

Promises

Feb 2016

Issue 370

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It is Weakness, Not Strength, that Binds Us

As Unity Day 2016 approaches, I find myself being asked by many just what is Unity Day and what will be taking place at this year's celebration. Having not attended a Unity Day celebration before, I reached out to one of the members of the committee who is organizing this year's event for clarification. We spoke at length about the concept of Unity which is encompassed in Tradition One: "Our common welfare should come first; personal recovery depends on OA unity."

My fellow OA reminded me of the stories in the 12 & 12 about the 2 meetings that came together to host an intergroup event, and how 2 others members of a group – who each practiced the program differently – came to understand and support each other despite their seeming differences. Both of these stories demonstrate the concept of Unity.

As I have continued to let our conversation settle into my consciousness, I suddenly find myself thinking about a situation which came up last summer. An OA meeting I dearly love has experienced a significant drop in attendance. For months, the remaining members of this meeting would meet to try and figure out why people stopped coming, and to decide as a group what we could do to change things.

After meeting a few times, another member who used to attend regularly shared something which took me completely by surprise. Others in program had labeled our meeting an "eating meeting" and had been instructing their spouses to not attend our meeting.

An "eating meeting"? What the heck is an "eating meeting"? Last I had checked, none of us in that room ever said that eating is the solution to our problems. In fact, we all gathered every week to support one another in our program of recovery from compulsive eating and other compulsive food behaviors.

After the initial shock – and yes, ruffle to my ego – wore off, the meeting as a whole eventually stopped trying to figure out why people were not coming or what we could do to bring people back. Instead our focus went right back to us each individually working the program of recovery. And until this conversation about Unity, the whole incident had slipped from my mind as I've come to trust that the Higher



Recognizing the Strength of the Fellowship

Worldwide

February 27 @ 1pm - 4pm
Elliot Hospital, Manchester, NH

Power that sits in that room every week knows far better than I do who needs to be there and when.

There is a part of this meeting's format that I love to hear as it too reminds me about how important Unity is. It is from OA's *Our Invitation to You*:

"The amazing secret to the success of this program is just that: weakness. It is weakness, not strength that binds us to each other and to a higher power and somehow gives us the ability to do what we cannot do alone."

And when I hear those words, I am reminded that those of us that sit in these rooms are connected by the same disease and the same spiritual program of recovery.

To the best of my experience, our unity is not dependent on us all practicing the same food plan, attending the same types of meetings, or warning people away from our fellows who may practice the tools or steps differently than we do. It is dependent on each of us working the 12-steps to the best of our willingness while giving our fellows the respect & freedom to do the same. After all, as it says in the Big Book, "Love and tolerance of others is our code."

- Anonymous, NH

24-HOUR ANSWERING SERVICE



(800) 201-8720
Toll free NH, ME, MA, VT only

(603) 434-7578 - Local Calling Number - Derry, NH



The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

An Invitation to You

If you've heard a member share something that has made a difference in your recovery, please send what you heard to the Promises Newsletter Committee. Being mindful of anonymity, we'll share it in the Promises so it can be shared with others.

To submit content, please email your submission to oanhpromises@oanewhampshire.org with a subject line of "Promises Submission" or submit it to the committee via USPS: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363. The deadline for submissions is the **15th of the month**.

PLEASE NOTE: Articles included in the Promises are based on OAs' individual experiences. These personal stories are not representative of NHI or OA as a whole.

A Lifelong Journey

We who began working the Steps in order to recover from compulsive eating now find that through them we have embarked on a lifelong journey of spiritual growth. From the isolation of food obsession we have emerged into a new world. Walking hand in hand with our friends and our Higher Power, we are now exploring this world, using the great spiritual principles embodied in the Twelve Steps as the map to guide our way. We gratefully follow in the footsteps of many others who have walked this way before us, and we're gratified to be making footprints of our own for others to follow.

Those of us who live this program don't simply carry the message; we are the message. Each day that we live well, we are well, and we embody the joy of recovery which attracts others who want what we've found in OA. We're always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time.

Source: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p 106.

As Heard in the Rooms of OA

The following is something an anonymous member of our fellowship has heard in OA meeting and felt inspired to share:

There are only 2 things I can control:

- 1) My behavior
- 2) My attitude

To share quotes that you've heard in meetings that are instrumental in your recovery, please contact the Promises Committee (instructions above in An Invitation to You).

2015 December Donations

7TH TRADITION DONATIONS

Group Name & Number	Amount
Claremont, Sat pm (54133)	\$18.00
Derry, Thu am (40908)	\$39.60
NHI Business Meeting (09190)	\$30.15
Total Donations	\$87.857

* PLEASE NOTE *

1. NHI transfers 36% of meeting donations to the Delegates Fund for reimbursement of delegate expenses attending the Region 6 and WSO Business Meetings. \$31.59 transferred for December.
2. NHI donates 5.5% of meeting donations to WSO. \$4.83 donated for December.
3. NHI also donates \$75 per quarter to Region 6.



NH Intergroup Meeting

March 6th @ 2PM

Concord, NH

Details: OANewHampshire.org

2016 World Service Convention

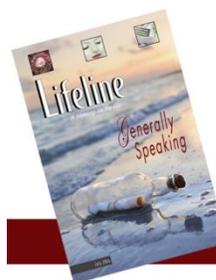
Recovery: The Trail to Freedom

September 1st – 4th Boston, MA

Registration is now open: Details:

www.oa.org/world-service-events/world-service-convention

The downloadable registration form, banquet menu and lots of additional information are on the OA Convention page



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