

March 2014

Promises

Issue 350



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

Visit www.oanewhampshire.org
for information on all events.

10/24- 10/26, 2014	Burlington, MA	OA Region 6 Convention
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MY GOD BOX

Does your mind sometimes wander when you kneel to pray? Mine does. Why not write out your prayers and present them to God via a GOD BOX?

Any box can be turned into a God Box. I use a box that diapers came in. I taped the top closed and then cut a four-by-one-inch slot in the side. I wrote "GOD BOX" on it with a felt tip pen.

Sometimes I write out all the details of an event or situation. At other times, I write just a couple of words or someone's name, or I draw a picture on a small square of paper. I drop my prayers into the slot and give a sigh of relief that my request or frustration is now in God's hands.

Why not try it? You might be amazed with the results.

(California, USA)

Taken from *Seeking the Spiritual Path*, p.124

LIVING TRADITIONS: I WAS SURPRISED

In January 2006, I walked into the OA rooms for the first time. I was at my top weight of nearly 200lbs (91kg). I preferred to spend time alone eating, rather than being with people. When I did freak from the food, shame of being overweight kept me from going out with friends and enjoying life. I was desperate.

I don't know what I expected at my first meeting, but I was surprised at what I found. These people were thin and happy! I felt like I was in the wrong place, since I was overweight and depressed. When the meeting began, they read the Twelve Steps and Twelve Traditions. I listened more closely to the those words than I have since. Tradition Three sounded too good to be true: the only requirement for OA membership is a desire to stop eating compulsively. I had met the requirement!

Because I was a newcomer, the group chose to read the First Step out of the "Twelve and Twelve". Since then, I've heard many OA members share their stories and say they felt at home at their first meeting. I am no different. That day gave me such hope. It was the first time I felt comfortable in my own skin. I rejoiced at hearing the promises and had to hold back tears at the phrase "Welcome to Overeaters Anonymous. Welcome home." For long as I had been compulsively eating, I have had the desire to stop. Now I have a place that accepts me and welcomes me just as I am.

Lifeline March/April 2012

From Twelfth Step Within

The Principles of the 12 Steps

Step 8 - Self-discipline

Step 9 - Love

The Twelfth Step Within Committee has been taking this year to focus on the principles of the Twelve Steps. Our book *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* tells us what these principles are, **honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness and service**. This month we will focus on the principles of Steps 8 and 9 - **Self discipline and Love**.

Step 8 –Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9 – Made direct amends to such people wherever possible, except when to do so would injure them or others.

“In Steps eight and nine we looked at the damage we had done others and set about repairing it. Now we apply the same principles of **self-discipline** and **love** for others to all of our actions. **Self-discipline** makes us less likely to hurt other people and quicker to make amends when we do. Practicing the principle of **love** we learn to accept others as they are, not as we would have them be. We’re beginning to take this new attitude not just toward other OAs, but also toward those at home, school, work, and in all areas of our lives. Slowly but surely we find we are establishing the best possible relationship with each person we know.”
Taken from *The 12 Steps and 12*

Taken from *The 12 Steps and 12 Traditions of Overeaters Anonymous* page 105

Reach Out to Suffering Members in Fellowship - Telephone on the 12th of Every Month

Commit to a simple 12th Step Within action on the 12th of every month. Let’s encourage one another to pick up our telephones. Call at least one member who hasn’t been seen in your meeting in a while. Call an OA fellow who you’ve noticed drifting away from program. Look through your meeting’s We Care book and phone lists and select just one name. Let’s each make just one phone call, one day each month. Imagine the numbers of compulsive eaters we could reach!

Not sure what to say? Here are some suggestions:

- “Hello, is this _____? It’s _____ from the meeting. I’ve been thinking about you and I’m reaching out to let you to stay in touch.
- “Hi _____, this is _____. Is this a good time to chat? I’m just checking in to see how your day is going.”
- “Hi _____. It’s _____. It’s great to hear your voice today. I’m calling to wish you peace and serenity in recovery today.”
- “Hello _____. This is _____. I saw your name on an old page in the We Care book at the _____ meeting. So, I’m calling to let you know that I’m thinking of you.”

Please remember OA’s Tradition of Anonymity when making phone calls.

For more ideas and suggestions on how to reach out to the still suffering compulsive eater in the rooms please browse the resources available at the OA World Service Website: www.oa.org.