



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



February 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 Two

Came to believe that a Power greater than ourselves could restore us to sanity.

Step Two Spiritual Principle

Hope

Step Two Prayer

"Heavenly Father, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought and addictive behavior from me this day. Heal my spirit and restore in me a clear mind.

I pray for an open mind so I may come to believe in a power greater than myself. I pray for humility and the continued opportunity to increase my faith. I don't want to be crazy anymore."

Source: OA Footsteps Intergroup

Tradition Two

For our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Editor's Note

Step Two invites us to open our minds to the possibility of hope and healing. In Overeaters Anonymous, this step encourages us to believe that a power greater than ourselves can restore us to sanity. Whether you are new to the program or have been on this journey for some time, Step Two is an opportunity to let go of old patterns and embrace the support of the OA community.

As we reflect on the Step Two Prayer, we humbly ask for the removal of twisted thoughts and addictive behaviors.

Recently, I was reminded of my own twisted thoughts after a health appointment triggered the urge to eat in response to pain and emotion. These feelings are rooted in a medical need that was neglected in childhood. The urge to put food in my mouth was overwhelming, and my emotions felt uncontrollable. Having been in the program a little over a year and having reached red-food sobriety, I began praying to my Higher Power for help to resist eating and to remember my program tools. Thankfully, my Higher Power intervened, compelling me to reach out to my sponsor for support. My sponsor answered and kindly prayed with me through the feelings. Together, we released the emotions with gratitude.

It is with humility that I recognize the power of our OA support community. I would not have maintained my sobriety without the help of my wise sponsor and the fellows who encourage me each week with their inspiring shares. Day by day, I am letting go of old patterns that held me in isolation and kept me stuck in food noise.

Step Two encourages us to believe in the possibility of change and to embrace humility as we continue to grow in faith. May we find comfort in knowing we are not alone, and may this step guide us

toward renewed hope and serenity. To remind us of our community, take inspiration from the *Tiguex Park Walkers*, who ventured out on a cold New Year's Day to embrace the support of fellowship.



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/>

Newsletter submission deadline

Please submit all events and flyers by the last weekend of each month to ensure inclusion in the newsletter. Utilize the form link or email Trish B. at newsletter@oa-cnmi.org

Service Opportunity



WORLD SERVICE BUSINESS CONFERENCE (WSBC) | VOLUNTEERS NEEDED

Want to give service while attending WSBC and have fun at the same time? This is also a great opportunity to meet OAers from around the globe! WSBC is being...

[Read more...](#)

Upcoming CNMI Events



Take a walk around the park

February 2, 2026

2:00 pm - 3:00 pm

**Albuquerque - 1800
Mountain Road, NW**

Join your fellow OAs for an OA fellowship walk around Tiguex Park which is just east of Old Town....

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

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

February 21, 2026
February 22, 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...

Spring 2026 Region 3 Assembly/Texas State OA Convention

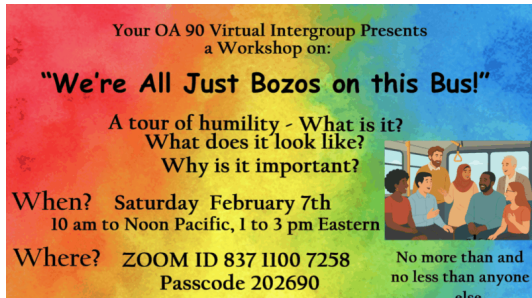
March 6, 2026
March 8, 2026

12:00 am

Irving - 2001 Valley View Lane

For all the Details...

Other Upcoming Events



OA90 Virtual Workshop
| A Tour of Humility
Workshop: "We're All
Just Bozos on this Bus!"

February 7, 2026

1:00 pm - 3:00 pm

Sponsored By OA90 Virtual Phone Meeting Intergroup (09669) Why humility? We need to be right-sized...

For all the Details...



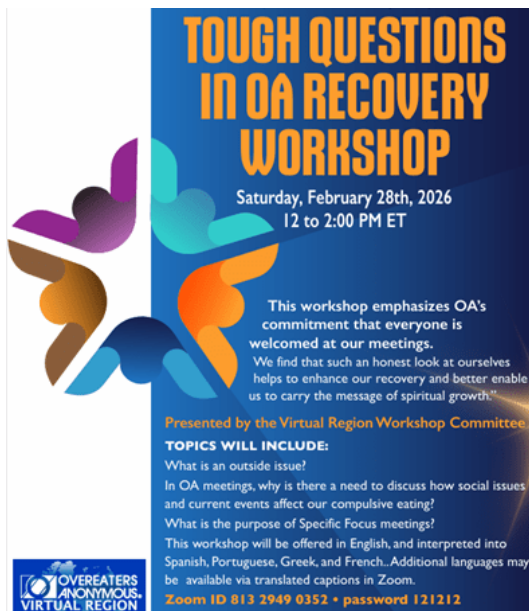
OA90 Virtual "Family
Share" Workshop |
Experience, Strength,
and Hope

February 12, 2026

4:00 pm - 5:00 pm

Sponsored By OA90 Virtual Phone Meeting Intergroup (09669) The "Family Share" is a concept within...

For all the Details...



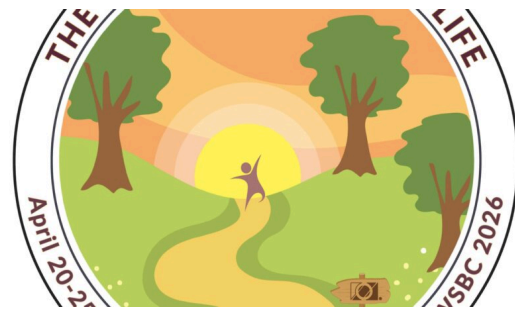
Unity Day, 2026 | Tough Questions in OA Recovery Workshop

February 28, 2026

10:00 am - 12:00 pm

This workshop emphasizes
OA's commitment that everyone
is welcome at our meetings. We find
that...

For all the Details...



WORLD SERVICE BUSINESS CONFERENCE (WSBC)

April 21, 2026

April 25, 2026

12:00 am

**Albuquerque - 1000
Woodward Place NE**

Want to give service while attending
WSBC and have fun at the same
time? This is also a great...

For all the Details...

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New Mexico
OA-CNMI