



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



May 2026 Newsletter

Central New Mexico Intergroup, P.O. Box 30273, Albuquerque, NM 87190

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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 Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Spiritual Principle

Integrity

Tradition Five

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Editor's Note

Step five for many of us feels terrifying. After carrying the weight of secrets, shame, and self-loathing, the idea of speaking our inventory out loud can stir up feelings of fear and a desire to obfuscate the truth about ourselves. Yet, when we find the courage to share honestly with a trusted sponsor something profound shifts. The hidden parts of ourselves that compel compulsive eating begin to

lose their power through a compassionate listener and the grace of our higher power.

The spiritual principle behind step five is integrity, which means living with honesty, wholeness, and alignment with every part of ourselves. The shiny outside that we want people to see and the long buried inside that keeps us stuck in compulsive food behaviors. When we practice integrity, we stop hiding, and we begin to heal. Speaking our inventory is the key to a new freedom. You are worthy of this freedom. Keep showing up with honesty and courage, one day at a time.

Intergroup Updates

New in-person meeting in Rio Rancho

Tuesdays at 6PM

Rio Rancho United Methodist Church, 1652 Abrazo Rd NE

It will be a Big Book and OA Steps and Traditions study

Contact Liz, Phone: 636-399-0253.

Latest News

16 Warnings of Relapse

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Here are the 16 Warnings of Relapse Judy R. discussed at the March 14, 2026 R3 Relapse Prevention Workshop*!

1. Never completely detoxes
2. Minimizes food addiction
3. Lacks good information
4. Believes the lies the food addiction tells me
5. Perfectionism
6. Want it my way
7. Minimal commitment
8. Negotiating with the food plan
9. Believe what food manufacturers tell you
10. Diet mentality
11. People pleasing
12. Resentments
13. External focus of control
14. Isolation
15. Closed minded and rigid
16. Slippery places

Share this list of mindsets and behaviors leading to relapse with your sponsor/sponsee or at a meeting and fill in the blanks with what you've observed in yourself or others. (by Margie DL, TX)

1. I don't want to look at ingredients, a little bit of sugar won't hurt, it's natural, organic, plant-based, artificial, non-caloric, _____, etc.
2. It's not as bad as alcoholism or drugs, it's just food, food isn't deadly, _____, etc.
3. I had some sugar yesterday and nothing happened, I'll be able to eat my binge foods once I've worked all the steps, _____, etc.
4. It'll be okay this time, one won't hurt, I've been abstinent now for 10 days/weeks/months, I'll choose not to overeat tomorrow, _____, etc.
5. I've tried other diets without success, I could never do them perfectly, it's too much pressure, _____, etc.)
6. Ignoring other people's success or suggestions, unwilling to try, _____, etc.
7. Healthy food is too hard to plan and prepare, too expensive, goes bad quickly, a hassle and embarrassing to take with me, _____, etc.
8. I'll exchange cheese for chicken, I forgot what I planned for that meal, I didn't want to eat what I cooked, _____, etc.
9. The label says "sugar-free", "low calorie", _____, etc.
10. I'll stick to it until... the wedding, I lose 50#, start dating, _____, etc.
11. She made it especially for me, I can't just say "No, thanks", _____, etc.
12. I binged cuz I got so mad at them, they got drunk, _____, etc.
13. I've read all the books, go to many meetings, do service, _____, etc.
14. I don't need help with my food, my relationships, my spirituality, _____, etc.
15. I'll do it or die, I'm a failure for not doing it perfectly, _____, etc.
16. Family events, weddings, funerals, previous binge food providers, _____, etc.

*Click here <https://www.oaregion3.org/recordings-hub/relapse-prevention-workshop-recordings/>



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

OA Region 3 eBlast | 16 Warnings of Relapse

From Region 3 A recent Region 3 workshop highlighted common patterns that can lead to relapse. These "warning signs" can be helpful for reflection and discussion with sponsors or at...

[Read the eBlast...](#)

Upcoming CNMI Events

Virtual OA Twelve Step Workshop (15-Week Series)

March 31, 2026 - July 7, 2026

6:00 pm - 8:00 pm

Join Virtual Overeaters Anonymous for a 15-week Twelve Step Workshop designed to help participants...

[Read more...](#)

Take a walk around the park

May 5, 2026

5:00 pm - 6:00 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....

[Read more...](#)

Upcoming Region 3 Events

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

May 16, 2026

3:30 pm - 4:30 pm

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

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