

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

## NHI SURVEY RESULTS

A total of thirty-six OA members responded to the on-line New Hampshire Intergroup (NHI) survey that was conducted in the spring of 2018. NHI will use the data gathered from those members as a reference when planning its service to the OA fellowship in the 2018-2019 business session. To view the results of the survey, go to: <https://www.dropbox.com/s/u8o8a5pna0nyh6e/2018SurveyReportRev0.pdf?dl=0>

## HEARD AT MEETINGS OVER THE SUMMER

- *What is one action you can take towards recovery today?*
- *We need to renew our subscription to our Higher Power every day because our subscription will run out by that evening.*
- *We have to be in recovery to provide hope for newcomers.*
- *If your roots in Program are deep enough, you can get through life's trials and tribulations - just as trees with deep roots are spared in a hurricane.*
- *Life is hard, and Program allows us to walk through life with grace.*
- *God always wins at the end of the day.*
- *We need to accept and love ourselves in the moment... even a difficult moment.*
- *"I have a bouquet of mental quirks." from the Big Book 'The Missing Link' story.*
- *Look for the nurturers in your life.*



*Lifeline, OA's international magazine, serves as an indispensable 'meeting-on-the-go.' Lifeline is available in two versions: a printed magazine and OA's new online edition. To subscribe to the print version, go to <http://bookstore.oa.org/> To subscribe to the website version, go to <http://www.oalifeline.org/login/> For copies of back issues of Lifeline, go to the OA bookstore (bookstore.oa.org) and select "Lifeline" from the drop down menu.*

24-HOUR ANSWERING SERVICE



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

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

**SPONSORSHIP** On the heels of a successful NHI Sponsorship workshop, below are some examples of questions/guidance given from Sponsor to Sponsee. (Submitted by one of our members)

### *On Compulsive Overeating and Recovery*

- Are you putting ice cream before God?
- Why are you having a large or super-size portion? Do you want a super-size body?
- Are you going to let go or get dragged?
- Do you know that the two most important concepts in recovery are willingness and action?
- Is there one action you can take to break through the procrastination (fear)?
- Always remember there is a trashcan nearby for that extra food
- Driving 10 miles to go to a meeting is too far? Would you drive 10 miles to a good restaurant?
- Did you know that we don't really want to be 'normal eaters?' We want to be compulsive overeaters who don't gain weight.

### *On Emotional Recovery / Relationships*

- When you are doing all the work, is there a relationship?
- Take off your super-power cape and stop rescuing people
- Beware of the 'boundary busters' in your life
- Weigh-and-measure your time and energy
- The people in your life don't seem to be trying to make you happy. Could you see them as role modelling 'how not to be a people-pleaser'?
- Why are you trying to 'orchestrate' and manage everyone's experience?
- Can you accept that humans have limitations? Very few people are capable of being honest, flexible, and reciprocal.
- Do you realize that there will be always be people richer than you are and poorer than you are – whether it is in wealth, spiritual gifts, physical health, and emotional energy?

### *On Spiritual Recovery*

- You need to keep your hand in the hand of God
- Be grateful that you don't live in someone else's world of fear and negativity
- Personal challenges are leading you to 'dig deep' and strengthen your connection to your Higher Power



# 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.*



### 2018 Region 6 Convention

October 26 – October 28, 2018  
Holiday Inn Portland - by the Bay  
Portland, ME

Details: <https://r6convention2018.ticketleap.com/>

### 2019 NHI Annual Retreat

February 8 – February 10, 2019  
Barbara C. Harris Camp & Conference Center  
Greenfield, NH

### Monthly NHI Business Meeting

Sunday, October 14, 2018 at  
NHTI, Concord NH  
Sweeney Hall/Room 317  
2pm-3:30pm

All members are welcome to attend!

**New Hampshire Intergroup (NHI)** is a service body for Overeaters Anonymous®. Our primary purpose is to carry the message – to help the still suffering compulsive overeater - through the Twelve Step recovery program of Overeaters Anonymous. We welcome any member who would like to attend our business meetings.

### 2018-2019 NHI Business Meetings

*Please note business meetings are not held during the months of July and August*

09/09/2018  
10/14/2018  
11/04/2018  
12/02/2018  
01/06/2019  
02/03/2019  
03/03/2019  
04/07/2019  
05/05/2019  
06/02/2019

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.

## Have you recently found yourself believing in some of these lies from our disease?

- I have-to like everyone.
- It / he /she will be different this time.
- There must be something wrong with me.
- I am not worthy.
- I am not good enough.
- I can rely on them this time.
- I need to remove any discomfort I am feeling and any that someone else may be feeling.

**The truth is that we don't have to believe in these lies. Recovery from our disease is possible if we work The 12 Steps of OA and use The Tools of Recovery!**

### 2018 MAY Donations

7<sup>TH</sup> TRADITION DONATIONS

<i>Summer Group Name &amp; Number</i>		<i>Amount</i>
Amherst Saturday 7:30 am	47049	\$446.18
Bow Thursday 5:30pm	51587	\$120.00
Concord Monday 5:30pm	47647	\$73.80
Derry Saturday 10:00am	24472	\$50.00
Newport Saturday 12:30pm	54302	\$45.60
Sanbornton Saturday 11:00am	31794	\$30.00
<b>Total Donation</b>		<b>\$765.58</b>

Please submit all articles and notices to the Promises newsletter by the 20th of the month. Articles may be submitted online by using our Promises Submission form <https://oanewhampshire.org/promises-newsletter/article-submission> or submitted to the committee via USPS: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363. Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.