



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



January 2026 Newsletter

Central New Mexico Intergroup, P.O. Box 30273, Albuquerque, NM
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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 One

We admitted we were powerless over food—that our lives had become unmanageable.

Step One Spiritual Principle

Honesty

Step One Prayer

"Dear Lord, I admit that I am powerless over my food addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction."

Source: OASV Intergroup

Tradition One

Unity—Our common welfare should come first; personal recovery depends upon OA unity. The well-being and recovery of each OA member is directly linked to the unity and health of the entire OA Fellowship. By prioritizing the group's common welfare, OA ensures a supportive environment where everyone can recover.

Editor's Note

It is with profound gratitude that I reflect on *Step One*, admitting that I was powerless over food and the unmanageability of my life. For many of us sufferers, it is the hardest step. For years, I did not believe I had a problem. I thought my struggles were simply about eating too many carbs. Now, through the help of this program and my higher power, I see that I used food as any addict does to avoid uncomfortable feelings. My actions reflected this insanity. Denial was my constant companion...denial, bargaining, buying one more diet program, one more book, **always refusing to consider that I might be the issue**. My life was out of balance for as long as I can remember. Growing up, I found peace only when I was alone, often hiding in a bathroom with a book. Later, I used food in the same way, preferring to eat alone and hide from the world.

My dishonesty led me to believe that things outside of my Higher Power could solve the issue. I sought self-help books, fitness programs, diets, beauty treatments, and materialism, all in an attempt to make me whole. I told myself I'd get there someday, if only I could find the time, the consistency, the willpower. For thirty-five years, I remained in this mental loop, and time, joy, and a fruitful life passed me by as my life remained small. Eating in isolation with resentment, shame, and anger for company was my life.

Today, by taking that first step a year ago, I have seen the fruits of my Higher Power in my life. My HP has blessed me with awareness, growth, and fellowship. *Honesty* has replaced shame and fear in my life. I joyously ask my Higher Power to refine me, to help me live according to a greater plan and purpose. I pray to embody happiness in all aspects of my life, and to serve others as an example of spiritual living. Our program does *work if you work it*; I'm living proof. This is me smiling on the beach a few days ago, deeply grateful for the

miracles this program has brought to my life. All I had to do was take that first step. If you are struggling with honesty, I encourage you to take that step to trust that hope and healing are possible and know that you are not alone on this journey.



Intergroup Updates

To ensure information is received, reviewed, and posted in the right place, and keep our website and newsletter as accurate and current as possible, utilize the new [CNMI submissions form](#) to submit:

- Newsletter items (announcements, flyers, service notes)
- Events for the CNMI calendar
- Website updates/corrections (broken links, changes, contact updates)

We know you will appreciate a simpler way to submit items for OA CNMI communications. Utilizing the form avoids emailing multiple people or wondering who to contact. Try it by clicking on the link! <https://oa-cnmi.org/oa-cnmi-submissions/>

Upcoming CNMI Events



Take a walk around the park

January 1, 2026

1:00 pm - 2:00 pm

**Albuquerque - 1800
Mountain Road, NW**

Join your fellow OAs on January 1, 2026 at 1:00 pm for an OA fellowship walk around Tiguex Park...

For all the Details...



OA CNMILC Sponsorship, Traditions & Service Workshop & Retreat

March 21, 2026

9:00 am - 5:00 pm

**Las Cruces - 102 St. James
Ave**

Save the Date! Central New Mexico (Las Cruces) Intergroup is hosting an in-person Retreat &...

For all the Details...

Upcoming Region 3 Events



The 66th OA Birthday Party | LA

January 16, 2026
January 18, 2026

12:00 am

The OA 66th Birthday Party takes place January 16–18 at the Hilton LAX. Early-Bird registration is...

[For all the Details...](#)

Is your OA Zoom meeting having issues with disruptors? There is a solution!

January 17, 2026
January 18, 2026

3:30 pm - 4:30 pm

Zoom Security Training offered by Jenean in Region III If you're interested in learning how to...

[For all the Details...](#)



The Power of We | An OA Fellowship Workshop | Jan 24th 2026

January 24, 2026

1:00 pm - 2:30 pm

[For all the Details...](#)

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Central New Mexico Intergroup of OA
New Mexico

