



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

IDEA DAY

(International Day of Experiencing Abstinence)
November 17-18, 2018

OA members across the globe celebrate this opportunity and share their recovery from compulsive eating.

Annual Special Focus Meeting

First Congregational Church Sanborn St.

Reading, MA 1:00-3:00 pm

<http://www.oanorthshoreintergroup.org/wp-content/uploads/2018/10/idea-day-flyer-2018.pdf>



HEARD AT MEETINGS

Never miss an opportunity to say nothing.

When I write a Gratitude list, it is much harder to feel sorry for myself and live in self-pity. Gratitude will get me everywhere.

All I have is today - I can't buy another hour, day or year.

Turning Defects into Prayers:

Dear HP, please ...

Reduce my selfishness and fear.

Increase my tolerance and patience.

Remove my anger.

Provide the courage for me to speak up in challenging situations.

Temper my expectations of others and myself.

Help me to find the joy in this day.



WHAT IS HEALTHY SELF-ESTEEM?

From the September 2018 Lifeline:

It is self-confidence and self-respect
serenity;
speaking up for myself;
treating myself as well as I treat others;
having faith;
being present for life;
taking risks;
trusting myself and others;
being honest;
pursuing dreams;
being my own best friend;
making decisions that are love based,
not fear-based;
liking my body and treating it with love.'



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.oa.org and select "Lifeline" from the drop down menu.

THANKSGIVING PHONE MARATHON

Thursday, November 22, 2018

8AM - MIDNIGHT

Dial 712-42-5200 Pin #4285115



WSO HAS A NEW ADDRESS for all correspondence, including contributions and *Lifeline* magazine: World Service Office, PO Box 44727, Rio Rancho NM 87174-4727, USA



2019 NHI Annual Retreat

February 8 - February 10

Barbara C. Harris Camp & Conference Center
Greenfield, NH

Join us for a study of our 12 Step Program and how to use it, led by an experienced OA member, with discussion and writing. Half and quarter scholarships available. For more information or to register go to: <https://oanewhampshire.org/2019-nhi-retreat>

2019 Region 6 Convention

October 18-20, 2019

White Plains, NY

Tickets are available on Ticket Leap at the Super Early Bird price of \$35. This will be the lowest and best price available. Ticket sales stop on November 25th at midnight and will start up in the new year at the price of \$55. www.oaregion6.org/2019

Next Monthly NHI Business Meetings

Sun. December 2, 2018 at
NHTI, Concord NH Sweeney Hall/Room 317
2pm-3:30pm

2018-2019 NHI Business Meetings

Business meetings are not held during the months of July and August

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

"Thank God for the Big Book of Alcoholics Anonymous and a lineage of great sponsorship that taught me if I came to OA I was going to feel better, but if I worked the steps I was going to get better." Quote from an OA article



"Spiritual hunger has never been solved on the physical level"

Lifeline, September 2018

2018 September 7th TRADITION DONATIONS

<u>Group Name</u>		<u>Number</u>	<u>Amount</u>
Bow	Thu 5:30pm	51587	\$120.00
Hopkinton	Tue 5:30pm	22474	\$134.00
Nashua	Sun 5:00pm	46146	\$43.60
Nashua	Thu 6:30am	51426	\$59.81
Nashua	Thu 5:30pm	52022	\$14.40
North Conway	Sat 9:00am	54489	\$65.00
Peterborough	Tue 6:00pm	50231	<u>\$66.00</u>
Total:			\$500.81

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. 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. 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.

Step 11 Sought through prayer and meditation to improve our conscious contact with God as **STEPS** we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

**Spiritual Principle =
Spiritual Awareness**

*The 12 Steps and 12 Traditions of
Overeaters Anonymous*

