



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



June 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 Six

Were entirely ready to have God remove all these defects of character.

Spiritual Principle

Willingness

Editor's Note

Step six invites us to move beyond awareness into deep willingness. After completing our inventories in Step four and five, we become entirely ready to have God, as we understand God, remove our character defects. This step centers on the spiritual principle of willingness. It asks us to release old defenses and familiar patterns that once seemed to protect us but now keep us stuck in compulsive eating. In meetings, many of us discover true readiness often grows gradually with prayer and meditation and the support of our fellows and sponsors.

As we practice this willingness, we open the door to genuine transformation and freer lives. May each of us find the courage to surrender our defects and embrace the freedom that awaits!

One practical way to practice the willingness of step six is to journal using the Traffic Light Approach. For the full article, visit the OA Region 3 website at oaregion3.org.

Recovery Inspiration

The Traffic Light Approach to Recovery

OA Region 3 recently shared an article by Neva S. of Tucson, AZ, reflecting on "The Traffic Light Approach to Recovery," inspired by material from the Region III Convention in Dallas.

The article uses the familiar red, yellow, and green traffic light signals as a recovery reflection tool:

Red means STOP: What foods, behaviors, character defects, unhealthy relationships, or old lies do we need to stop in order to move forward in recovery?

Yellow means CAUTION: What foods, behaviors, events, or situations put us close to "slipping and sliding"? What helps us recognize those warning signs and take recovery action?

Green means GO: How has the OA program enriched our lives? How have the Steps, Tools, Traditions, slogans, service, and improved relationships helped us live more fully?

These questions can be useful for journaling, sponsor conversations, meeting topics, or personal reflection. As the article reminds us, they can help us stay focused on the road ahead in recovery — one day at a time.

Read the full Region 3 article here:

<https://www.oaregion3.org/the-traffic-light-approach-to-recovery/>

Source: OA Region 3, "The Traffic Light Approach to Recovery," by Neva S., Tucson, AZ, with thanks noted in the original article to Neva L. from Dallas and Judy K. from Jacksonville, FL.

Latest News

Registration Now Open for the 2026 OA Silent Retreat

Registration is open for the 2026 OA Silent Retreat, October 23–25 in Albuquerque, New Mexico. Join fellow OA members for a weekend of recovery, reflection, fellowship, and shared silence at...

[Read more...](#)

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.

Upcoming CNMI Events



Take a walk around the park

June 6, 2026

6:00 pm - 7:00 pm

Albuquerque - 1800 Mountain Road, NW

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

[Get all the Details](#)



Bingo for fun and camaraderie!

June 21, 2026

2:00 pm - 4:30 pm

Albuquerque, NM 87121 - 8081 Central Ave NW.

Come have fun with your fellows playing bingo with prizes for winners! We have a room at the...

[Get all the Details](#)

Upcoming Region 3 Events

You Are Not Alone

*Quarterly Region 3 Relapse Prevention
Workshop*

Region 3 Quarterly Relapse Prevention Workshop

June 13, 2026

1:00 pm - 2:30 pm

June 13, 2026 Region 3 Quarterly Relapse Prevention Workshop The
Region 3 12th Step Within Committee...

Get all the Details



Tulsa Green Country Overeaters Anonymous presents

FAMILY REUNION

Welcome Home!

Oklahoma State Convention 2026

Reconnect with your OA family during a day of fellowship, recovery, and fun!

Please bring a dish to share for the potluck lunch, along with an ingredient list. Coffee, tea, and water provided.

Individuals and groups are encouraged to donate gift baskets for prize drawings.

Crossroads Church
2525 W. Main St., Jenks, Oklahoma 74037

 Saturday
JUNE 20, 2026

 **9 AM TO 3 PM**

*Doors open at 8:30 a.m. Registration fee: \$10 per person.
For more information, call 918-236-9298.*

REGISTER AT

 www.tulsaoa.org/news-events

Oklahoma State OA Convention 2026

June 20, 2026

9:00 am - 3:00 pm

[Get all the Details](#)



Fall 2026 Region 3 Assembly and the Tri-County OA Retreat

November 5, 2026 - November 6, 2026

3:00 pm - 4:00 pm

Glen Rose - 1102 NE Barnard St.

The Assembly will be hosted by Tri-County Intergroup, with an optional retreat experience...

[Get all the Details](#)

Sunlight OF THE Spirit

Fall 2026 Region 3 Tri-County OA Retreat

November 6, 2026 - November 8, 2026

3:00 pm - 12:00 pm

Glen Rose - 1102 NE Barnard St.

Step into a weekend of connection, renewal, and a little bit of magic
under the Texas sky....

[Get all the Details](#)

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