

December  
2018

# Promises



Issue 394

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## **Thoughts from a Grateful Compulsive Overeater**

As we talk at meetings about the upcoming **Twelfth-Step-Within Day** my heart is filled with gratitude for the gifts I've received as a result of working the Twelve Steps of Overeaters Anonymous. I am no longer a slave to food, emotions, or difficult situations that arise (sometimes often) in life. OA has taught me how to live freely, one day at a time. It is not always easy, nor perfect, but I have a Higher Power, a Fellowship, and Program Tools to rely on for help. Still a relative newcomer, I approach this holiday season with a sense of wonder and serenity, not the dread of years past. If I work my Program as I have for the past 2 ½ years, it will be my third abstinent holiday season. That is a precious gift that I want to hold on to. It is also one that I want to - and need to - share with others.

How can I share the gift of Recovery?

- Use the Steps daily to be as healthy as I can be physically, emotionally, and spiritually
- Diligently practice my daily disciplines (reading, writing, prayer and quiet time)
- Attend at least 3 meetings a week, listening and sharing experience, strength, and hope
- Identify myself as an available sponsor
- Reach out to members I haven't seen recently via phone calls, texts, emails, and handwritten cards

"Always to extend the hand and heart of OA to those who still suffer, for this I am responsible."

Happy Holidays!

*Anonymous*



## **Twelfth-Step-Within Day!**

In OA, **December 12<sup>th</sup>** is officially International Twelfth-Step-Within Day. To celebrate TSW Day, groups and Intergroups around the world are encouraged to plan events, workshops or special meetings that focus on giving service to OA members who are in relapse or are still suffering from compulsive eating. Members 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. For examples of workshops that groups have offered to help members recover from relapse, visit the World Service Twelfth-Step-Within webpage

<https://oa.org/groupsservice-bodies/resources/twelfth-step-within/>

Several OA groups in the NHI area will be providing special focus meetings during the week of December 8th to December 15th to emphasize TSW themes, such as Recovery from Relapse and Relapse Prevention. The following meetings have confirmed their intention to focus on TSW themes:

12/08	Saturday	Amherst	7:30 am
12/11	Tuesday	Derry	7:00 pm
12/11	Tuesday	New Boston	6:00 pm
12/13	Thursday	Derry	10:00 am
12/14	Friday	Salem	5:30 pm

If your group would like assistance planning a Twelfth-Step-Within special focus meeting, please contact NHI's Twelfth-Step-Within committee via email at [nhitwelfthstepwithin@oanewhampshire.org](mailto:nhitwelfthstepwithin@oanewhampshire.org). Remember this is a "we" Fellowship and "together we get better."



### **HOLIDAY SEASON PHONE MARATHONS**

On all holidays, OA has a phone meeting on the hour, every hour from 8am - midnight EST.

**Call 712-432-5200 and enter 4285115# when prompted.**

For a list of all Phone Marathons during this holiday season, go to

<https://www.oa-dcmetro.org/phone/2018-oa-phone-marathons.pdf>



**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/events>

**Next Monthly NHI Business Meetings**  
**Sun. January 6, 2019 at**  
**NHTI, Concord NH**  
**Sweeney Hall/Room 317**  
**2pm-3:30pm**

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**  
*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

May you find peace, love and joy among your holiday blessings.



**2018 NOVEMBER**  
**7<sup>th</sup> TRADITION DONATIONS**

Group Name		Number	Amount
Bedford	Tue 5:30pm	49532	\$133.00
Bedford	Wed 5:30pm	49151	\$196.00
Bow	Thu 5:30pm	51587	\$90.00
Derry	Tue 7:00pm	45144	\$90.00
Derry	Thu 10:00am	40908	\$111.00
Hopkinton	Tue 5:30pm	22474	\$79.00
Lebanon	Tue 5:30pm	45936	\$60.00
Lebanon	Tue 5:30pm	45936	\$23.00
Lebanon	Tue 5:30pm	45936	\$60.00
Nashua	Mon 7:00pm	40655	\$85,80
Salem	Fri 5:30pm	36417	\$110.79
<b>TOTAL DONATIONS</b>			<b>\$1,038.59</b>

**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.



*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/>*

**Step 12**

"Having had a spiritual awakening carry this message to compulsive in all our affairs."



**Spiritual Principle = Service**

as the result of these Steps, we tried to overeaters and to practice these principles

*The 12 Steps and 12 Traditions of Overeaters Anonymous*