

# Promises

February 2018

Issue 388

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



## **OA Event Days**

### **Feb. 9 – 11, 2018 - Stepping into Spirituality**

**Retreat** – at the Barbara C. Harris Conference Center  
Greenfield, NH - [nhiretreats@oanewhampshire.org](mailto: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 2<sup>nd</sup> 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](mailto:margarb@bradydall.com) or at [www.metrowestoa.org](http://www.metrowestoa.org)

**Oct. 26 – 28, 2018 – Region 6 Convention, Portland ME** – early bird registration available soon; check out info at [www.oaregion6.org](http://www.oaregion6.org)

## **World Service Business Conference News**

**Feb. 12, 2018** – Delegate registration forms due to WSO  
**Feb. 22, 2018** – Agenda questionnaire (avail. Jan 10) response due to WSO

## **World Service Business Conference 2018**

**Theme:** Growing Recovery Worldwide

**Dates:** April 23-28, 2018

Embassy Suites Albuquerque Hotel and Spa  
1000 Woodward Place NE  
Albuquerque, NM 87102  
**Phone:** 505-245-7100

**And if you really want to plan ahead - !**

## **Future Conference Venues/Dates**

WSBC 2019, May 6-11  
Embassy Suites Albuquerque Hotel & Spa  
1000 Woodward Place NE  
Albuquerque, NM 87102  
**Phone:** 505-245-7100

## **7<sup>th</sup> Tradition**

Month	Meeting	Donation
<b>December 2017</b>		
Keene, Tues. 4:45 pm	47666	60.00
Peterborough, Tues. 6:00 pm	50231	50.73
Wilder, VT, Wed. 8:30 am	47976	57.00
Individual 7 <sup>th</sup> Tradition		3.00
		\$170.73

## **January 2018 (to Jan. 29)**

Derry, Tues. 7:00 pm	45144	165.30
Hopkinton, Tues. 5:30 pm	22474	80.00
Lebanon, Tues. 5:30 pm	45936	32.70
Nashua, Monday noon	40476	63.66
Nashua, Thurs. 6:30 am	51426	30.00
Nashua, Thurs. 5:30 pm	52022	48.00
Peterborough, Sun. 6:00 pm	46277	132.00
Salem, Fri. 5:30 pm	36417	124.10
Individual 7 <sup>th</sup> Tradition		3.00
		\$678.76

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

## **The World Service Business Conference Needs YOU!**

Every year, volunteers serve the Fellowship by assisting at the WSBC. We need volunteers from Tuesday, April 24 through Saturday, April 28 for any number of days or amount of time. Your service can make a difference at the Conference Support Committee table, in the business meetings as pages and timers, and in a variety of other roles. For information on volunteering for Conference, please download [Volunteer Information](#) or [contact](#) the World Service Office at (505) 891-2664.

## **Way, Way Ahead!!! –**

World Service Convention 2020: Theme: TBD

Dates: August 20-22, 2020 Renaissance Orlando at  
Sea World ®  
6677 Sea Harbor Drive (cont'd. on next page)

(cont'd. **World Service** from page 1)

Orlando, FL 32821 USA  
Phone: 407-351-5555

**Hotel Reservations**

Reservations will open January 2020.

**For news from the World Service Office**, to order books and pamphlets, to get all meeting information, for Podcasts about OA, to learn about writing opportunities, and much more - see - [www.oa.org](http://www.oa.org). Check with your Intergroup Rep to get any WSO information if you don't use a computer.

**Conference CDs and MP3s** If you are interested in purchasing Conference 2017 CDs or MP3s, please contact Alliance Audio Visual at 505-341-3900 or download the [AAV Order Form](#).

**Protecting the Gift (Reprinted from February 2016 Lifeline)**

On the last Saturday in February, just before 2:30 p.m. EST, a group of OA intergroup members and guests formed a circle. One by one we turned to the person on our right, saying their name and "I put my hand in yours." When we completed the circle – at 2:30 p.m. on the dot – we had a moment of silence and then together said aloud 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." It was a moving and fitting way to end a wonderful day spent together focusing on Tradition One: "Our common welfare should come first; personal recovery depends upon OA unity."

*-originally edited and reprinted from Road to Recovery newsletter, South Central Pennsylvania OA Intergroup*  
\*\*\*\*\*

**Next Deadline for Lifeline Articles is Feb 15,2018**

Deadlines for monthly featured topics are three and a half months prior to the first day of the month of publication. Please indicate the topic and month for which you are submitting the article based on the deadlines in parentheses. Typed letters by email, mail, or fax are preferred. Letters must contain the author's name

and address, even if the author wishes to remain anonymous in print. Lifeline promotes "unity with diversity" regarding the race, nationality, gender, age, physical challenges, and sexuality of its writers. This issue write about:

- Generally Speaking
- Celebrating OA's Freedoms

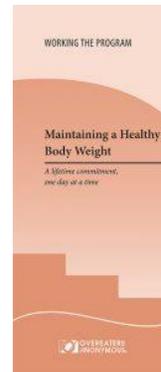
You can also submit a Lifeline story directly through [OAlifeline.org](http://OAlifeline.org)

\*\*\*\*\*

**The following helpful items were found in [oa.org/whats-new/](http://oa.org/whats-new/)**

"Download and use these two revised guidelines to support strong meetings in your area. "[Guidelines for Addressing Disruptive Behavior Affecting Overeaters Anonymous Meetings](#) describes issues members might experience and suggests actions face-to-face and virtual groups can take to address disorderly behavior and protect members and groups. "[Guidelines for Locally Produced Literature](#) lists twelve procedures and tips for service bodies to use as they develop literature to meet specific needs in their area."

**Under "Now what?," this was also found at [oa.org](http://oa.org)**



"Use [Maintaining a Healthy Body Weight](#) for support in preserving your abstinence and "maintenance" weight. **Revised** with new stories from members experiencing different manifestations of our disease, the updated pamphlet also has more than a dozen suggestions from individual members for maintaining a healthy weight and now includes OA's

Statement on Abstinence and Recovery. **Find the new [Maintaining a Healthy Body Weight](#) (#310) in the OA bookstore.**"

"And do not forget about the DISCONTINUED Second Edition of Overeaters Anonymous, on sale now through [oa.org/bookstore](http://oa.org/bookstore), for \$5.00, #988.

This title was revised with new stories in 2014, so if you already have the Second Edition, go to item #980 in the search bar to check out the Third Edition of this classic. If you've never read the Second Edition, why not get both? You can also purchase a combo pack of both books by searching item #972. \$5.00"



## 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.*