



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



March 2026 Newsletter

Central New Mexico Intergroup, P.O. Box 30273, Albuquerque, NM
Email: newsletter@oa-cnmi.org | CNMI Phone Number: (505) 261-3553

OA Responsibility Pledge

"Always to extend the hand and heart of OA to all who share my
compulsion; for this I am responsible."

Step Three

Made a decision to turn our will and our lives over to the care of God *as we
understood Him.*

Step Three Spiritual Principle

FAITH

Step Three Prayer

"God, I offer myself to Thee—to build with me and to do with me as *Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy way of life. May I do Thy will always!*"

Source: AA Big Book Pg. 63

Tradition Three

The only requirement for OA membership is a desire to stop eating compulsively.

Editor's Note

Step Three encourages us to relinquish the illusion of control, inviting us to entrust our will and our lives to the care of a Higher Power, as we understand it. For me, surrendering was a profound challenge. Self-reliance enabled me to raise a daughter as a single mother, pursue higher education while balancing daytime classes and a nighttime job, and navigate the demands of a single-income household. Yet the very trait that propelled me forward also imprisoned me in compulsive eating, loneliness, and shame that left me exhausted and demoralized.

Ultimately, it was faith that compelled me to seek help. In a moment of humility, I prayed for help with my weight, and my Higher Power answered that prayer with unexpected miracles: liberation from shame, the embrace of a compassionate OA sponsor that comprehends both the compulsion and its origins, and a life of engagement and growing happiness resulting from the community that I found in meetings. Today, my mind is quieter, and gratitude comes before thoughts of running to the refrigerator.

Step Three is about embracing willingness and the courage to accept that you cannot conquer compulsive eating without help. Admitting that we need help outside of ourselves feels scary and unfathomable but taking this leap of faith offers a path to a higher power that loves and restores. I wish for you, dear OA fellow, the same miracles I have received. Take that leap of faith!

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

OAR3 eBlast February, 2026 | 8 Practical Lessons A Member Learned About Relapse and Recovery in OA

In this month's Twelfth Step Within e-blast, "*8 Practical Lessons A Member Learned About Relapse and Recovery in OA*," a member reflects on powerful insights gained through working the Twelve Steps. Drawing from an OA Lifeline article, this issue explores the difference between addressing the allergy of the body and the obsession of the mind, the importance of surrender, acceptance as a compulsive overeater, and the daily commitment to living Steps Ten, Eleven, and Twelve. This message from the Region 3 Twelfth Step Within Committee offers encouragement and practical wisdom for anyone seeking renewed abstinence and spiritual growth.

[Click here to download](#)

Call for Short Stories for OA's New Daily Reader (Deadline June 1, 2026)

Share Your Voice: OA's New Daily Reader

Overeaters Anonymous is creating a new daily reader that reflects the wide range of beliefs in our fellowship. Members from secular or non-traditional backgrounds are especially encouraged to contribute.

Writers are invited to:

- Share a meaningful quote from OA literature
- Describe how it supports your recovery in your own words
- Keep submissions under two type-written pages
- Leave out religious references

All languages are welcome.

Deadline: June 1, 2026

[Submit Online via Jotform Here!](#)

You may also scan the QR code on the flyer to access the submission form.

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

March 3, 2026

3:00 pm - 4:00 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! Download the Flyer
Central New Mexico (Las Cruces)
Intergroup is hosting an...

For all the Details...

Upcoming Region 3 Events

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...

Region 3 March Relapse
Prevention Workshop |
You Are Not Alone

March 14, 2026

1:00 pm - 2:30 pm

Region 3 Relapse Flyer 3-14-2026

For all the Details...

[Unsubscribe](#) | [Manage your subscription](#) | [View online](#)

Central New Mexico Intergroup of OA
New Mexico
OA-CNMI