# **OCTOBER 2025 NEWSLETTER**

Volume No. MMXXV Issue No.10
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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.





#### 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."

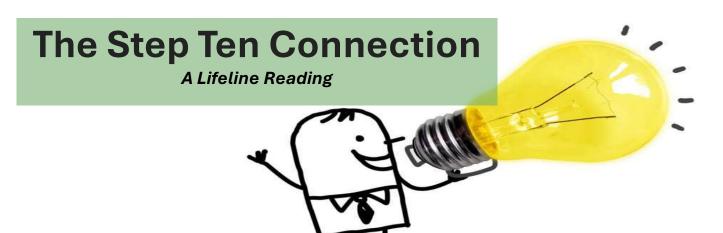
Thank God, there is a part of my consciousness that is not impressed by appearances. I may try to silence it with distractions but it forces me to look at the truth. Once again, the tenth step brings incredible relief. It feels good to plan to correct myself, to make amends where possible.

**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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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 <u>Tools of Recovery</u> 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 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 (<u>Alcoholics Anonymous</u>, <u>4th ed.</u>, 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 People	<u>Places</u>
Names: people I am planning to see	All of the places I will visit or go to today,
Encounters: people I come across unplanned/unexpected (These are the people I am powerless over)	e.g., car, roads, shops, hairdressers, daughter's, choir rehearsal, etc. (These are the <i>places</i> 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, <u>it is vital to share each part with an abstinent and recovering</u> <u>member</u> 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.

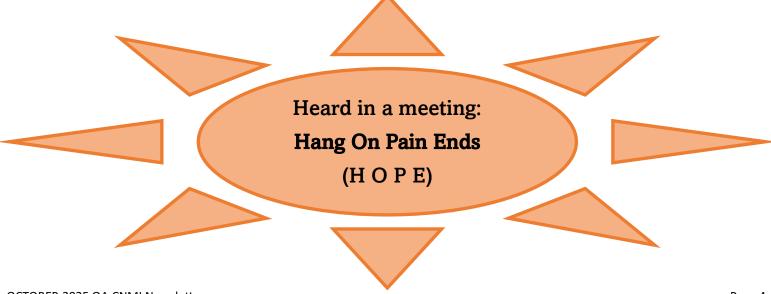
This plan will help us put fear, denial, perfection, guilt, and procrastination behind us as we take an honest look back and develop an action plan that will foster freedom from food obsession..."

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.





#### 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: <a href="https://oa-cnmi.org/wp-content/uploads/2022/08/Treasurer-2021.pdf">https://oa-cnmi.org/wp-content/uploads/2022/08/Treasurer-2021.pdf</a>

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...

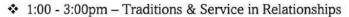


# Traditions & Service Workshop

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)



- 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



CNMI

NNMOA



"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





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





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: <a href="https://us02web.zoom.us/j/84790143147?">https://us02web.zoom.us/j/84790143147?</a>
<a href="pwd=WVJ0eEMzOEJpbUJrMllyb0ROUGFzQT09">pwd=WVJ0eEMzOEJpbUJrMllyb0ROUGFzQT09</a>

#### **NJIOA** invites you to a Zoom Event

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



## Sunday October 5<sup>th</sup>, 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?pw d=Py1TctcY7StboXQryYkfNIyouwqmuL.1

Meeting ID: 886 9317 9580

Passcode: 90120

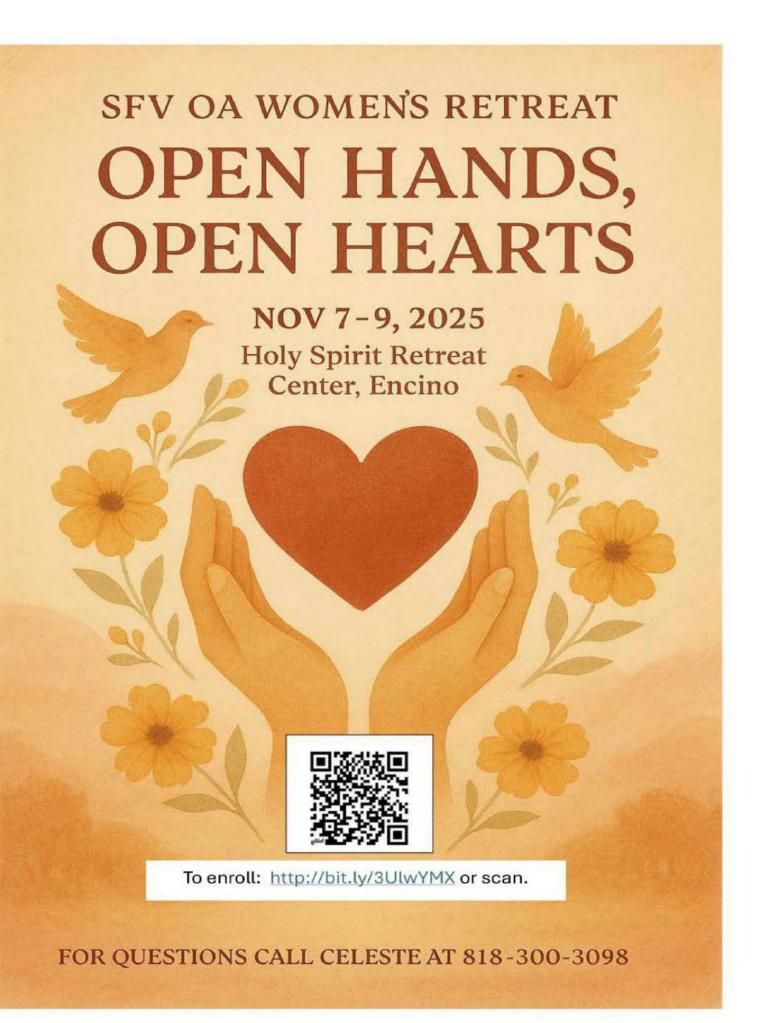
#### Dial in:

+1 929 205 6099 US (New York)

#### Find your local number:

https://us02web.zoom.us/u/kbKAhDT94Z

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





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.



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 10<sup>th</sup> 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 <a href="mailto:newsletter@oa-cnmi.org">newsletter@oa-cnmi.org</a>
by the 20th of each month to be published in the next month's newsletter.