

Promises



May 2019

Issue 399

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'WELCOME BACK, WELCOME HOME'

On March 31, 2019, NHI

sponsored the "Welcome Back, Welcome Home" workshop at the Elliot Hospital where OA members shared their experience returning from Relapse. One speaker said that she had a PhD in relapse ... in order to start on the path to recovery, she realized she had to make a total commitment, and be willing to totally surrender. She said that she had to do the following:

- Move from 'faith in herself' to 'faith in a Higher Power.'
- Practice humility & set up boundaries with food.
- See that the Tools are not 'punitive' ...they are the handrails to the Steps. They can provide discipline to guide us with our day.

The second speaker shared about receiving this 'second chance at recovery.' She coined the phrase of 're-lovery' - turning relapse into recovery.

ROUTINE + REPETITION = RECOVERY

OTHER REMINDERS FROM THE WORKSHOP:

- Relapse is not contagious. Reach out to other members in relapse. 'Nudge them to a meeting without judging them.'
- We have a Program of **Action** not Thinking
- We are not powerless over the footwork
- When all else fails, 'Is there **one action** we are willing to take today?'
- There is hope for us ...'it just **Seems** hopeless.' There is hope in each meeting. There is no alternative. We've tried everything else.



- We have 'back-to-back perseverance'
- Pray for the willingness and the ability to be willing and able each day.

Each attendee also received a packet with readings on relapse from **For Today** and **Voices of Recovery**.

To view the readings, click here [Readings](#)

CHECK OUT WHAT'S NEW

NEW PODCAST SERIES: A new nine-podcast series features speakers who share their experience, strength, and hope from diverse perspectives, including coming to OA for **binge eating, bulimia, and relapse**, and finding recovery through **OA HOW, 90 Day meetings, A Vision for You, and virtual OA** plus many other kinds of compulsive food behaviors and means of finding recovery. Go to OA.org/podcasts



UPDATED MEETING FORMATS:

Spring is a good time to refresh meeting formats. The OA Board of Trustees has just updated many formats to clean up inconsistencies. Find all meeting formats on OA.org/documents under "Meeting Formats". Is your meeting Looking to try a new meeting format? Try the new "[Suggested Reading and Writing Meeting Format](#)." Use OA literature in your meeting to work your program and share with fellow members.

OVEREATERS ANONYMOUS ON INSTAGRAM

OA has expanded its social media presence. Get a bit of OA inspiration or program wisdom—follow us at https://www.instagram.com/overeatersanonymous_official/



FREEDOM, FELLOWSHIP & FUN!

9th Annual One-Day OA Retreat

Sponsored by Northshore
Intergroup

June 22, 2019

9:00 am - 4:00 pm

Notre Dame Spirituality Center

30 Jeffrey's Neck Rd,
Ipswich, MA 01938, USA

Full lunch included. Space is limited. Register early!

[For more information and to register click here!](#)



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.

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

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METROWEST INTERGROUP OA RETREAT

Join us for a weekend of fellowship, serenity, and recovery at the Sacred Hearts Retreat Center, Wareham, MA. June 7-9, 2019

<https://metrowestoa.org/retreat2019/>

USING THE
SLOGANS TO
WORK THE
STEPS

ROOTED IN RECOVERY

Region 6 Convention

White Plains, NY October 18-20, 2019

Come join us for a weekend of recovery from the disease of compulsive eating! The Convention offers workshops, keynote speakers, and opportunities to deepen our program.

For more info, go to: <http://oaregion6.org/2019/>



Would you like to receive an electronic version of this newsletter?

We are continuing to gather email addresses for those of you who would like to receive this newsletter electronically. If you would like your name added to the list, send an email to with the word "SUBSCRIBE" in the subject line to:

NHIPROMISES@OANEWHAMPSHIRE.ORG

MARCH 2019

7TH TRADITION DONATIONS

| Group name | Number | Amount |
|---------------------|--------|----------------|
| Claremont Wed 3:30 | 56549 | \$36.00 |
| Concord Monday 5:30 | 47647 | \$60.00 |
| Total | | \$96.00 |

NEXT NHI BUSINESS MEETING

Sunday, June 2, 2019 2pm - 3pm

NHTI, Concord NH Sweeney Hall/Room 210

Business meetings are not held in Jul or Aug

We welcome any member who would like to attend our business meetings, To attend by phone, call the meeting line by 1:50 so the meeting can start without interruption at 2:00pm. You will be asked whether you are a group representative (you will be asked which group you represent) or a guest.

Dial-in Number (563) 999-1152 Access Code 824457



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/>



The Bow NH Thur 5:30pm meeting has changed formats from the 90-day speaker meeting to a Big Book Discussion meeting with no 90-day requirement. Come join us!

Step 5

"Admitted to God, to ourselves and to another human being the exact nature of our wrongs."

STEPS Spiritual Principle = INTEGRITY

The 12 Steps and 12 Traditions of
Overeaters Anonymous

on our
Journey