



OCTOBER 2025 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 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle = Perseverance

Tradition 10

Overeaters Anonymous has no opinion on outside issues;
hence the OA name ought never be drawn into public controversy.

Spiritual Principle = Neutrality

Tenth Step Prayer

I pray I may continue:

To grow in understanding & effectiveness; To take daily spot check inventories of myself;
To correct mistakes when I make them; To take responsibility for my actions;
To be ever aware of my negative & Self-defeating attitudes & behaviors;
To keep my willfulness in check; To always remember I need Your help;
To keep love & tolerance of others as my code; & To continue in daily prayer how I can best serve
You, My Higher Power.





A Dose of Inspiration

Voices of Recovery – Page 275, October 1

“The purpose of Step Ten is to identify and remove from our path today’s stumbling blocks.”

—The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed., pp. 70

Step Ten ever reminds me that work is to be done. While examining myself for stumbling blocks today, I find fear and anger. The fear is that nobody likes me for who I am, and the anger is because I cannot reach anyone to talk about this fear.

How can I remove these stumbling blocks so I can stop bringing pain into my life? Admitting that the fear is there is the first step toward removing it — toward relying on a Higher Power to walk me through it. I can pray for courage and make follow-up phone calls tonight to those who haven’t returned mine. I can let the anger diminish. It fades now as I write about it, and always as I talk about it with a sponsor or another member.

This is an important part of my program of recovery. I need to be aware of my shortcomings and ask for their removal each day. I need to share it instead of wearing it.

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For Today – Page 283, October 9

The moral deteriorations attendant on a false and shallow life are among the most pitiable wrongs that mortals suffer. — Nathaniel Hawthorne

At one time I needed to make a good impression, put up a façade that said everything was fine. That’s all I had, a façade. Today I have more, but sometimes I still play the game, “If it looks good, it is good.”

Thank God, there is a part of my consciousness that is not impressed by appearances. I may try to silence it with distractions but it forces me to look at the truth. Once again, the tenth step brings incredible relief. It feels good to plan to correct myself, to make amends where possible.

For today: Making a list of my worst faults and the problems of each of them creates in my life today helps me see what I can do to change.

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The Step Ten Connection

A Lifeline Reading



Action plans are boring aren't they? They're just another way of procrastinating. The best thing is to just get on with it!

I'd heard statements like these from many people in OA meetings, but I wasn't really sure what I thought, because I wasn't actually doing an action plan.

The OA [Tools of Recovery](#) were well known to me, and I used many of them in my daily life. At my home meeting, we had a slot for someone to share briefly on a Tool they had used that week. I sometimes shared, but never on the action plan, because I didn't have one.

I was abstinent. I enjoyed keeping a food plan that I shared with my sponsor. I was committed to doing daily OA readings, prayers, and meditation. But I struggled to commit to making any written plan, though I did have a daily to-do list in my head. I felt I was working the program well enough to keep a good balance of physical, emotional, and spiritual recovery, but in truth, I was reaching for more recovery!

Then I had a lightbulb moment when I was reading the Big Book chapter "Into Action" and was considering how I could do a written daily Step Ten inventory. This transformed my understanding of an action plan, and I immediately set out to write down all the elements of my day—who I would see, what I would do, where I would go—so at the end of the day I would be able to take my inventory. I knew it had to be easy and quick, or I would lose interest.

I've modified my action plan (see below) since then, and the rationale is to help me hand my day over to HP. I am reminded that I have no power over any of the people, places, and things I encounter when they are in my action plan.

I then use the Big Book's Tenth Step inventory ([Alcoholics Anonymous, 4th ed.](#), p. 86) and ask if I was selfish, dishonest, resentful, or fearful to check how well my action plan succeeded. I also ask whether I managed to achieve my intentions.

This has been revelatory and transformative. I am able to reflect when the same character defects repeatedly occur and also see what growth has taken place when my HP has removed the defect.

Above all, I have learned that when I take the five to ten minutes I need to write down my daily action plan, my Higher Power seems closer to me, gently nudging me in the right direction throughout the day, which leaves me a much more fulfilled and happier person.

I am so grateful to the OA program for all it has given me.

— Linda

Linda's Action Plan Date:

Commitment to Abstinence: Physical, Emotional, Spiritual (This reminds me daily that I am a Compulsive Overeater)

People

Names: people I am planning to see

Encounters: people I come across unplanned/unexpected
(These are the *people* I am powerless over)

Places

All of the places I will visit or go to today,
e.g., car, roads, shops, hairdressers, daughter's, choir rehearsal, etc.
(These are the *places* I am powerless over)

Things

Eating mindfully and abstinently and keeping to my food plan
T's for haircut and food shop after
Making calls to insurance and builder
Reaching out to other people today

Taking car to garage
Pick S up on way to choir rehearsal
Being the best person I can be today with HP's guidance
Checking my motives and intentions and doing my best.

(These are the *things* I am powerless over)

Reprinted from the Lifeline website <https://www.oalifeline.org/tools-concepts/step-ten-connection/>

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OA.org Updates

“From Slip or Relapse to RECOVERY”

“This is an action plan for reclaiming and retaining our abstinence.

This inventory and the actions that we take are the most loving things we can do right now for ourselves, our abstinence, and our recovery.

There are three parts to this action plan.

- 1. An inventory of what happened. Here, we will assess what we have been doing.*
- 2. Determine actions we are willing to take to renew our commitment to abstinence first—as the most important thing in our lives, without exception.*
- 3. An action plan to keep us going forward into recovery, including using the Twelve Steps, Twelve Traditions, the Tools of Recovery, and other resources.*

Upon completion, it is vital to share each part with an abstinent and recovering member of our Fellowship.

This may be our sponsor or another OA fellow. Accept no excuses for delay.

Remember, we are as sick as our secrets. Rigorous honesty is a must.

This plan will help us put fear, denial, perfection, guilt, and procrastination behind us as we take an honest look back and develop an action plan that will foster freedom from food obsession...”

Click here to obtain the complete 3-page action plan, updated July, 2025:

[From Slip or Relapse to Recovery - Overeaters Anonymous](#)



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

**Heard in a meeting:
Hang On Pain Ends
(H O P E)**



Please consider how you can give back to Overeaters Anonymous!

ANNOUNCEMENT OF UPCOMING CNMI ELECTION

This is the **Final Announcement 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 one month 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...

CNMI &
NNMOA
Intergroups



Traditions & Service Workshop



Saturday, October 25, 2025 11am-5pm MST
Sponsored by CNMI & NNMOA Intergroups & Region 3

Events of the Day:

- ❖ 11:00am - 12:00pm – Relapse – Symptoms & Prevention
- ❖ 12:00 - 1:00pm – Savor Each Bite while Eating Lunch Together
(bring your packed lunch)
- ❖ 1:00 - 3:00pm – Traditions & Service in Relationships
- ❖ 3:00 - 4:00pm – Food Plan as Spiritual Tool
- ❖ 4:00 - 5:00pm – Affirmation Circle



LOCATION: Taylor Ranch Public Library
5700 Bogart St NW
Albuquerque, NM 87120

**Don't forget your
water bottle!**

Bring a Packed Lunch

"Savor Each Bite"
**Bring Your Packed Lunch
and the Following Items:**
Plastic Fork * Paper Napkin
Serving Spoon * Large Paper Plate
Small Paper Plate * Aluminum Foil



**Friday Night Fellowship Dinner
October 24, 2025**

Join us in person from 5pm-7pm
(spouses are welcome)

Garcia's Kitchen
4917 4th St NW, Albuquerque 87107
Speaker will Share Her Story of
Experience, Strength & Hope
**RSVP for Dinner by Fri, 10/17/25
to Claudia (ph # below)**

**To Register
Click on the Logo**



**Zoom ID: 504 914 3635
Passcode: BPresent**

For More Info Contact
Claudia at 505-977-9297
abqworkshop1025@aol.com



Hybrid – Registration Fee \$15 by Oct 17th and \$20 After

The Central New Mexico Intergroup
12th-Step within committee is
sponsoring a 12-Step activity

"A walk around the Park"



Date and Time: The **twelfth** day of the **twelfth** month at **twelve** noon

12/12/25 @ 12:00noon

Location: Tiquex Park in old town Albuquerque

Meet up: 19th Street NW entrance/ parking lot

Plan now to celebrate an in person walking and talking meeting about how the steps have changed our lives.

For more information contact Gil @ nvomxo@hotmail.com or 970-302-1218

Put it on your calendar TODAY!

NEWCOMER AND TRIGGERS WORKSHOP

TRIGGERS AND TEMPTATIONS:

BUILDING A TOOLBOX FOR DIFFICULT MOMENTS

Sponsored By: Virtual Intergroup of Overeaters Anonymous



Plan for Success

Before Difficult Moments

Join us for solutions at the

VIGOA Workshop:

Triggers & Temptations: Building a Toolbox for Difficult Moments

Saturday October 4 10:00am–12:00noon Mountain Time

The workshop will be held during the first hour. Information about the tools and other helpful resources will be shared, followed by a question-and-answer session.

The second hour will focus on the topic *Triggers and Temptations: A Toolbox for Difficult Moments*. Two speakers will each share for 15 minutes on the topic, followed by a question-and-answer session.

Zoom Link: [https://us02web.zoom.us/j/84790143147?](https://us02web.zoom.us/j/84790143147?pwd=WVJ0eEMzOEJpbUJrMllyb0ROUGFzQT09)
[pwd=WVJ0eEMzOEJpbUJrMllyb0ROUGFzQT09](https://us02web.zoom.us/j/84790143147?pwd=WVJ0eEMzOEJpbUJrMllyb0ROUGFzQT09)

NJIOA invites you to a Zoom Event

Dr. Bob and Bill W. : What Can We Learn from their Stories?



**Sunday October 5th, 2025
1:00-3:30 PM ET**

Come immerse yourself in the stories of the founders of AA. Discover how their journeys to Recovery still inspire 12 steppers around the world today.

- **2 wonderful speakers**
- **Time for Q & A**

Join Zoom Meeting

<https://us02web.zoom.us/j/88693179580?pwd=Py1TctcY7StboXQryYkfNIyouwqmuL.1>

Meeting ID: 886 9317 9580

Passcode: 90120

Dial in:

+1 929 205 6099 US (New York)

Find your local number:

<https://us02web.zoom.us/j/kbKAhDT94Z>

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

SFV OA WOMEN'S RETREAT OPEN HANDS, OPEN HEARTS

NOV 7-9, 2025
Holy Spirit Retreat
Center, Encino



To enroll: <http://bit.ly/3UlwYMX> or scan.

FOR QUESTIONS CALL CELESTE AT 818-300-3098



Join us for our Tarrytown meeting's Anniversary Workshop

Abstinence over the Upcoming Holidays

Sunday, October 12

12:00 pm – 1:30 pm EDT

Speakers, Sharing, Free Abstinence Bookmarks

As Fall approaches, so do the upcoming holidays.
Join us as we learn how to strengthen our abstinence
while enjoying the holidays.

<https://zoom.us/j/754581261>

Meeting ID: 754-581-261

Passcode: 121212



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

CNMI MEETINGS

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





EDITOR'S MUSINGS

Happy Fall! Thankfully, the weather is finally cooling down in NM and life is a little more doable after 12:00 noon! This month we celebrate the 10th Step.

Step 10 is a tool for accountability – to myself, others, and to my HP. This accountability process is not a way to beat myself up. I use my nightly inventory as a way to dig in and learn how to be a better version of me. When I have made mistakes or feel resentments or fears, this nightly inventory allows me to work through and see the bottom-line issue, and if necessary, make any amends.

I do my 10th step at night before I close my eyes – for me it is like emptying the trash that sits in my brain so that I can sleep with a clear conscience and a hopeful heart. My basic format is a summary of the day, then more detailed inventory of where I am and what I did during the day; a minimum of 5 gratitudes; and then I report my food. I may be more or less detailed about each of these sections, but of all of these items, the food is the one I do not skimp on. This is the ultimate statement of accountability for me. I know my sponsor does not care so much about my food, and I do not report it for her sake. I see reporting my food as the most critical part of this nightly inventory. It also keeps me making better – estimable – food choices during the day. I will stop sometimes when I am considering my food choices and think “Do I really want to report that I had XYZ”? This is a wholly selfish act to ensure that I am honest with myself. My sponsor is just a sounding board and a conduit to my HP.

Since I am so bad about sitting down and journaling on my own, I use my nightly 10th Step inventory as my opportunity to journal and do the honest self-appraisal that I need on a daily basis. I have found it continually provides great relief in my toughest moments. I am so grateful for the Steps, Traditions, and Tools of Program for teaching me how to live life on life's terms. The Promises are coming true for me day by day. My wish for you is that you may find the relief and serenity that I have found.

- Deanna G.

Do you have any comments or feedback? I would love to hear from you!

Please email me at oadeannag@gmail.com

***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.***