



OA Region 3

Vol 1 No 1

• HAPPY JOYOUS & FREE •

May 2026

IN THE KNOW

Serving: Arizona • Colorado • Iowa • Kansas • Nebraska • Nevada • New Mexico • Oklahoma • South Dakota • Texas • Utah

Monthly Step, Tradition & Concept

STEP FIVE

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

TRADITION FIVE

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

CONCEPT FIVE

CONSIDERATION

Meet Cindy C.

Outgoing OA Region 3 Trustee

A Journey of Surrender & Service

Sometimes the turning point comes when nothing else works. For Cindy, it was a place of deep desperation—years of cycling between bingeing and starving, hope followed by discouragement—that first brought her to Overeaters Anonymous. What kept her coming back was the possibility of something different.

Cindy recently completed her term as Region 3 Trustee, continuing a journey of service that has been deeply rooted in her own recovery.

Early in her recovery, a moment of clarity arrived while driving across a bridge on the way to a meeting. She realized she could stop trying to control everything—stop trying to “figure out” food and life—and instead surrender to a Higher Power. That shift became the foundation of her recovery.

Today, she describes recovery as a daily practice of surrender, trusting in something greater than herself. By focusing first on her spiritual and emotional well-being, she finds that the food falls into place.

Service has been an important part of her journey, but with balance. She emphasizes that service should support recovery, not overwhelm it. Through her role, she is continually moved by the stories she hears at conventions and retreats—stories of struggle, resilience, and transformation that never lose their impact.

She hopes people better understand that this is not simply a food issue, but a living problem—complex, challenging, and deeply human. And yet, the rewards are profound. Outside of OA, she finds joy in family, exercise, and time in nature. Those who have influenced her most are individuals whose warmth and love shine through, qualities she strives to reflect in her own leadership.

Her message to anyone struggling is simple: there is love in OA, and you will be met more than halfway.

Through her service, she hopes to offer kindness, share what she has learned, and help others connect with the broader resources of OA. Her journey continues—steady, grounded, and guided by surrender.

Region 3 looks forward to introducing its new trustee liaison in the June issue.

Meet Michael A.

Southern Arizona Intergroup Chair

A Life Saved, A Life Given

When Michael A. first walked into Overeaters Anonymous in 1999, the stakes could not have been higher. Weighing 400 pounds and living with Type 2 diabetes that required nightly insulin, he came not out of curiosity, but out of fear. “I was afraid I might die,” he shares. For Michael, the phrase “OA saved my life” is not poetic—it is literal.

Early in his recovery, a moment of clarity arrived through the words of a longtime member facing terminal illness. Her simple, steady declaration—“I want to die sober and abstinent”—initially startled him. Over time, it transformed him. Today, at 77, Michael says he carries that same resolve: to live, and eventually die, in recovery.

As Southern Arizona Intergroup Chair, Michael finds himself deeply moved not by grand gestures, but by quiet consistency. Each month, he watches as fellow members show up—again and again—to serve. “Work means fellowship,” he reflects. Even routine tasks like preparing meeting agendas become threads that keep him connected to others and grounded in purpose.

Michael is also candid about struggles that often go unspoken, especially among men. Despite losing 200 pounds, body image remained a challenge. Through daily affirmations —“With your help, I love my body...just as it is today”—he is reshaping not only his thoughts, but how he sees himself.

Outside OA, joy comes through faith and community, especially singing in church surrounded by others. And to those still suffering in silence, his prayer is simple: “Please, dear God, help me reach out and ask for help.”

Looking back, Michael holds gratitude for all of it—the pain, the healing, and the unexpected grace found along the way.

TSW eBlast

16 Warnings of Relapse

Region 3's TSW eBlast shares 16 warning signs of relapse discussed during a recent workshop, offering practical reflection tools to support recovery and awareness. Read the full eBlast and use these reflections as a tool for discussion with your sponsor or within your meetings.

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16 Warnings of Relapse

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 OI, 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 binge-d out 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-bob-relapse-prevention-workshop-recordings/>



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

Region 3 Events

Zoom Security Training Session



Keep Your Virtual Meetings Secure!
Are constant disruptions interfering with your virtual meetings? It's time to take charge and create a secure, seamless experience for everyone. Join our monthly Zoom Security Training Session to learn the keys to safeguarding your meetings.

 **Held every 3rd Saturday of each month**
 **Time: 3:30 PM Central Time**

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OA First Ten Days Meetings



WHO? Beginners, abstinence strugglers, returnees, program boosters, everyone

WHAT? Tools, food plans, action plans, cross talk/discussions, questions answered, and a new lease on life

WHEN? 10 consecutive days starting on first day of each month; each session is about 60 minutes. In all odd months it is held at 6 pm Central time; in all even ...

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Three Speakers. Three Truths. ONE FELLOWSHIP

- "We stood at the turning point." - Fellowship helps us choose recovery
- "We feel a new power flow in." - Fellowship awakens spiritual strength
- "We are sure God wants us to be happy, joyous, and free." - Fellowship restores hope, joy, and freedom

Zoom ID: 856 8482 3345 PW: ...

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You Are Not Alone

Quarterly Region 3 Relapse Prevention Workshop

The Region 3 12th Step Within Committee will host the next

Quarterly Relapse Prevention Workshop on

June 13, 2026

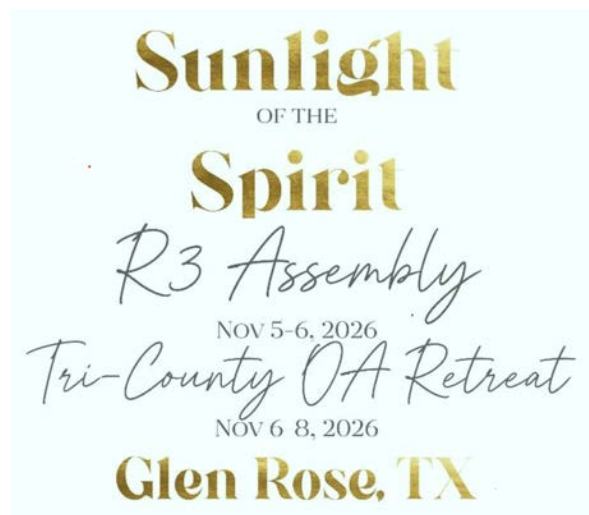
Members will share experience, strength, and hope on recovery tools, relapse prevention, and staying connected in the OA fellowship. Come and hear a speaker share their ...

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Sunlight of the Spirit R3 Assembly & Tri-County OA Retreat

Step into a weekend of connection, renewal, and a little bit of magic under the Texas sky. The Sunlight of the Spirit R3 Assembly & Tri-County OA Retreat invites you to Glen Rose this November for heartfelt fellowship, inspiring speakers, and moments of quiet reflection that just might change everything. Whether you're coming for the full experience or just a day, you'll ...

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Other News & Resources

New Resource for Newcomers:

The OA Virtual Welcome Room



Service Bodies! Use
The Cozy Virtual
Welcome Room to
Educate
Newcomers

[Visit the Newcomer Room](#)

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