



OVEREATERS ANONYMOUS CENTRAL NEW MEXICO INTERGROUP

Help for Compulsive Eaters, Bulimics and Anorexics



JULY 2025 NEWSLETTER

Volume No. MMXXV Issue No.7

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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 7

Humbly asked Him to remove our shortcomings.

Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions

Seventh Step Prayer

My Creator,
I am now willing that you should have all of me, good & bad.
I pray that you now remove from me every single defect of character
Which stands in the way of my usefulness to you & my fellows.
Grant me strength, as I go out from here to do your bidding.

HEARD IN A MEETING

Today, I will do my best, then let it go.
God, please help me stop criticizing myself
so I can start appreciating how far I've come.



A Dose of Inspiration

For Today – Page 18 January 18

The best way out is always through.

— Robert Frost

I used to take the long way around, avoiding problems, escaping feelings. In OA I heard it called the easier, softer way. But is my way really easier? No! It is the hard and painful, life-of-hell way.

I am grateful for the awareness of old patterns. Today I count on God's help to remove those faults I expose when I take the honest way out of my difficulties.

For today: Practice of steps four through nine prepares me for facing rather than trying to escape my problems.

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Voices of Recovery – June 23, Page 175

“We express our desire to become more effective in serving and helping others as our shortcomings are transformed into assets.”

— *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed.; p. 54*

I read Step Seven many times but missed this part: my shortcomings will be transformed into assets. I had often heard that my character defects were good instincts gone awry, but it never quite registered. If they start out as assets, then why wouldn't God want to convert them back? Knowing that I could become the person I pretended to be filled me with peace. I no longer have to try to be “good”. God does it for me.

My character defects surface on a daily basis. I love knowing that God transforms them — not to glorify me, but to do his bidding. Step Seven lays the foundation to work the rest of the Steps. When working with sponsees on Step Seven, I ask them to list the assets into which God will transform them. It has become a beautiful piece of Step work for me. When just listing character defects seems too negative, looking at the positive —the asset side—gives us hope.

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Light Wash

A Lifeline Reading



Step 7: Humbly asked Him to remove our shortcomings.

I have a habit of checking how clean a drinking glass really is by holding it up to the light. A glass that looks so clean when out of the bright light can actually be very dirty, covered in fingerprints and all sorts of marks—it's not fit to drink from. It makes me think of my character flaws and shortcomings and how well-hidden they can be.

From the outside, I can appear so clean and pristine in subdued light. I say, "Look at me . . . no flaws that I can see. I'm just fine, thanks, God."

But he insists I be held up to his light. I reluctantly agree, and all is revealed—the stains, the marks, the prints upon my soul, the habits, and the defects all glaring in clear light. It is shocking to see me as I really am, not as how I think I am.

But the great news is that Step Seven is all about humility. We humbly ask God to remove our shortcomings: to wipe us clean, wash us in his truth, and cleanse us of shortcomings that are ruining our lives. If we humbly ask, we receive—it works every time.

If I want my metaphoric glass kept clean and sparkling, I go to God in humility and ask him to remove those stains upon my character. He never fails me.

Of course, the odd smear will keep appearing now and again on my glass, but now I know what to do about it and how to contact the source of all the help I need in the cleaning process. What a blessing! Thank you, God and OA!

— Paulette N., New Zealand

Reprinted from the Lifeline website: <https://www.oalifeline.org/steps/light-wash/>

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Fellowship Corner

Thoughts on Humility

Step Seven: Humbly asked him to remove our shortcomings

The chapters on Step Seven in both the OA and AA 12 & 12 contain much wisdom about the guiding principle of humility, and how this concept is frequently misunderstood. In rereading both of these powerful pieces I've come to a greater appreciation of how acceptance of humility as a way of life is necessary for long-term recovery.

If we've truly taken Step One we have humbled ourselves by admitting not only that we are powerless over food but also that our lives are unmanageable. This is a courageous step to take since our illness often predisposes us to reject the notion of powerlessness and to pride ourselves on our imagined ability to manage our own lives. This level of humility is a huge breakthrough and has carried us safely through the next five steps. Then at Step Seven we are asked to look at humility again.

The AA 12 & 12 makes the point that the alcoholic who has come so far has garnered enough humility to stay sober, but may not have sufficient reserves to meet an emergency. Who among us as compulsive eaters does not continue to face emergencies regardless of the strength of our recovery?

I see the daily practice of Step Seven as an opportunity to build up the needed reserves. As practice of Steps Six and Ten continue to remind me of my defects of character and my willingness to be free from them, I can humbly turn to God to ask for their removal. Our own 12 & 12 reminds us that the gift of humility can be ours if we are willing to let go of low self-esteem, status seeking and self-righteousness. No one is perfect, but each of us can strive to be the very best version of ourselves we can be!

— Anonymous

(Note: The AA *Twelve Steps and Twelve Traditions* book mentioned in this article is OA approved literature.)



2025 World Service Annual Appeal Letter

The Treasurer of the Overeaters Anonymous Board of Trustees has issued the following Annual Appeal Letter to all OA members, groups, and service bodies.

Groups are asked to read this letter at three consecutive meetings and to forward funds collected directly to the WSO.

A copy of this letter has been sent to all
CNMI Group Treasurers.

Groups and individuals may contribute using the instructions provided near the end of the letter.

See the next page or follow this link:

<https://oa.org/documents/2025-annual-appeal-letter-from-your-world-service-office/>



2025 Annual Appeal Letter from Your World Service Office

Last revised: April 15, 2025

To: Members, Groups, and Service Bodies of Overeaters Anonymous

If you are a group, please read this appeal letter at three consecutive meetings. If an intergroup, service board, or region, please consider an annual contribution for this appeal.

Your contributions continue to make a difference for Overeaters Anonymous. Thank you! Here are some of the wonderful new ways we've been able to put them to work: In 2024, OA began a redesign of the Find-a-Meeting tool to make it faster and easier to use. In 2024, OA's social media followers increased by 35 percent to 24,950. In this same period, our social media content was viewed by 256,000 members of the public, an 880-percent increase over 2023. Also, we funded five requests from the Professional Exhibits Fund across a variety of healthcare specialties and geographies.

Your support allowed us to make literature and other media available to members in their native languages. Translations of [Where Do I Start?](#) increased to 48 languages, up from 27 last year at this time. The [One-on-One Professional Outreach: Demonstration Video and Talking Points](#) was subtitled in 23 languages, which accounts for more than 99 percent of all non-English OA meetings, and the Talking Points section of the document is available in 46 languages via oa.org's translation feature. In fact, our websites, [oa.org](#) and [lifeline.oa.org](#), now have built-in translation in 48 languages.

New and updated publications enabled by your funding included production of [Diverse Voices](#) and the [OA Handbook for Members, Groups, and Service Bodies](#). Also, the [Worksheets for the Twelve Steps Workshop and Study Guide, Second Edition](#) are now available in the OA bookstore as a PDF download. Finally, your contributions enabled OA to manage over 150 infringements to our copyrighted and trademarked materials since 2022.

As technology and costs accelerate, we will need your support in 2025 to both continue our outreach to diverse populations and to offer innovative ways for you to connect with others who suffer from compulsive food behaviors. Here are ways you can show your support in addition to your regular Seventh Tradition contribution:

- Donate directly online at [oa.org/contribute](#), either individually or as a group or service body (remember to include your meeting or service body number). That page also offers a QR code for Paypal, connection to the OA portal, and more.
- Cut out the form below and mail your check to the World Service Office.
- Consider contributing automatically through the Automatic Recurring Contributions link at [oa.org/contribute](#).

Any amount would be appreciated and, if you cannot contribute now, we know that you support OA in other ways.

In loving service and gratitude,

Board of Trustees Treasurer

Please forward the collective contribution, including your registered group or service body number, to:

-- cut here ----- cut here --

Overeaters Anonymous World Service Office/Appeal to Groups
PO Box 44727
Rio Rancho NM, 87174-4727 USA

Group/Service Body # _____

Enclosing US\$ _____



ANNOUNCEMENTS AND UPCOMING EVENTS!

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

Please Consider A Donation To CNMI

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

The Central New Mexico Intergroup (CNMI) welcomes support from individuals and groups. 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 is at the Mesa Club at [3301 Southern Blvd](#) under the archway between
Decked 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/>

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

**North Jersey Intergroup of
Overeaters Anonymous
invites you to a Zoom event**

**Program is Portable:
We Can Travel Abstinently**

**Sunday July 20, 2025
7-8:45 PM ET**



**3 fellows in Recovery will share their
experience of staying abstinent while
traveling around the world**

Q&A and Open Sharing

Join Zoom Meeting

<https://us02web.zoom.us/j/85422086370?pwd=aBOMLE95VqucMfOad6Ob9E1Nf8rzpO.1>

Meeting ID: 854 2208 6370

Passcode: 202356

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

Find your local number:

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

Contact person:

Judy L. 201-615-4955

Email: Events@njioa.org

**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



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

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>

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.

Looking for an opportunity to give back to your program?

*The following positions remain open on the
CNMI:*

- Archivist
- OA Young Adults 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



EDITOR'S MUSINGS...

Happy July! I hope you are staying hydrated and cool. It is HOT out there!

July's theme is Step and Tradition Seven. Last month I shared about my experience with Steps Six and Seven. This month, I'd like to share about Tradition Seven: **"Every OA group ought to be fully self-supporting, declining outside contributions."**

I think most commonly, we think about this Tradition as monetary donations to our meetings, Intergroup, Region and World Service Office to keep them running. I'd like to think of this Tradition a bit bigger. The OA 12 Steps and 12 Traditions says that the Seventh Tradition doesn't apply simply to financial support...*To be fully self-supporting, groups and individuals need to take on their share of service work.* There are many roles that need to be filled in order to keep the meetings, boards, and OA as a whole functioning. If I am not serving my OA community, how can I truly accept the gifts this program gives me? The Twelfth Step talks about giving back; in my mind, this Tradition also reinforces that concept. We must support our groups if we want them to thrive. We often say in program, "Service is slimming". I strongly believe that I must give back to appreciate what I have been given. OA has given me a life beyond my wildest dreams and if I can pay back even a small percentage of what I have been given, then it is worth it.

Deanna G.

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