

Promises

January 2018

Issue 387

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OA Event Days

Jan. 20, 2018 – OA's Birthday! Celebrate with your local fellowship on the 3rd Saturday of January.

Feb. 9 – 11, 2018 - Stepping into Spirituality Retreat – at the Barbara C. Harris Conference Center Greenfield, NH - nhiretreats@oanewhampshire.org

Feb. 24, 2018 – Unity Day. This day recognizes the strength of the Fellowship worldwide. On the last Saturday of February, at 11:30 a.m. PST, OA members pause to reaffirm the strength inherent in OA's unity.

****UNITY DAY 2018** will be celebrated in a big way by the MetroWest Intergroup at Newton-Wellesley Hospital, 2014 Washington St., Newton, MA. Go to the Bowles Conference Center on the 2nd Floor, Sat., Feb 24, 2018, from 1:30 p.m. to 4 p.m.; registration starts at 1:00 p.m. For more info, contact Margaret Ann B. at (617) 943-1470 or margarb@bradydall.com or at www.metrowestoa.org

Oct. 26 – 28, 2018 – Region 6 Convention, Portland ME – early bird registration available soon; check out info at www.oaregion6.org

World Service Business Conference 2018

Jan. 10, 2018 – Second Conference e-Documents posted to Conference Web page on oa.org

Jan. 23, 2018 – Trustee applications due to WSO

Feb. 12, 2018 – Delegate registration forms due to WSO

Feb. 22, 2018 – Agenda questionnaire (avail. Jan 10) response due to WSO

Lifeline Magazine Deadline - January 15, 2018

Recovery and Relationships: How has recovery affected relationships with family, friends, or your spouse or partner? Were there struggles along the way? What practical changes in your relationships helped you keep your abstinence and maintain your recovery? How has practicing the traditions helped?

Sexuality and Intimacy in Recovery: How has physical, emotional, and spiritual recovery affected your sexuality and the role of intimacy in your life? Has recovery helped you overcome sexual abuse or find a

new harmony with your sexual identity? What gifts has program given you in this area of your life?

Departments: Bits and Bites, Step Study (Steps Five and Six), Living Traditions (Traditions Five and Six), Service and Recovery, What Works For Me, The Spiritual Path, Share It.

7th Tradition

As we go to print there is no 7th Tradition donation report – please stay tuned next month.

And, In Case We Missed This:

As of this summer, the new Treasurer address for mailing donations is:

Region 6 Treasurer
P.O. Box 644
Peabody, MA 01086

NEW MEETING in Webster, NH – Fri. 6:30 p.m. – 7:30 p.m., First Congregational Church, 1011 Long St., contact Joyce at 603-673-7638

Service to the Fellowship: NHI POSITIONS STILL AVAILABLE at this writing are Vice-Chair; Twelfth-Step Within Chair; and openings with Workshop, Answer Service, and Website Committees.

If you are considering the **Twelfth Step Within position:**

“The Twelfth Step Within was created to support those in the Fellowship who still suffer and address the relapse and recovery of our members; the purpose of the (Committee) is to strengthen OA by sharing information & ideas that generate recovery within the Fellowship.

Those who give Twelfth Step Within service encourage existing OA members to become or remain abstinent, to work the Twelve Steps and to give service to the best of their ability. Doing this service increases the quantity and quality of recovery in our Fellowship, thereby assisting our own spiritual journey.” (OA)

Specific things that committee members do:

Follow suggestions in the Reg. 6 Twelfth Step Within Telephone Call flyer for reaching out by telephone; mention the annual Twelfth Step Within Day at meetings; become a “Traveling Hopeful” and print that flyer for your meeting; print out the “Been Slippin’ and Slidin’ Flyer” for your meeting’s literature table; and visit the World Service Twelfth-Step-Within webpage for more ideas.

<http://oanewhampshire.org/twelfth-step-within>

Shared/Heard at OA meetings:

Expectations are premeditated disappointments.

Compulsive eating is a "disease of denial."

Live in Today: what's done is done; stop worrying about the future.

SHAME: Should Have Already Mastered Everything

Your thoughts are your thoughts
Your feelings are your feelings
Your actions are your life.

6 letter words that make a difference: ACTION and CHANGE

We lie the loudest when we lie to ourselves.

Face my stuff; don't stuff my face!

A words: Awareness, Aceptance, Action, Abstinence

Worry is the twin sister of fear.

The only things I can control:
My behavior
My attitude

FROG: Fully Relying On God

Thanks to Sandy M., Hudson, NH

From the January 2018 Lifeline:

Emotion Motion: I am a completely different person today than when I came into food recovery in 2011. I think I am different on a cellular level. Why? Because I am no longer absorbed in food thoughts.

My life for decades was directed by whether and what to eat. These thoughts occupied many hours each day! But until I came to OA and found the OA-HOW meeting format, I did not notice or see how much time I spent with food. After finding my OA-HOW meeting, I turned over food every morning, and there was no need to ponder the topic because my food was set for the day. My life opened up. Thank you, Higher Power!

After a time, though, I noticed something: the space that had opened in the absence of food thoughts was becoming filled with negative emotions and thoughts. I was unprepared for this deluge, but my sponsor guided me through the Twelve Steps and the daily practice of emotional sobriety.

I had a solution, but to my dismay, my negative thinking persisted. I realized I must practice the Tools daily. I had always deluded myself into thinking I was clear-minded and

even-tempered, but through OA and my OA-HOW meeting format, I am changed. I know now that I am very emotional. I see myself as I am, and I address it with God's help.

Today I know emotional sobriety is a gift from God; for me it is the clearest sign of my recovery. It is a state that comes only with persistent footwork and direction from God. My life in OA has made me deeply aware of this truth: when I am on my own I am flooded with spiritual and emotional drunkenness. It is the core of my addiction.

I am no more a slave to my disease; God frees me to be clean and sober, spiritually and emotionally, if I take God's direction. It begins with my surrender of my emotions to him, just like my surrender of food. From there, the tools of emotional sobriety center on directions from *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, which guide my daily practice, including self-awareness (Step Ten), prayer (speaking to God), and meditation (silent listening). This is a base that is not optional, so each day I pray for the willingness to do these things. –

Thanks to Ingrid S., Bronx, NY

As we STEP into this New Year:

The Principles of OA which are related to each monthly step:

Step One – Honesty

Step Two – Hope

Step Three – Faith

Step Four – Courage

Step Five – Integrity

Step Six – Willingness

Step Seven – Humility

Step Eight – Self-Discipline

Step Nine – Love

Step Ten – Perseverance

Step Eleven – Spiritual Awareness

Step Twelve – Service

And those Principles related to each Tradition:

Tradition One – Unity

Tradition Two – Trust

Tradition Three – Identity

Tradition Four – Autonomy

Tradition Five – Purpose

Tradition Six – Solidarity

Tradition Seven - Responsibility

Tradition Eight – Fellowship

Tradition Nine – Structure

Tradition Ten - Neutrality

Tradition Eleven – Anonymity

Tradition Twelve – Spirituality

Joke of the month:

Remember, everyone can pronounce "Anna Nimity!"

