

# Promises

December 2016

Issue 378

A monthly newsletter published and distributed by New Hampshire Intergroup.  
This newsletter is made possible by your generous contributions.



## Instructions to submit article/content for the Promises Newsletter

Please email your submission to [nhipromises@oanewhampshire.org](mailto:nhipromises@oanewhampshire.org) or submit via USPS mail: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363. The deadline for submissions is the 20<sup>th</sup> of the month.  
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## Meeting List changes

Please forward any meeting information (New, Closed, changes, etc.) to: [nhimeetinglists@oanewhampshire.org](mailto:nhimeetinglists@oanewhampshire.org) AND [nhipromises@oanewhampshire.org](mailto:nhipromises@oanewhampshire.org) so the NH meeting list can be updated and the information can be included in the Promises Newsletter. It is a meetings' responsibility to notify WSO and newspapers (that include meeting listings) regarding meeting list info (new, changes, closed).



Experiencing the 12 Steps Dec 10 (1:00 – 4:30 pm)  
Location: [Church of the Good Shepherd](#)  
95 Woburn St Reading, MA  
Sponsored by the Northshore Intergroup

Understanding the 12 steps through meditation and a variety of experiential exercises – one for each of OA's 12 steps. Please bring something to write on and a writing instrument with you. Seventh Tradition Donation Welcomed.  
Questions: call (781) 276-7999 for more information.

## 2017 NHI Annual Retreat

**Date:** Feb 10 – 12 ,2017  
**Practicing These Principles in All Our Affairs**  
Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Self-discipline, Love, Perseverance, Spiritual Awareness and Service  
**Location:** [Barbara C. Harris Convention Center](#)

[See retreat flyer for additional details](#)

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**NH Intergroup Business Meeting**  
January 8 @ 2PM  
Concord, NH  
Details: [OANewHampshire.org](http://OANewHampshire.org)

New Hampshire Intergroup contact info:  
New Hampshire Intergroup  
P. O. Box 1363  
Derry, NH 03038-6363

Website: <http://www.oanewhampshire.org>  
Phone#: (800) 201-8720 Toll free NH, ME, MA, VT only  
(603) 434-7578 Local calling number Derry, NH  
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## To Be Abstinent is About Willingness, Not Struggle

If you are **willing** to be abstinent, this is a state of great humility. If you are trying to be abstinent, this is a state of great confusion.

A **willingness** to be abstinent implies you do not know how to do it, but are willing to learn. Trying to be abstinent implies you should be able to do it, but are struggling with it.

**Willingness** to be abstinent involves acceptance. Trying to be abstinent involves condemnation.

If you are **willing** to be abstinent, you are open to receive. If you are trying to be abstinent, you are closed to guidance.

If you have been trying to give up the old ways and have condemned yourself for failure to do so, simply be **willing** to learn how the old ways may be replaced with ways of peace. If you are trying to be abstinent, you will fear failure.

If you are **willing** to be abstinent, even 'failure' may be used as a teaching device. If you are trying to be abstinent, you will fear not being able to be abstinent. You will judge yourself a failure.

If you are **willing** to be abstinent, no setback becomes a problem, for you know you will be shown. If you are trying, you are attempting to be abstinent by yourself.

If you are **willing** to be abstinent, you are asking for guidance.

Trying to be abstinent places the responsibility on you. Being **willing** to be abstinent places the responsibility on God.

**Willingness** to be abstinent is, in a sense, a prayer. Trying to be abstinent is an act of separation from your Higher Power.

When you try, there is resistance. When you are **willing**, there is acceptance.

If you are trying to be abstinent, everything is an interference. If you are **willing** to be abstinent, everything is of assistance.

The freely made choice to be abstinent is the most important decision you make each day because it speaks for your **willingness** to be abstinent each day.

Without the giver of the gift (of abstinence), there would be no gift.

Which is more important, the giver of the gift or the gift itself? Bear in mind this particular gift is just for one day, or one meal at a time.

Submitted by Effie...  
Posted on July 1, 2014 by [Central Colorado OA](#)

## Twelve Step Workshop and Study Guide

Now in e-Book Formats

There's been a huge demand from the Fellowship for the new *Twelve Step Workshop and Study Guide*. When it was first introduced at the 2016 World Service Convention it **sold out within hours**. In less than two months, the OA bookstore has sold out of its first and second printing. Now, we're happy to offer the same content in **popular e-book formats**. Check your favorite e-book retailer for the *Twelve Step Workshop and Study Guide* by Overeaters Anonymous.

The WSBC Twelfth Step Within Committee recently added one new and one updated resource to oa.org.

- New to OA is the **downloadable action plan: *From Slip or Relapse to Recovery***, a tool for any OA member who is struggling with abstinence and **a resource for any sponsor** to help a sponsee return to recovery. <https://oa.org/files/pdf/From-Slip-or-Relapse-to-Recovery.pdf>
- Next, ***Been Slipping and Sliding? A Reading and Writing Tool*** has been updated to include pertinent quotations from ***Overeaters Anonymous, Third Edition***. <https://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf> [http://bookstore.oa.org/pc\\_product\\_detail.asp?key=0E4A1AC344FB4191A468C04FB68490AB](http://bookstore.oa.org/pc_product_detail.asp?key=0E4A1AC344FB4191A468C04FB68490AB)

### 12 Abstinence Strategies for the Holiday Season

Posted on December 7, 2014 Seacoast Website

Thanksgiving and Christmas are bad enough for compulsive eaters. But in between them are five weeks of office parties, boxes of holiday candy, cocktail parties, and more. OA's Steps, Tools, and Traditions are our keys to success. Here are 12 specific ideas for using them to get through the holiday season.

**12. Use Step One:** Remind yourself that you are powerless over food, of the pain, suffering, and unmanageability of your life when you eat compulsively. Abstinence is sweeter than any holiday confection.

**11. Live One Day at a Time!** Don't think about getting through the entire holiday season, instead focus on staying abstinent until you go to sleep tonight.

**10. Sponsor and Be Sponsored:** Turn to your sponsor for support and then check in with any sponsees to see how *they* are doing.

**9. Make a 12th Step Within Call:** December 12th is OA's 12th Step Within Day. Get out of your head by calling someone you haven't seen at a meeting lately or drop in on the 12th Step Within Day phone marathon.

**8. Assess Your Abstinence:** If you're worried about whether you can make it through the season, take a look at OA's Strong Abstinence Checklist for suggestions that are proven

**7. Inventory Any Slips:** If you do stray from your plan, use OA's Been Slipping and Sliding to learn how you can avoid a future slip.

**6. Ask Other Members for Help:** If you don't have a sponsor, get one. Even if you do, ask other OA members how they cope with the holidays.

**5. Don't Forget Service:** At your meetings, raise your hand for any service opportunities available and do them cheerfully. Read the Promises, put away chairs, order the literature: It's a holiday gift that you'll want to keep on giving.

### 7<sup>TH</sup> TRADITION DONATIONS (OCTOBER)

| Group Name & Number               | Amount          |
|-----------------------------------|-----------------|
| Anonymous (Paypal).....           | \$3.00          |
| Bedford, Mon am (53394).....      | \$44.70         |
| Bedford, Thu (51985).....         | \$44.70         |
| Bedford, Wed pm (49151).....      | \$219.53        |
| Concord, Mon pm (47647).....      | 36.75           |
| Derry, Sat am (24472).....        | \$91.23         |
| Derry, Tue pm (45144).....        | \$145.47        |
| Nashua, Mon noon (40476).....     | \$43.08         |
| Nashua, Mon pm (40655).....       | \$87.75         |
| Nashua, Thu am (51426).....       | \$28.20         |
| Nashua, Thu pm (52022).....       | \$54.15         |
| Nashua, Tue pm (35286).....       | \$17.85         |
| NHI Business Meeting (09190)..... | \$50.00         |
| Wilder, Vt, Wed am (47976).....   | \$110.00        |
| <b>Total Donations...</b>         | <b>\$976.41</b> |

#### \* 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. \$351.51 was transferred for October
2. NHI donates 5.5% of meeting donations to WSO. \$53.70 was donated to WSO for October.

NHI also donates \$75 per quarter to Region 6.

**4. Take Some Quiet Time:** Whether as part of your daily spiritual activities or right before a holiday get-together, take some quiet time, relax, read some program literature, and get into a frame of mind where your Higher Power can help you.

**3. Make Meetings:** Don't let them slip away. If the holiday season is messing up your meeting schedule, supplement with phone meetings or online meetings. Or attend one of OA's holiday phone marathons.

**2. Talk to the Newcomer:** Nothing so ensures immunity from compulsive eating as working with newcomers. Greet them warmly, make them feel welcome, and give them a buzz during the week.

And the most important support for abstinence during the holidays or anytime:

**1. Trust and Rely on God:** As powerless people, we must seek the power to abstain from a source greater than ourselves. Ask your Higher Power, however you define It, for ease and comfort, the willingness to avoid compulsive eating, and to focus your attention on how you can bring others good cheer during this season.

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*"Worrying doesn't take away tomorrow's troubles, it takes away today's peace."*

Heard at an OA meeting