

Promises

June 2018

Issue 391

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This newsletter is made possible by your generous contributions*



June 9, 2018 – Saturday, 10:30 a.m. to 1:30 p.m.
Abstinence and Recovery From Relapse Supported by the Twelve Steps

Located in the Great Hall at St. James Church, 305 Main Street (corner of Elm), **Oneonta, New York**

Presented by Overeaters Anonymous of the Southern Tier – Spring Reawakening Workshop

Bring an abstinent lunch.

Keynote Speaker and breakout sessions; contact Ed O at 607-722-0421 or edbeee@gmail.com

June 22-24, 2018 – Tranquility Weekend Retreat –

Tranquility Through the Twelve Freedoms – Twelfth Annual Retreat at the Incarnation Conference Center in Ivoryton, CT; deadline for registrations & scholarship requests June 9 ; contact Beatrice at (508) 596-0418 / bmahr@aol.com , or Annette at (203) 671-4656 / abchittenden@gmail.com for more info.

June 23, 2018

Annual One-Day Retreat – “Exploring Our Spirituality Through the Third Step Prayer

Hosted by North Shore Intergroup

9:00 AM – 4:00 PM, Notre Dame Spirituality Center, 30 Jeffery’s Neck Road, **Ipswich, MA**

Full lunch included; Space limited; \$45.00 registration

For more info, contact Charlene 978-273-2093, or Jane 978-857-9261; driving directions www.notredamesc.org

Oct. 26 – 28, 2018 – Region 6 Convention, Portland

ME – early bird registration available soon; check out info at www.oaregion6.org

WSBC 2019, May 6-11

Embassy Suites Albuquerque Hotel & Spa

1000 Woodward Place NE

Albuquerque, NM 87102

Phone: 505-245-7100

NHI meetings are generally held, with a few exceptions, the second Sunday of each month, September - June. The next meeting will be held September 9, 2018 at Sweeney Hall, NHTI Campus, Concord, NH, starting at 1:00 pm.

➔ Mark **August 18-19, Sponsorship Day**, as something to discuss and/or celebrate in your local meetings!

7th Tradition Donations April 2018

Bedford, Mon. 9:30 am, 53394	30.00
Bedford, Wed. 5:30 pm, 49151	228.60
Bedford, Thurs. 9:30 am, 51985	30.00
Bow, Thurs. 5:30 pm, 51587	120.00
Concord, Mon. 5:30 pm, 47647	73.80
Derry, Tues. 7:00 pm, 45144	41.70
Derry, Thurs. 10:00 am, 40908	31.80
Lebanon, Tues. 5:30 pm, 45936	24.60
Nashua, Mon. 5:30 pm, 40476	62.40
Salem, Fri. 5:30 pm, 36417	179.40
Individual	3.00
Total	\$825.30

New meetings targeted for men – Men of OA – You’re not alone! There are several face-to-face meetings available for men alone, in MA, NH, and CT. The NH Men’s Meeting is currently being held in Portsmouth, NH at North Church Parish Hall on Thursdays, at 7:15 pm. Contact info: Eric (207)361-7032.

There are also several phone meetings around the world. Please visit <http://OAMen.org/meetings> for a complete list of available face-to-face and phone meetings.

<http://OAMen.org> is a website dedicated to resources for men in OA. You can visit <http://OA.org> as well to learn more about this program.

Ebony OA phone meetings, run by and for persons of color in OA, are held twice weekly EST on Tuesdays at 7:30 pm and Saturdays at 9 pm. The phone number is (712)432-6333, and the PIN is 304189#.

OA MEMBERS PLEASE NOTE:

If you have not already heard, there is an on-line survey for all OA members and referring professionals. Go to www.oa.org and click on the News Bulletin Sign-up button in order to access this survey.



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

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



There is a new service available, on a trial basis, for OA Members who are interested in attending NHI meetings by phone.

Attendance requirements: You need a phone with a “long-distance” service and a keypad. Callers should be OA

members. You do not need to be a current meeting representative, but only elected representatives or their alternates may propose or second any motions, or vote (*however, ballot votes require physical presence at the meeting). *Also, please note that there is no toll-free number, so be mindful of possible out-of-area charges. How to call in: Place a call to the teleconference dial-in number 563-999-1152, then give the access code 824457 when asked. You will be asked to announce yourself – first name, last initial, and if you are a representative. Pressing *6 will mute your voice to keep distractions down. This service is being tried to make it easier for NH OA members to participate in NHI meetings, and thereby to contribute additional sustenance to OA in New Hampshire.



Submission from Sandy M.:

“When you pray to God, there are 3 answers:

Yes

Not now

I have something much better for you”

For June

Step Six: Were entirely ready to have God remove all these defects of character. Spiritual Principle:

Willingness

How many times have I said to myself and God:

“Enough already! I give up! Take it all, please, and let me be sane!”

...Too many times to count. All the slips, all the relapses, at this point add up to more years than those of abstinence for me. And still I come back to the rooms. I never want to give up. Talk about defects of character: just about my strongest, most persistent defect is that of stubbornness. It was a mark of

character (not a defect!) in my upbringing to be stubborn; that is, if you were my grandmother. So many stories in my family were about my grandmother and what she did in different situations. We all took it for a sign of the matriarchal streak in the family, and how the females were all strong and stood up for themselves. Stubbornness has led to many of my downfalls. I thank God that most of them affected me in a permanent way, but hopefully not others in my life so much. (I have worked hard at identifying those I infected and made many amends.) The stubbornness for me has exhibited itself largely in being a control freak. My fears are all based on lack of control, and perceived lack of control, and of course that leads right back to – willingness. Lack of willingness, lack of acceptance over whatever “the Fates” have led me into.

I keep coming back to OA week after week, because I see in so many others the acceptance necessary, and joy that results, in becoming free of this disease. I am so grateful to walk into the rooms and know that they are kin to me beyond skin. Nowhere else do I find this experience. That is why I still have hope of sustaining the “Let go and let God” attitude that others around me are already experiencing. Thank you, everyone, for loving me/us as you do. Keep coming back!

- Anonymous, NH

Other thoughts gleaned from “The Rooms” –

“Wanting abstinence to drop in my lap”

“Waiting for someone else to fix the problem”

“The committee in my head is all incompetent.”

....“The answer is God – now, what was the question?”

“When you go into your own head, take someone along, ‘cause that’s not a safe neighborhood.”

“No one starves to death between meals.”



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.