



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



July 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 Seven

Humbly asked Him to remove our shortcomings

Spiritual Principle

Humility

Tradition Seven

Every OA group ought to be fully self-supporting, declining outside contributions.

Editor's Note

As we move through the summer months, consider the quiet strength found in Step Seven. Humbly asking for the removal of our shortcomings invites a gentle shift away from self-will and toward openness. This act of humility does not demand perfection; it simply asks us to show up as we are and trust the process. In our intergroup meetings, each shared experience reflects a willingness to participate fully in our recovery. Practicing the Seventh Tradition alongside the Seventh Step reminds us that responsibility and humility work together. When we support our fellowship, we ensure

that our in-person and Zoom meetings remain available to welcome the newcomer. Without the Seventh tradition, that gift of community would not be possible. Take a moment this month to reflect on what you can give. In these steady actions, we strengthen the path that brings recovery to those who seek it.

In Memoriam: It is with deep sadness that we announce the passing of our valued webmaster, Deb McDonald in early June. Deb was a dedicated and skilled professional who managed our website with reliability and care. Her contributions made a positive impact to OA-CNMI. Thank you, Deb for your dedicated service. You will be missed!

Intergroup Updates

New In-Person Meeting

What: "There is a solution"

Where: Mesa Club, 3301 Southern Blvd SE, Rio Rancho, NM 87144

When: Thursdays, 1:30 PM

Details: For more info contact Sue M. at sjmealy@lightspeed.net

Reminders

What: "Take a Walk around the Park"

Where: Tiguex Park, 1800 Mountain Rd NW, Albuquerque, NM 87104

When: August 8, 2026, at 8:00 AM MST

What: "Put It in the Box!" An OA-CNMI God Box-Making Event

Where: First Unitarian Church of Albuquerque, 3701 Carlisle Blvd NE, Albuquerque, NM 87110

When: Saturday, September 19, 2026

Details: Bring your own box (BYOB), Bring a water bottle, Suggested \$5 donation

Contact: Trish B. at 505-480-8903 for more details

OA-CNMI Treasurer Needed

Are you looking for a positive way to strengthen your own recovery while giving back to the fellowship? OA-CNMI is seeking a **Treasurer**. Service is a rewarding way to deepen your program. If you're ready to give back, please reach out, we would be grateful to have you!

Contact: Carol at 505-804-5093 for more details.

Upcoming Region 3 Events

Region 3 (F10)

What: **First Ten Days (F10)** - For ten consecutive days, join beginners and abstinence strugglers interested in learning tools and action plans to enhance program and recovery. Crosstalk is encouraged in these sessions, bring your questions and join the discussion!

Where: Zoom, for one hour

When: Ten consecutive days beginning on the first day of each month. 6:00 PM CST

Registration: Register by sending an email to shellyjo1262@gmail.com with your first and last name, cell phone number, email address and time zone.

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