

Promises



September 2019

Issue 401

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Answering Service Telephone 1-800-201-8720 Toll Free NH, ME, MA, VT only OR 603-434-7578 Local



“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”
– OA Responsibility Pledge

Each One, Reach One, Every Day

What if every OA member took action to carry the message of recovery to at least one person

every day? Below are some ideas from the *Each One, Reach One, Every Day* forum that took place at the 2019 World Service Business Conference:

1. Develop a phone tree during the holidays.
2. During bad weather, have a conference call meeting instead of meeting face-to-face.
4. Consider starting a speaker meeting once a month.
5. Have an “Ask-It-Basket” meeting once a month.
6. “Bring a meeting” to someone who may be temporarily homebound—a “caring cocoon”
8. Consider a hybrid meeting (face-to-face + call-in). Put the phone in a large bowl to amplify sound reception.
9. Keep contacts and meeting lists up to date.

OA's New Definition of Abstinence & Recovery

CHECK OUT WHAT'S NEW

1. Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

ABSTINENCE



2. Recovery: Removal of the need to engage in compulsive eating behaviors.

RECOVERY



Heard at meetings over the summer:

- Don't let the discomfort of practicing a new behavior stop you from using it
- If you are feeling overwhelmed, what actions have-to be taken/decisions have to be made TODAY?
- People may never be what we need them to be
- Hurtful actions by others are unskilled calls for attention and love
- We have only so much time and energy - we need to weigh and measure how we use it
- Prayer changes the one who is doing the praying. Bless them - change me
- FEAR = Future Events Already Ruined
- OA literature feeds the soul
- Lie I tell myself - everyone has to like me
- What can I change? Can I look for the good?
- Was I a 'good version of myself' today?
- What are the most self-caring actions I can do for myself?



Precious Principles

One Word
If I could have only one word, it would be “hope.” Overeating and addictive behavior rob us of hope. It is a life of discouragement and despair and self-loathing. This program has given me hope. It matters not whether my abstinence is squeaky clean or a slip has betrayed my day. Within minutes, at any time of day, I have hope of recovery.

Hope

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/>



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.

Convention 2020 Save the Date

Celebrate OA's 60th anniversary at the 2020 World Service Convention in Orlando, FL, August 20-22. To stay up to date on the latest details, check out the Convention [page](#) or sign up to receive email updates at conventioninfo@oa.org



NEXT NHI BUSINESS MEETING

Sunday, September 8, 2019

2pm - 3:30pm

NHTI, Concord NH

Sweeney Hall/Room 210

Please Note: Orientation for New Meeting Representatives will take place from 1pm-1:45pm on September 8, prior to the regular business meeting.

2019-2020

NHI BUSINESS MEETINGS

We welcome any member who would like to attend.

All meetings take place on Sundays from

2pm-3:30pm Sweeney Hall, NHTI Concord, NH

September 8, 2019

October 6, 2019

November 3, 2019

December 8, 2019

January 5, 2020

February 2, 2020

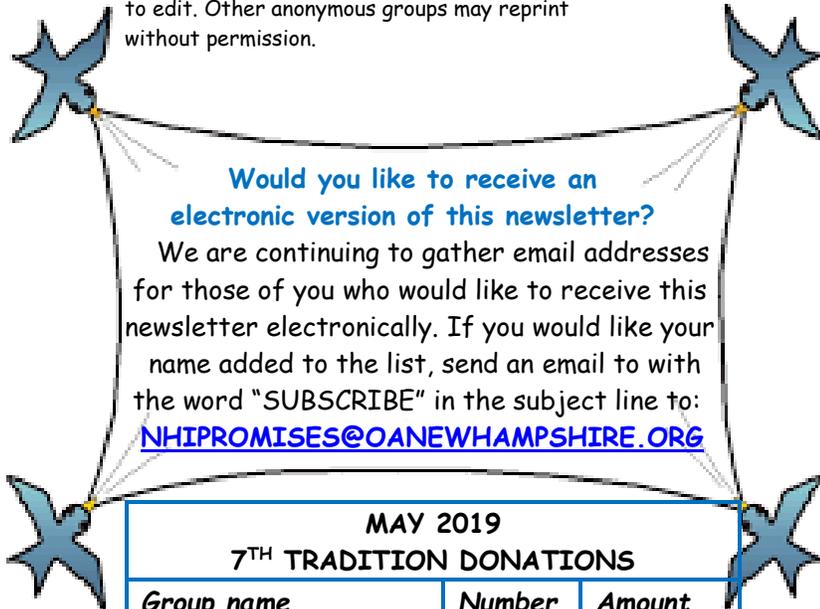
March 8, 2020

April 5, 2020

May 3, 2020

June 7, 2020

Business meetings are not held in Jul or Aug



MAY 2019 7 TH TRADITION DONATIONS		
Group name	Number	Amount
Bedford Tue 5:30pm	49532	\$71.00
Bedford Wed 5:30pm	49151	\$144.00
Bow Thu 5:30pm	51587	\$120.00
Derry Thu 10am	40908	\$51.60
Hopkinton Tue 5:30pm	22474	\$58.00
Nashua Mon 7:00pm	40655	\$109.20
Individual Donation		\$15.00
Total		\$568.80



Lifeline Magazine's Final Issue:

After 55 years as our "Meeting On the Go," offering stories of experience, strength, and hope for recovery through OA's Twelve Steps, *Lifeline* magazine and its online format, oalifeline.org, will be discontinued at the end of 2020. Multi-year subscribers with issues still remaining at the end of 2020 will receive a prorated refund. Information and options will be available at a later date for subscribers whose subscriptions will end in the period from Jan- Oct 2020.

Step 9

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

STEPS Spiritual Principle = LOVE

The 12 Steps and 12 Traditions of Overeaters Anonymous

on our Journey