



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



JUNE 2025 NEWSLETTER

Volume No. MMXXV Issue No.6

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

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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 6

Were entirely ready to have God remove all these defects of character.

Tradition 6

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Sixth Step Prayer

Dear God,
I am ready for Your help
in removing from me the defects of character
which I now realize are an obstacle to my recovery.
Help me to continue being honest with myself &
guide me toward spiritual & mental health.

HEARD IN A MEETING

Refrain
Reflect
Respond



For Today – Page 243 August 30

People wish to learn to swim and at the same time to keep one foot on the ground.

—Marcel Proust

Only by being willing to give up the safety of the old can I find out what the new has for me. Uncertainty, confusion, and fear of leaving the safety of my old ways behind me are natural, but the need to save my life pushes me on. I move beyond my fears and prejudices and learn that I don't have to act on them; that, one day at a time, I can face whatever must be faced.

I may think nostalgically of my old hiding place from time to time but the truth is, nothing that could possibly happen today can make me go back.

For today: The direction God gives me is forward; I am not afraid to take it.

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Voices of Recovery – October 30, Page 304

“Were entirely ready to have God remove all these defects of character.”

— Step Six

When I was starting on Step Six, at first it seemed to me that it was unnecessary. I thought, “Why waste a whole Step on getting ready? Why not just get going on Step Seven?”

Then I remembered that when I was a child in school and we were preparing to run a foot race, the teacher would say, “Ready, set, go!” To do our best, we needed to be ready. If she had just shouted, “Go!” we may not have been in our best position to start. She gave us a chance to literally put our best foot forward.

That memory made me realize the value of being ready. Now applying the same principle to Steps Six and Seven, I know I can do my best if I am entirely ready. The key to being ready is willingness, the willingness to have God remove my shortcomings.

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Recovery: A Series of Miracles

A Lifeline Reading



In 2011, I weighed 534 pounds (242 kg) and was unable to walk due to sepsis from an E. coli infection. When I was admitted to the hospital, my feet and legs were black from the blood pooling, my organs had shut down, and I smelled disgusting because my skin was weeping from the infection. I also had diabetes, high blood pressure, off-the-charts triglycerides, and a rapid and irregular heartbeat. In fact, I was so close to death that the doctor sent me to die at a skilled nursing home in a nearby city.

But the nurse who took care of me looked at me one day and said, “This woman is not going to die.” She worked hard to help me clean my food and my body. It took six people to roll me over to change my sheets or my diaper. I was on oxygen and so many medications. I had pain medications available that would have let me die, and I would have gladly died because I couldn’t imagine my life without my legs. But the nurse saved my life and my legs, and I went home weighing 300 pounds (136 kg).

Once I was at home, though, I quickly gained back some of the weight. Five years later, at 400 pounds (181 kg), I fell and crushed my femur just above the knee. I was too fat for surgery, so they put a brace on my leg and sent me to the same skilled nursing home. Again, I was able to control my food in this medical setting. I went from 400 to 300 pounds in just seven months, even though I was not allowed to walk because my leg bone had to grow together without surgery.

It was December 2016 when I fell. A series of miracles started the following September:

A woman in the recovery room next to me and her brother and I started a God table so we could pray for others. They prayed about a small growth on my face. It fell off the next day. No scar, no healing— it just fell off. I knew God was trying to reach me. I knew it was a miracle.

After they left, I started having lunch with the man in the room on the other side of me. I started crying one day because I was so terrified of going home and gaining my weight back. He said he belonged to AA and asked if I had ever heard of Overeaters Anonymous.

God had absolutely made a path to my bed. I’d been flat on my back for seven months, yet here I’d found a woman who had brought me to God and a man who had brought me to OA. Then, when I called the local phone number for OA to find a meeting, the man who answered eventually became my [sponsor](#), and he is to this day—another miracle from God.

The day I told my AA friend that I was willing to [work the OA program](#), the nursing staff told me I was ready to put weight on my leg again, and I took my first steps.

The stronger my program gets, the more miracles I get—too many to even begin to name. I am currently at 250 pounds (113 kg), and I have lost 284 pounds (129 kg). I’ve had to stop weighing myself, however, because my doctor does not want me to be misled by water retention in my legs. My heartbeat has been improving, and everything else is working perfectly—no more diabetes (my A1C is lower than normal), no more oxygen, no more high blood pressure, and no more high triglycerides. I am taking a diuretic to help my heart, but I take no other medication.

Today, I live most of my life in program (I’m retired, so I have the whole day to fill). I moderate a meeting once a week. I sponsor five people. I make a lot of outreach calls and texts and receive just as many. I start my day with [For Today](#) and [Voices of Recovery](#). I say the [Serenity Prayer and Third Step Prayer](#) before each meal to center myself before I start eating. Here’s how I know when my abstinence is spot-on: When I have my meal in front of me on one dish, I imagine someone I don’t like coming through the door. If I’m embarrassed, then I have too much food.

OA has saved my life, my sanity, and my legs. I cannot begin to describe how grateful I am for OA’s founder, Rozanne, and her wisdom in starting this unique program for those of us with the disease of compulsive overeating. I will cherish and love her through all of eternity.

— Carrie

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Fellowship Corner

ESH from the fellowship

Step 6

OA was using the AA Twelve Steps and Twelve Traditions book when I started in my OA program, because we did not yet have our own book.

The first time I heard Step 6 in a Step meeting I had the idea that God would come in and surgically remove all of my defects of character. I thought that was great ... “Okay, God, here I am – come on in and take them all – I’m entirely ready for them to be gone.” ... but nothing happened ...

So, I thought I had misunderstood and that I had to remove them myself and offer them up to God – “See, I took care of them.” But the likelihood of that happening was nil since I hadn’t been able to get rid of them up until then.

Luckily (or by HP’s grace), I heard someone in a meeting refer to them not as character “defects” but as character “defenses”. That was intriguing to me – I learned that they were in fact survival mechanisms that I had used in my younger years just to get through life because I didn’t know any better. Now that I was learning new, healthier ways of dealing with life (that didn’t include using food or these survival mechanisms), I didn’t need them.

What I know now is that Step Six is a cooperative effort – I have to be willing to let go of my defects/defenses/outdated survival mechanisms, with the help of my Higher Power, my sponsor, and my fellow OA members.

Another thing I have learned about the process of Step Six is that sometimes my defects aren’t removed so much as they are transformed into assets ...

The stubborn willfulness that helped me to survive is transformed into persistence and perseverance ... one of the reasons I have kept coming back to OA and working the Steps and recovering for all these years.

People-pleasing to win love has been transformed into empathy ... being aware of how someone else is feeling and being able to support them when they are having difficulty.

Workaholism to prove I was a worthwhile person has been transformed into the ability to give service on various levels in OA and in my personal and professional life.

I am not always entirely ready to let go of my character defects, but I find that when I am willing to move from stubborn resistance, Higher Power meets me where I am and continues to help me to grow.

—Gloria B.



Fellowship Corner

ESH from the fellowship
continued...

Step 6 – Were entirely ready to have God remove all these defects of character.

I have to be honest, I have a hard time with this step. I do recognize that it is an invitation to grow, and that's why I was first attracted to the 12- Step way of life. But the idea that I am defective in my character really bothers me. I know people tend to soften the intention of those words. But there they are in black and white: the mistakes I uncovered in my Step 4 and that I shared with my sponsor in Step 5 were not just mistakes, but they were somehow inherent to who I was. Doesn't it also imply that if HP could remove them, I would somehow be perfect? Grrrrr! I don't like that way of thinking.

I think when I first encountered this step over twenty years ago, I didn't question the language of "defects of character." I had a pretty low self-esteem, I was pretty demoralized from compulsive overeating, and so I was willing to believe that I was indeed defective. I worked this step. I had a spiritual awakening. And I attained abstinence and achieved a healthy bodyweight – at least for a while.

However, while this step did work for me in the short term, in the long-term I began to struggle with my abstinence and my eating all over again. So, I went back to the drawing board, and my higher power offered me ways of deepening my understanding of the disease of compulsive overeating, as well as my recovery. I learned from journaling, reading, writing, listening, and sharing with fellow OAs, that part of my obsession with appearance, bodyweight, and dieting came from the belief I acquired as a child that I was somehow not good enough, and in fact could never be good enough. I had a lot of shame over myself and my body. I decided the remedy was to try to love myself 100% just as I was right then, and to believe that my higher power loved me in the same way -- warts and all. In fact, it may be my warts that make me who I am.

Today, I don't think I have any defects of character nor ever did have any. I think I developed coping strategies and behaviors to deal with life that worked for a while, but stopped working for me anymore. Higher power helps me to find better ways of living, ways that are more self-loving, and better for me in the long run. The more that I have practiced self-love and self-acceptance, the easier my abstinence has become. Today, I see my job as loving and approving of myself on a daily basis exactly as I am right now.

—Taylor, Albuquerque



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 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 – **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>
Monday thru Sunday 8:00 am – Santa Fe	virtual	
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

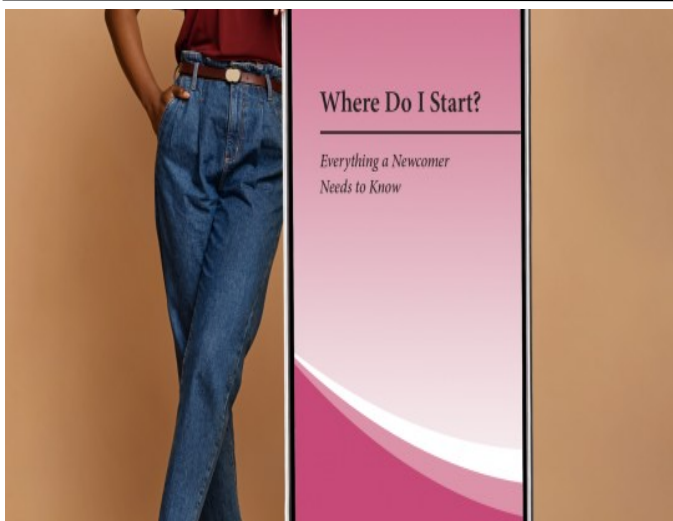
OA WSO MEETING NUMBERS – March 2025 (continued)

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 below...

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



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 or contact Bob (bobjosch@msn.com) or Cindy (bethechange@cheerful.com)

SPACE IS LIMITED!

Reserve Your Spot by Pre-Registering
with a \$100.00 Deposit by May 1st, 2025
Commuters Welcome!

If not registering online, mail check
made out to ASDI to Registrar:

Rosie Oldham
19243 N. 88th Ave.
Peoria, AZ 85382
rosie.oldham64@gmail.com
602-369-8444

Accommodations

- NAU Campus is handicap accessible.
- Additional overnight stay available one day early!
- Calderon Hall two rooms with twin bed each sharing one bath (Single Occupancy).
- Calderon Hall has 2 rooms available - twin beds in each with a shared bath (Double Occupancy).
- Private room/private bath—call registrar (George Y.) for pricing/availability.
- Bring Your Linens—pillows, twin sheets, towels, toiletries.
- Refrigerator and microwave in each room for your use.
- Bring cash for 50/50 drawing and other fun raffle events—gift cards etc.
- Consider bringing a cushion for seating in meeting room.
- Bring warm clothing and comfortable shoes to walk this beautiful campus.
- All vehicles on campus are required to have valid displayed parking pass provided at registration.
- All tobacco or related products are prohibited on campus.

Sober Recovery *In Sunlight of the Spirit.....*



**ASDI Invites you to our
Annual Summer Retreat
July 18, 19 and 20th, 2025 at
Northern Arizona University
in beautiful
Flagstaff Arizona.
See you there!**



Calderon Hall—Havasupai AB
Northern Arizona University
Flagstaff, Arizona

**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

Building A Strong Recovery Virtual Workshop

**Speakers, Writing Exercises,
Open Sharing, Fellowship**

**Saturday, June 14th
1:00 pm–3:00 pm Pacific**

Register for Zoom ID & Password

<https://form.jotform.com/251215605954153>

Questions or for more Info Contact

Lisa S: secretary@oaregion1.org

Barbara B: 530-859-1248

Hosted by Region 1





Channel Islands Intergroup of
Overeaters Anonymous Presents

Service Is Its Own Reward

All are welcome, no matter where you are in your
recovery!



Saturday, June 21, 2025



1:00 PM – 2:30 PM Pacific Time



Zoom Meeting ID: 764 663 562



Text or Call: 805-940-3655 (for passcode)

Come discover how service can transform your
recovery, your fellowship, and your life.



<https://oaciig.wordpress.com>

Suggested 7th Tradition \$5
No one turned away for lack of funds

**North Jersey Intergroup of
Overeaters Anonymous**
invites you to a Zoom event
Male Perspectives in Recovery
NOT FOR MEN ONLY!
Sponsored by the Wednesday night
Saddle Brook Men's meeting
Sunday June 22nd
2-4 PM EST



- **3 men will share their experience, strength and hope**
- **Open to all**

Join Zoom Meeting

<https://us02web.zoom.us/j/86375722678?pwd=tXkqjlNvVz6i71bfu6yxFaBFGutAoX.1>

Meeting ID: 863 7572 2678

Passcode: 164164

Dial in: +1 929 205 6099 US (New York)

Find your local number:

<https://us02web.zoom.us/j/kdUOTF7W4E>

Contact person:
Judy 201-615-4955
email: Events@njioa.org

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

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

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



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...

Wow, the year is almost half over already. How does that happen?!

June is the 6th month, and the corresponding step is Step 6. The spiritual principle is Willingness. When I first came to OA, I had to ask myself, how willing am I to work this program? I was so desperate when I walked in the doors, but I didn't understand what "working the program" meant. I was the proverbial "deer in the headlights". I went to six meetings my first week and the second week I found a sponsor. She lovingly and patiently explained and helped me work the steps. She taught me acceptance, surrender, helped me see my part in the situations that I ate over, my character defects and amends and how to work the program in all of my affairs.

At the halfway point of the steps, I was asked to get really honest about my character defects and start working to have them removed; willingness, again, coming front and center in order to keep making progress in my recovery. At first, I thought this was as simple as identifying the defects (step 6) and then just turning to my Higher Power and asking for them to be removed (step 7). I quickly learned that this program is a practice not a magic wand. I have to continue to keep an honest awareness of my actions and stay accountable to the outcome. Over time, while not completely removed, it seems that my character defects are softer and fading. I pray to remain willing to let go and keep practicing my program on a daily basis. Thank you, OA, for teaching me how to live life on life's terms.

Deanna G.

Do you have any comments or feedback? I would love to hear from you!
Please email me at 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 by the 20th of each month to be published in the next month's newsletter.