

Promises



October 2019

Issue 402

A monthly newsletter published and distributed by New Hampshire Intergroup.

This newsletter is made possible by your generous contributions.

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

'Expanding Conscious Contact' workshop notes submitted by a member:

"In the quiet of the morning hour I come
to you for peace.
Give me the power to view the world today through
love-filled eyes. Help me be patient, gentle, wise;
to see beyond what seems to be;
O clothe me in your beauty,
this I pray —

give me the grace
to do your will today."

from *Lifeline Sampler*, June 1979, page 59

Our Higher Power has to big enough for the entire
world and small enough for the individual OA
member. Food is no longer our Higher Power.

Some writing suggestions included: keeping a
'Sunshine' Journal' - of prayers asked, prayers
answered, and prayers not yet answered; writing
'Dear God' letters; and composing simple 'thank you
prayers' - such as
'Thank you God
for doctors, for
the medical staff,
and for medical
technology.'



When worrying about a decision - one member asks
herself - "What happened with the last decision I
had to make? Didn't HP get me through that one?
Didn't I trust and rely on God?"

Step Eleven offers us unconditional acceptance
and a relationship with our Higher Power.

Our Higher Power will show us the way even if it
is painful.

We can always pray for grace, gratitude, and
forgiveness. One act of gratitude can make a
difference in our day.

Members were encouraged not to deny
themselves access to -- or cut themselves off
from -- a Higher Power.



FAITH = Finding Answers in the Heart

FAITH = For All I Trust HP

PAUSE = Pray and Use Step Eleven

PAUSE = Pray and Use Spiritual Energy

HOPE = Hang On Pain Ends

GOD = Great Out Doors

GOD = Gift of Discipline

GOD = Good Orderly Direction

GOD = Gift of Desperation

**What is YOUR favorite
Program acronym
or saying? Share it with
our members by
submitting it by email to**



NHIPROMISES@OANEWHAMPSHIRE.ORG



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/>

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 MEETINGS

Sunday, Oct 6 & Sunday, Nov 3, 2019
2pm - 3:30pm
NHTI, Concord NH
Sweeney Hall/Room 210

Upcoming 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

- | | |
|------------------|---------------|
| November 3, 2019 | March 8, 2020 |
| December 8, 2019 | April 5, 2020 |
| January 5, 2020 | May 3, 2020 |
| February 2, 2020 | June 7, 2020 |

Business meetings are not held in Jul or Aug



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

June & July 2019 7 TH TRADITION DONATIONS		
Group name	Number	Amount
Derry Thu 10am	40908	\$96.00
Hollis Sun 5pm	46146	\$34.00
Nashua Thu 5:30pm	52022	\$31.80
Total		\$161.80

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.

Step 10

"Continued to take personal inventory and, when we were wrong, promptly admitted it."

STEPS Spiritual Principle = Perseverance
The 12 Steps and 12 Traditions of
Overeaters Anonymous
on our Journey

