



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



## **AUGUST 2025 NEWSLETTER**

Volume No. MMXXV Issue No.8

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 8**

Made a list of all persons we had harmed and became willing to make amends to them all.

*Spiritual Principle = Self—Discipline*

### **Tradition 8**

Overeaters Anonymous should remain forever nonprofessional,  
but our service centers may employ special workers.

*Spiritual Principle = Fellowship*

### **Eighth Step Prayer**

Higher Power,  
I ask Your help in making my list of all those I have harmed.  
I will take responsibility for my mistakes &  
be forgiving to others as You are forgiving to me.  
Grant me the willingness to begin my restitution.  
This I pray.



© Karen Lee - Planning January 1998, 2008

# A Dose of Inspiration

## For Today – Page 290 October 16

*How shall we expect charity toward others, when we are uncharitable to ourselves?*

—Sir Thomas Browne

The injustice we do ourselves was aptly expressed by a member who said, “If someone treated me the way I treat myself, I’d sue.”

While it may be true that I tend to be harder on myself than I am on others, in a larger sense, if I do not feel kindly toward myself, I cannot extend kindness to others.

I am allowed to make mistakes, and so are other people. Errors can be pointed out and corrected without harsh measures or cruel words, without venomous self-recrimination.

**For today:** Steps four through nine are a highly effective way to deal with my inability to accept imperfections — my own and others’.

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## 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.; p. 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 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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# Tradition 8: Labor of Love

## A Lifeline Reading



I remember when I was new to OA. I sat with my first sponsor, going over my journaling on Step One. It took quite a bit of time, and I couldn't believe how patiently my sponsor sat there, listening. She wasn't giving advice. Periodically she shared her experience, strength, and hope, but mostly, she just offered the gift of understanding. I was amazed that I wasn't paying her! She accepted me even though we had only known each other for a short while. She even said I was helping her.

The gift of sponsorship is so powerful because it is given freely—no strings attached. Now I get to pass it on and do the same for others. I always enjoy seeing my sponsees' faces when I tell them they are actually helping me more than I am helping them.

[The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#) tells me "In OA, we learn to give our loving support to others freely, without trying to advise people or change them; nor do we look to others to work our program for us" (p. 175). Service is its own reward. Even if we are experts (counselors, ministers, dietitians, authors) outside the rooms of OA, we only share our experience, strength, and hope. Even someone who has long-term abstinence is not an OA expert; experience has shown that everyone suffers in the long run when recovery "gurus" exist.

OA may (and does) employ special workers. These employees help manage the business aspect of OA when the job is too big for volunteers. These employees may or may not be members. Effective workers are appreciated because they help OA grow stronger, but their duties are entirely business-related.

No member is ever paid for Twelve Step service. Just as the OA [Twelve and Twelve](#) says, "When we keep OA's eighth tradition, we discover a beautiful spirit of caring service . . . we can each turn to the one next to us and say truthfully from the heart, 'I put my hand in yours because I care'" (p. 176).

—Edited and reprinted from OA Today newsletter, St. Louis Bi-State Area Intergroup, August 2014

Reprinted from the Lifeline website <https://www.oalifeline.org/traditions/tradition-8-labor-love/>

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There are many opportunities to be of service coming up.

Please consider how you can give back to Overeaters Anonymous!

## ANNOUNCEMENT OF UPCOMING CNMI ELECTION

This is the first of two official announcements of CNMI elections to take place at our Annual Meeting on **October 11, 2025**.

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:*

- ♦ Vice Chair
- ♦ Treasurer

*These positions require three months of abstinence:*

- ♦ Archivist
- ♦ IG Rep Support
- ♦ OA Young Adults
- ♦ Newsletter
- ♦ Outreach
- ♦ PI/PO
- ♦ Special Events

### How You Can Help

With a little over two months remaining until the elections, we hope to add 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 concern is the Treasurer position—Roles & Responsibilities may be seen at: <https://oa-cnmi.org/wp-content/uploads/2022/08/Treasurer-2021.pdf>

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

- ⇒ Leslie SK, 505-250-9889, Chair
- ⇒ Deborah B, 505-604-3253
- ⇒ Sarah, 505-980-6177



## 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/>



## Overeaters Anonymous Workshop on the Twelve Steps

The Central New Mexico Intergroup of Overeaters Anonymous is sponsoring a 15 session workshop designed to help participants achieve and/or maintain abstinence through working all Twelve Steps. The workshop is based on the "Participant Guide for Twelve Step Workshop and Study Guide".

**August 2 - November 8, 2025**

**Saturdays, 1:00 p.m. – 3:00 p.m.**

**Presbyterian Kaseman Hospital**

**8300 Constitution Ave NE, Albuquerque, NM 87110**

(<https://maps.google.com/maps?cid=3316515841731051166>)

For more information or to register contact:

**Frank @ 505.688.0788 or 505oaguy@gmail.com**

The program was originally intended for those in relapse, but we've found it valuable for anyone wishing to strengthen their recovery. This is an intensive workshop where you will have the opportunity to actually practice all twelve steps, not just read about them. If you are new to the twelve steps (in any program), we suggest discussing your attendance with your sponsor or a trusted program friend.

The workshop is closed to new participants after the second meeting and participants are asked to commit to attend and participate in the entire workshop.

### **Literature used in the workshop:**

- *Participant Guide for Twelve Step Workshop and Study Guide*
- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Ed.*
- *Overeaters Anonymous, Third Edition*
- *Voices of Recovery*
- *For Today*
- *Alcoholics Anonymous, Fourth Edition (Big Book)*
- *Twelve Steps and Twelve Traditions by Alcoholics Anonymous*

All books are available at <https://bookstore.oa.org/books.asp> or large online booksellers.

# REGISTER NOW!

## 2025 Scottsdale Big Book Study OA Retreat Relapse or Recover: The Choice is Yours!



Or go to : [ScottsdaleBigBook.com](https://ScottsdaleBigBook.com)

**FRIDAY AUGUST 8<sup>TH</sup> – SUNDAY AUGUST 10<sup>TH</sup> 2025**

Crowne Plaza Hotel, 4300 East Washington St, Phoenix, AZ 85034

### **Workshops led by Harlan G. and John K.**

Relapse & Recovery

12 Step Overview

Body Image & Sexuality

Sponsor/Sponsee Relationships

Keynote Speakers and More!



*For more information, contact:*

***Nancy J. (630-440-1945) - Hilary B. (951-536-2302)***



OVEREATERS ANONYMOUS  
"TAKING ACTION"  
**ACTION PLAN  
WORKSHOP**

AND

INTRODUCTION TO THE NEW OA ACTION PLAN MEETING

**AUGUST 16, 2025**

**9:00AM - 11:00AM ET**

*Purpose of Action  
Planning*

*Making Actions Intuitive*

*Understanding Common  
LIFE Activities/Events*

*Accountability Buddies  
Matched*

*Creating Your 24-Hour  
Action Plan Template*

*SMART Goal Lesson &  
Activity*

**IF YOU HAVE AN  
ACCOUNTABILITY  
BUDDY**

**BRING THEM WITH YOU**

**MATERIALS NEEDED:**

- PENCIL/PEN
- YOUR UPDATED CALENDAR
- JOURNAL FOR YOUR ACTION PLAN
- WILLINGNESS/ACTION

**MEETING ID: 862 4055 6828**

**PASSWORD: 695747**

**CLICK LINK FOR INSTANT ACCESS**

[HTTPS://US02WEB.ZOOM.US/j/86240556828?pwd=ANFWUBGU1ZlIWDJNXD7k0ZCBYBj6R2.1](https://us02web.zoom.us/j/86240556828?pwd=ANFWUBGU1ZlIWDJNXD7k0ZCBYBj6R2.1)



# OA SPONSORSHIP DAY 2025

Hosted by the Intergroups of  
North, Central and South Jersey



Together we can do what we could never do alone

**SATURDAY AUGUST 16, 2025  
2:00–4:00 PM ET  
AN ALL–JERSEY ZOOM EVENT**

**Please join us as we celebrate the  
blessings of Sponsorship**

- Learn why having a sponsor is so crucial to our Recovery
- Learn about different ways to sponsor and be sponsored
- Hear firsthand from sponsors and sponsees how they work their Programs

**Zoom Meeting ID: 847 8506 8099**

**Password: 164164**

**Dial in: +1 929 205 6099 US**

**Zoom link:**

<https://us02web.zoom.us/j/84785068099?pwd=twtyGZDsv49kC9vi5S2UIQOOwrZKPr.1>

**Contacts:**

Judy L. (201) 615~4955

Alex C. (732) 618~1542

Robin R. (609) 685~1819



# 2025 OA World Service Convention

**August 21-23, 2025**

**Renaissance Orlando at SeaWorld®**



## **Advance Registration is still OPEN!**

Register by July 31 at 11:59 p.m. MDT / UTC-6 for just \$190 USD.

## **Or register at the door!**

Onsite registration: \$210 | Daily: \$70

Our first Convention since 2016—we'd love to share it with you!



## **Hugs, Smiles, and Fellowship!**

From videoconference squares to folding chairs, come hug the friends who've shared your journey—and make some new friends too! Enjoy the sunshine (and the air conditioning!) as you connect and explore beautiful Orlando.



## **Recovery & Fun!**

Begin your day with peaceful meditation, then choose from 50+ recovery meetings and workshops. Connect in specific-focus sessions or use our "bring-your-own-meeting" space. Enjoy inspiring keynote speakers, meaningful fellowship, and an evening banquet followed by a lively, fun-filled dance celebration!



**REGISTER HERE**

[oa.org/world-service-convention](https://oa.org/world-service-convention)

Questions? Email [info@oa.org](mailto:info@oa.org)

**Renaissance Orlando at SeaWorld®**

**6677 Sea Harbor Drive  
Orlando, Florida USA**

**OVEREATERS  
ANONYMOUS®**



# Sponsorship Day in OA



**Sat – Aug 30**

**11:00am – 12:30pm PT**

Two speakers, Q&A and open sharing  
Zoom Only Event

## **HANDOUTS**

<https://tinyurl.com/sponsorhandouts>

**MEETING ID: 857 7649 3323**

**PASSCODE: 629166**

Suggested donation of \$5  
No one will be turned away

## **DONATE ONLINE**

<https://www.sacvalleyoa.org/donations-for-events.html>

Hosted by the Sacramento Tuesday noon OA Speaker Meeting



RETREAT TO THE MOUNTAINS THIS FALL FOR THE



## Overeaters Anonymous Colorado State Convention

***TOGETHER, WE RECOVER!***

**(Hosted by the Recovery in The Rockies Intergroup)**

**FRIDAY, SEPTEMBER 26-SUNDAY, SEPTEMBER 28**

**At The Keystone Lodge & Spa**

**For more information, including scholarship availability,  
and to register for the event, see the link below:**

**[oacolostateconv.net](http://oacolostateconv.net)**

Register early! And remember to book your hotel room by August 12<sup>th</sup> to ensure you receive the group's discounted rate; early-bird registration also ends August 12<sup>th</sup>.

*See the next page for more information including scholarship availability*

## RETREAT TO THE MOUNTAINS THIS FALL FOR THE

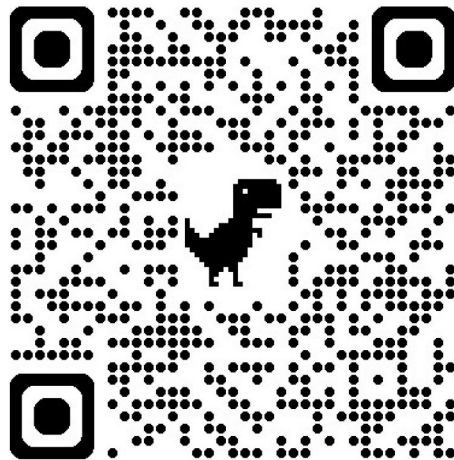


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**Thoroughly  
Follow  
Our  
Path...**

**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:**

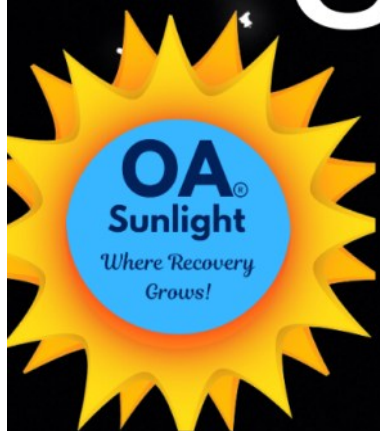
Speaker – 20 min

Journal Session – 10 min

Share Circle – 20 min

Zoom meeting number: 864 1518 6652





# OA Sunlight Monthly Candlelight Gratitude Meeting

*Held the 3<sup>rd</sup> Sunday of every month*


11:30 pm UK / 6:30pm Eastern / 3:30pm Pacific

2025 dates: 5/18, 6/15, 7/20,  
8/17, 9/21, 10/19, 11/16, 12/21

Zoom ID:  
915 0048 2703  
Password: 121212

Questions? Contact us at:  
[msc@oasunlight.org](mailto:msc@oasunlight.org)

Come share your  
gratitude, experience,  
strength, & hope. And  
participate in a  
candlelight ceremony  
honoring OA Promises.

Having a candle is  
optional but encouraged 

**Everyone is Welcome!**



## **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

Well, August is here, and Summer is starting to wind down. We have been blessed with a good monsoon season here in New Mexico, helping to cool the intensity of summer. As kids return to school, I am reminded to recommit to my program through re-exploring the Steps and Traditions to gain a deeper understanding and appreciation of the treasures contained within them.

Step 8 continues the cleanup process we started in Step 4. We become willing to make amends to those we have harmed. This process entails making a list of those we have harmed and praying for each one. In the OA 12 & 12, it says *"We learn about the healing power of forgiveness as we discover how to forgive ourselves and others."* There is an emphasis on forgiving ourselves for the harms we have done.

This was such a foreign concept to me when I first worked the Steps. I had such disdain for myself, I didn't know where to begin. Over the years, and working the Steps over and over, I have been able, with my Higher Power and Sponsors' help, to find forgiveness, a sense of self-appreciation and love that I never would have found without the tools of program. I'll be honest, it was not an easy process and has taken a long time, but in the last few years, I came to realize that much of the disdain and self-loathing had passed, and was replaced with a warmth, softness, and sweetness I cannot truly explain. When I make a mistake now, instead of wielding the self-flagellating hammer, I instantly laugh, and say to myself, 'Oh gosh, there I go being human again!', and pray I learn from that mistake. What I have learned is that this is a great way to practice self-forgiveness and self-amends.

As my Sponsor often says to me, *"Go out and make a mistake today!"* - 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.