



## **MAY 2025 NEWSLETTER**

Volume No. MMXXV Issue No.5

Central New Mexico Intergroup P.O. Box 30273; Albuquerque, NM 87190-0273

Email: [oacnmi@gmail.com](mailto:oacnmi@gmail.com) website: [oa-cnmi.org](http://oa-cnmi.org) CNMI Phone Number: (505) 261-3553

### **OA Responsibility Pledge**

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

### **Step 5**

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

*Spiritual Principle*

INTEGRITY

### **Tradition 5**

Each group has but one primary purpose—  
to carry its message to the compulsive overeater who still suffers.

*Spiritual Principle*

PURPOSE

### **Fifth Step Prayer**

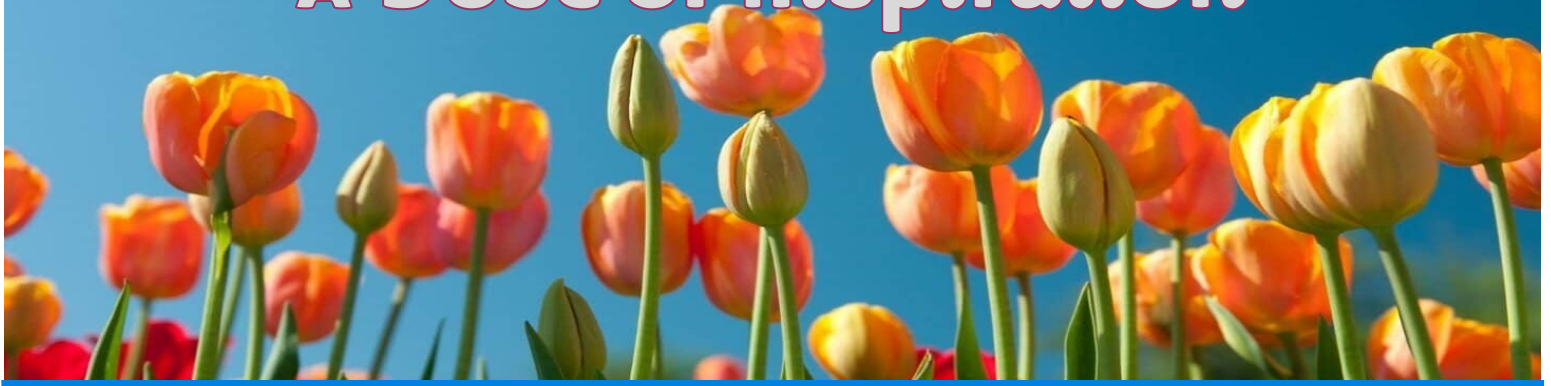
Higher Power, my inventory has shown me who I am, yet I ask for Your help, in admitting my wrongs to another person and to You. Assure me, and be with me, in this Step for without this Step I cannot progress in my recovery. With Your help, I can do this, and I do it.

### **Heard in a meeting...**

A short Surrender Prayer:

*Higher Power, I surrender myself to you, take care of everything!*

# A Dose of Inspiration



## For Today—February 21, Page 52

*The faultfinder will find faults even in Paradise.*

*Henry David Thoreau*

Do I recognize myself in that bleak portrait? Finding fault is a habit, like having to be right, or telling people what to do. It's possible to find fault even if the object of my displeasure were to become the exact opposite of what it is. As a faultfinder, I can be on the offensive and no one has a chance to criticize me. Finding fault is easy; a child can do it, particularly a tired, cross, frustrated child.

Chronic faultfinding is a flaw in my own makeup, and has nothing to do with people and things outside myself. It is a habit that needs the scrutiny of a personal inventory and a good step-five airing.

**For Today:** Growth in the OA program allows me to see with new eyes: feeling good about myself makes me less critical of myself and others.

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## Voices of Recovery – May 17, Page 138

*“We are neither above nor below the rest of the human race; we are a part of it.”*

*—The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed., p. 41*

As I finish my Fifth Step, I feel relieved and excited. I know my Higher Power has been with me all the way, prodding and leading me. I had always felt apart from the human race. I felt I had to be better than everyone else or I was no good at all. I acted out this feeling by being a “know-it-all”.

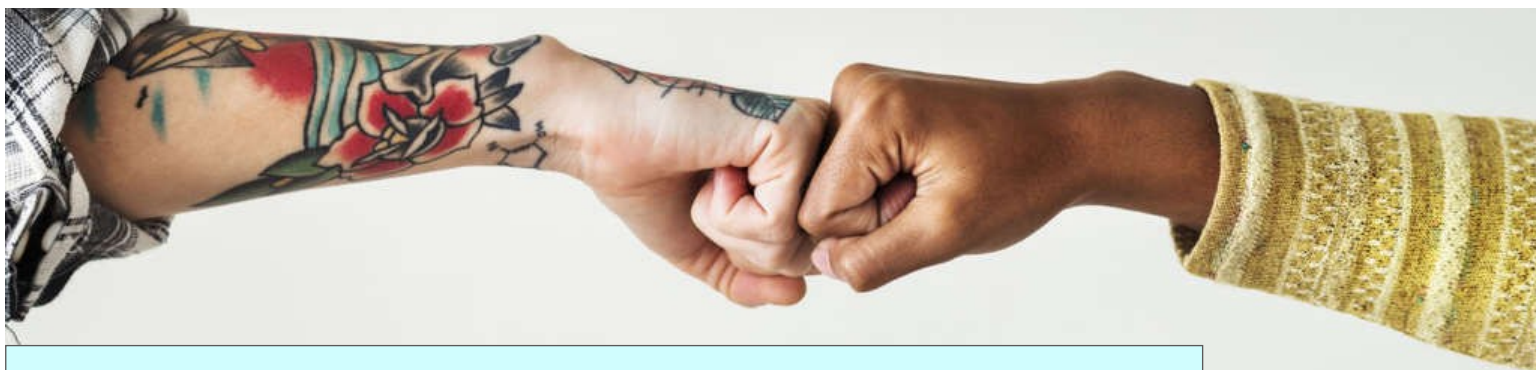
As I reflected on my Fourth Step inventory, I began to realize that I was no different from any of my fellows in OA. I had heard many of these things in meetings. Why did I think I was different?

My Fifth Step process opened my eyes, and I began to see the reality of my life. I was one of many, reaching out to others and to my Higher Power, trying to get healthy.

As I talked with my sponsor, I felt humbled, accepted, and loved. I was finally part of the human race: no better and no worse than the next person. What an incredible program! Thank you, OA, my fellow, and my Higher Power.

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**Want more inspiration? Download and/or purchase literature at [oa.org](http://oa.org) or <https://bookstore.oa.org/>**



# Partners In Recovery

## A Lifeline Reading

There are many different ways to share experience, strength, and hope in the OA Fellowship. As *two* OA members in recovery, we would like to share a way that has worked for us. We have been calling our relationship "Partners in Recovery." Together, we have developed a unique relationship that is separate from a sponsor/sponsee relationship, although we still continue to sponsor others and be sponsored.

In June 2015, our Higher Power brought us together. We both found ourselves in need of additional support, and we started talking weekly by phone about the many elements of the OA Program that we have in common: long-term abstinence, a love of the [Twelve Steps](#), and a commitment to recovery. In January 2016, we committed to work together weekly on reading and writing projects to help strengthen our programs so that we could keep up with the pace of life.

Over the past three years, we have read and discussed numerous pieces of OA-approved literature. We have searched out the many "musts" in [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#) and in [Alcoholics Anonymous](#).

We have worked through OA's [Twelve Step Workshop and Study Guide](#) and AA's *Twelve Steps and Twelve Traditions*. We have read and shared on the stories in [Taste of Lifeline](#), and we are currently reviewing each issue of [Lifeline](#) followed by a story from the Big Book. We look up the words we are not familiar with so that we can fully understand what we are reading.

We both go to different meetings, and we love to share quotes and acronyms that we hear at those meetings. We appreciate the gifted writers that are able to put into words the recovery we seek to enrich. Some of our favorite quotes are:

"If I have to have *all* my questions answered, then I am playing God! I am not trusting."

"God is in the pause."

"Program can become our easier, softer way."

"Gratitude lifts the attitude."

"This is a Step One situation!"

"Abandon all hope of a better past."

This partnership continues to be a positive experience for each of us, allowing us to have more depth to our programs. Perhaps other OA members would like to experience the rewards of working together as partners in recovery.

— Anonymous

Reprinted from the Lifeline website <https://www.oalifeline.org/tools-concepts/partners-in-recovery/>

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# Been Slipping and Sliding?



Has your program been slowly going downhill, or has it reached an all-time low? Do not despair! There is hope and help for you today. OA has a reading and writing tool to help you get back on track. Click on the link below to get started...



This message is from the Region 3 - Twelfth Step Within Committee (TSW), reaching out to those who still suffer and to address relapse.

Keep Coming Back, It Works **When** You Work It  
And You're Worth It!



Click [here](#) to see the document





## **ANNOUNCEMENTS AND UPCOMING EVENTS!**

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



## **WE NEED YOUR SUPPORT**

**OA's Seventh Tradition says that "Every OA group ought to be fully self-supporting, declining outside contributions."**

**The Central New Mexico Intergroup (CNMI) needs your support.**

**Can you make a donation today?**

**We use these contributions to keep the website working and to spread the word of OA to those who still suffer. Visit our website, navigate to "Donate to OA" and click on the Central New Mexico Intergroup of Overeaters Anonymous or click [here](#).**

**There is a BRAND NEW IN PERSON meeting  
every Friday at 5:45 – 6:45p in Rio Rancho.**

**It is called **Friday Night Live!****

**We will be studying the Big Book with open sharing.**

**It will be at the Mesa Club at [3301 Southern Blvd](#) under the archway between Decker Trading Cards and Brewlab Brewery.**

**For more information,  
call Sue M at 209-765-0132 or Vanessa G at 505-507-9894.**

**(It's hard to find even if you sort of know where it is.**

**See the google map location [here](#).)**

### **\*\*NOTE — Meeting Change**

**Effective Immediately—The Sunday in person meeting at Nahalat Shalom from 8:30 - 9:30a will be in person only. (*was hybrid before*).**

**Looking for other local meetings? Visit the OA-CNMI.org website  
and download the meeting list or [click here](#)**

**Find more events around the OA World <https://oa.org/event-calendar/>**



## OA WSO MEETING NUMBERS – March 2025

Meetings affiliated with Central New Mexico Intergroup (CNMI Number: 09024)

**Know your MEETING NUMBER.** This is the number that OA World Service assigns to a meeting when someone registers it with the World Service Office. This applies to all meetings registered with OA WSO, whether they are face to face, virtual, or hybrid. This number is NOT the same as a meeting's Zoom ID or Zoom pass code, which are access numbers assigned by the Zoom meeting platform. Your MEETING NUMBER is what you reference when you communicate with your intergroup, region, or OA WSO.

**To access your meeting's listing on the OA World Service website *when you know the meeting number*:** Go to [oa.org](https://oa.org) – **Meetings** – Add / Edit / Cancel a meeting. Select "Edit" or "Cancel" option, then select "Type of meeting." In the field labeled "Enter meeting #," type your meeting number. This will bring up your meeting's listing. Scroll down to read meeting info.

| <u>Meeting Day / Time / City</u>             | <u>Type</u>    | <u>Meeting number</u> |
|----------------------------------------------|----------------|-----------------------|
| <b>Monday thru Sunday 8:00 am – Santa Fe</b> | <b>virtual</b> |                       |
| Monday                                       |                | 801510                |
| Tuesday                                      |                | 801511                |
| Wednesday                                    |                | 801512                |
| Thursday                                     |                | 801513                |
| Friday                                       |                | 801514                |
| Saturday                                     |                | 801515                |
| Sunday                                       |                | 801516                |
| <hr/>                                        |                |                       |
| Monday 8:00 am – Santa Fe                    | virtual        | 801510                |
| Monday 12 noon – ABQ                         | virtual        | 49798                 |
| Monday 1:30 pm – Los Lunas                   | virtual        | 801762                |
| Monday 5:00 pm – Santa Fe                    | virtual        | 54509                 |
| Monday 7:00 pm – ABQ                         | virtual        | 801765                |
| Tuesday 8:00 am – Santa Fe                   | virtual        | 801511                |
| Tuesday 12 noon – ABQ                        | face to face   | 56475                 |
| Tuesday 5:30 pm – Durango, CO                | virtual        | 13245                 |
| Wednesday 8:00 am – Santa Fe                 | virtual        | 801512                |
| Wednesday 12 noon – Las Cruces               | hybrid         | 41281                 |
| Wednesday 6:00 pm – ABQ                      | virtual        | 800607                |
| Wednesday 7:00 pm – ABQ                      | face to face   | 57878                 |

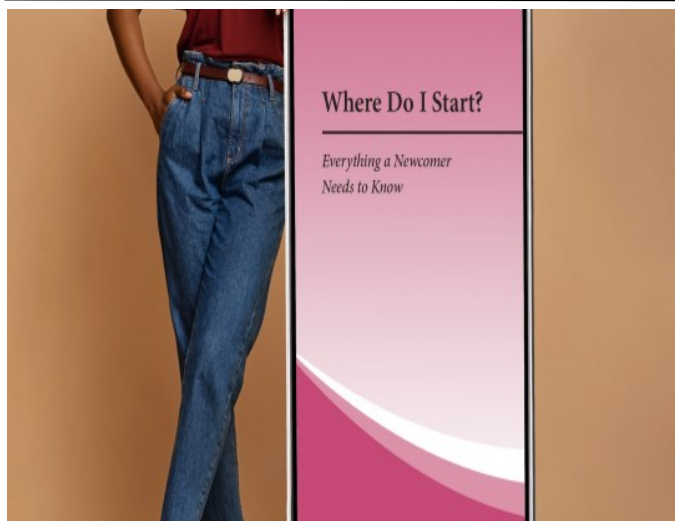
## OA WSO MEETING NUMBERS – March 2025 (continued)

Meetings affiliated with Central New Mexico Intergroup

|                                |              |        |
|--------------------------------|--------------|--------|
| Thursday 8:00 am – Santa Fe    | virtual      | 801513 |
| Thursday 5:40 pm – Silver City | face to face | 57998  |
| Thursday 7:00 pm – ABQ         | virtual      | 12836  |
|                                |              |        |
| Friday 8:00 am – Santa Fe      | virtual      | 801514 |
| Friday 11:00 am - ABQ          | virtual      | 48441  |
| Friday 5:45 pm – Rio Rancho    | face to face | _____  |
|                                |              |        |
| Saturday 8:00 am – Santa Fe    | virtual      | 801515 |
| Saturday 9:30 am – Las Cruces  | hybrid       | 53392  |
| Saturday 10:30 am – Santa Fe   | virtual      | 20598  |
| Saturday 11:00 am – ABQ        | virtual      | 12923  |
| Saturday 11:30 am – Santa Fe   | face to face | 57765  |
|                                |              |        |
| Sunday 8:00 am – Santa Fe      | virtual      | 801516 |
| Sunday 8:30 am – ABQ           | hybrid       | 51393  |
| Sunday 4:00 pm – Portales      | face to face | 57947  |

OA WSO Mtg Nos-March 2025

03/10/2025



**Do you know someone who might be  
curious about  
Overeaters Anonymous but  
isn't sure how to take the first step?  
Are you working on a 12th Step  
outreach?**

**Share this helpful link with them to get started:**  
<https://oa.org/what-to-expect/where-do-i-start/>

# 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.

## Looking for an opportunity to give back to your program?

***The following positions remain open on the CNMI:***

- Archivist
- OA Young People’s Chair
- Special Events Chair



***For information about these service opportunities please contact one of the members of the Nominating Committee.***

⇒ Leslie SK 505-250-9889   Deborah B 505-604-3253   Mary S 505-977-3445





## Dallas Metroplex Intergroup of Overeaters Anonymous' 2025 Twelve Steps Workshop Series

The Dallas Metroplex Intergroup of OA is presenting a series of workshops that introduce the program and study the Twelve Steps as adapted for OA.

**You may attend these workshops live or view them via a live stream online, once per month for five months.**

Speakers from all over the world will share their stories live, explaining how they reached OA and the difference it has made in their lives. Whether you are simply curious about OA or an experienced member, you are welcome.

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

**There are no dues or fees to attend this event, but an offering will be accepted.**

~~February 1, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 1,2, 3*~~

~~March 1, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 4 and 5*~~

~~April 12, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 6 and 7*~~

May 3, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 8 and 9*

June 7, 2025, 9:30 AM-12:30 PM CST: *An Introduction to OA and Steps 10, 11 & 12*

**First United Methodist Church of Richardson  
(Ogden Fellowship or Mays Halls)  
503 N. Central Expressway (US Hwy. 75) -  
Richardson, TX 75080**

### **ZOOM STREAMING LINK:**

<https://us02web.zoom.us/j/163878393?pwd=NWd5RTlyN0FTZW93em1TNFZZU0NGdz09>

**ID 163878393**

**Passcode is 694921**

**For more information, go to [oadallas.org](http://oadallas.org) or contact Bob ([bobjosch@msn.com](mailto:bobjosch@msn.com)) or Cindy ([bethechange@cheerful.com](mailto:bethechange@cheerful.com))**

**Thoroughly  
Follow  
Our  
Path...**

**A Step-Per-Month  
Virtual Study Group**

**6:30 PM-7:30 PM  
Eastern Time**

**Speaker - 20 min  
Journal Session- 10 min  
Share Circle - 20 min**

The first  
**Friday** of  
every month

## **VIRTUAL MONTHLY 12 STEP WORKSHOP**

**THE TWELVE STEPS OF OVEREATERS ANONYMOUS. SPEAKER, JOURNALING,  
SHARING.**

We will have a different speaker each month for each step. Speaker will share their recovery strength and hope as it pertains to the step we are working.

This is a recurring workshop that takes place on the **First Friday** of Each Month

### **Study Group Schedule:**

Speaker – 20 min

Journal Session – 10 min

Share Circle – 20 min

Zoom meeting number: 864 1518 6652



# CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

- The Convention is NOT a business event; it IS a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

*"This is an experience you...will not want to miss." Alcoholics Anonymous, p. 89*



**Save the Date!**  
**August 21-23,**  
**2025**



To be kept up to date with the latest  
convention news, email  
[CONVENTIONINFO@OA.ORG](mailto:CONVENTIONINFO@OA.ORG)

OCTOBER 2025

Oklahoma City, OK

## SAVE THE DATE



OA Region 3 Assembly and  
Convention October 16-19, 2025 at the  
Best Western Saddleback Inn, OKC

To stay up-to-date  
with registration,  
program and menu  
[Click Here](#)



  
OVEREATERS  
ANONYMOUS®  
REGION 3

Hosted by  
Greater  
Oklahoma City  
Intergroup







## **Zoom Security Training offered by Jenean in Region III**

If you're interested in learning how to handle security for a Zoom meeting or if you are in need of a refresher, please RSVP to register by emailing **Jenean B.** at [jenean.oa2023@icloud.com](mailto:jenean.oa2023@icloud.com)

The Zoom link to join the training will be sent to those who have registered by the day before the training.

Typically hosted on the  
**3rd Saturday of the month at 3:30 p.m. Central Time/2:30 p.m. Mountain**



## **HOW TO ZOOM Zoom Host Resources**

Getting ready to host a meeting? Looking to brush up on your Zoom security skills?  
Visit the San Diego CA Intergroup page – these resources are for you!

Click [here](#) to access an extensive amount of information.

## **Here's another resource to check out from OA World Service:**

<https://media.oa.org/app/uploads/2022/12/09103303/videoconference-meeting-training-and-security-preventive.pdf>

## EDITOR'S MUSINGS...

May is the 5<sup>th</sup> month, which means we are focused on the 5<sup>th</sup> step & 5<sup>th</sup> tradition. The spiritual principles are Integrity and Purpose.

The first time I had to give away my 4<sup>th</sup> step to my sponsor, I was nervous and anxious. I was not sure I had done it correctly (or perfectly). I also had things that I was embarrassed to admit – to myself, let alone someone else and God! How could I be totally honest and accountable? Yet, my sponsor lovingly, unconditionally, and without judgment, listened for the 4-5 sessions I needed to get it all out. Since that first one, she has had to suffer through at least 6 or 7 thorough or spot inventories with me. God bless her!

The 4<sup>th</sup> and 5<sup>th</sup> step process, for me, has cleared the wreckage of my past and enabled me to move forward in my life in a manner I could never have imagined possible. I now have a tool kit and loving support that helps me transmute any difficult situation directly into acceptance and serenity. I pray that I am doing for my sponsees what my sponsor has done for me.

Thank you, God, for this program of Recovery.

- Deanna G.

Do you have any comments or feedback? I would love to hear from you!  
Please email me at [newsletter@oa-cnmi.org](mailto:newsletter@oa-cnmi.org)

Want to support this newsletter and your fellowship?  
Send your story of experience, strength, and hope to [newsletter@oa-cnmi.org](mailto:newsletter@oa-cnmi.org)  
by the 20th of each month to be published in the next month's newsletter.

Was this newsletter forwarded to you?  
Would you like to get it directly each month?  
Sign up here:

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