

Promises

November 2019



Issue 403

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NOTES FROM THE REGION 6 CONVENTION

White Plains, Oct 2019 submitted by a member



"I put my hand in yours, and together we can do what we could never do alone."

That is my experience with my Recovery and also with the service I do for NHI. TOGETHER, OA members and friends, create beautiful book covers to be sold at Intergroup events and, most recently, at the Region 6 Convention in White Plains, NY. These lovingly made items are admired by many. More than once at Convention we heard remarks such as "I'm so glad you're here," and "People at my meetings love my book covers." TOGETHER, we conscientiously set up and staffed the table, answered questions, and had the privilege of interacting with other OAers from all over the Northeast. HP provided numerous opportunities to "Practice these Principles in all our affairs," and several inspired and rapid "group conscience" decisions worked out favorably. For me, personally, this experience reinforced my commitment to live by Program Principles, to the best of my ability, one day at a time.

To all who have created book covers, past and present, thank you! To all who have purchased book covers for yourselves and others, thank you! To all who have carried bins, set-up, sold, and packed-up, thank you! To those who have helped me stay sane by creating spreadsheets and organizing inventory, thank you!

TOGETHER, we sold over 100 book covers and raised over \$1100.00 Thank you!

*"Together we can do what we could never do alone."
Submitted by Claire P., Ways and Means, NHI*

"The content reflects the experience, strength, and hope of one member. It is not OA Conference- or board-approved and does not represent OA as a whole."

On the disease of compulsive overeating

Stop asking "Why? - Why do I have this disease?" That is the most immature question. It is similar to children questioning their parents "Why?" when they can't have something or do something. We just don't like it -- that we are compulsive eaters - we just are.

Many of us are emotionally immature, grandiose, and self-centered. The disease is in our mind, and we have to change our spiritual outlook on life. Our obsessive / compulsive behaviors spill over from food to seeking and waiting for recognition -- to wanting and waiting for someone else to change. These attitudes 'infiltrate' our personalities.'

We chose food over relationships. Our underlying problem is our relationship with self. We try to 'control our environment' with food - we have to learn how to deal with our own feelings.

We, compulsive eaters, need to change and not wait! 'What thrives in darkness, will die in the sunlight.' Diabetics don't wait to start insulin - if they do, they risk complications such as blindness, nerve damage and kidney damage. We can't wait either!

We 'have-to' accept we have a problem in order to recover. We need to learn actions and behaviors to help us 'stay stopped.'

We have to move our fear, pride, and ego out of the way so Program can work!



IDEA DAY
International Day of
Experiencing Abstinence

First Congregational Church
 25 Woburn Street, Reading Mass.
 Saturday, November 16, 2019
 10am - 12pm



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

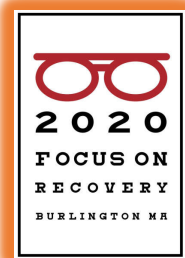
REGION 6 CONVENTION

October 23-25, 2020
 BURLINGTON, MA

EARLY BIRD REGISTRATION
 ONLY \$35

Oct 20 thru Nov 20, 2019
 (later price increases to \$55)

For more info or to register,
 go to <http://www.oaregion6.org/2020>



NEXT NHI BUSINESS MEETINGS

Sun, Nov 3, 2019 & Sun, Dec 8, 2019
 2pm - 3:30pm Sweeney Hall/Room 210
 NHTI, Concord NH

**Upcoming 2019-2020
 NHI BUSINESS MEETINGS**

We welcome any member who would like to attend. Meetings take place on Sundays from 2-3:30pm Sweeney Hall, NHTI Concord, NH

March 8, 2020	Feb 2, 2020
Dec 8, 2019	April 5, 2020
Jan 5, 2020	May 3, 2020
June 7, 2020	

*Business meetings
 are not held
 in July or August*



7 TH TRADITION DONATIONS		
August 2019		
Group name	Number	Amount
Claremont Wed 3:30pm	56549	\$18.00
Individual		\$30.00
Total		\$48.00

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

STEPS
on our Journey

Spiritual Principle = Spiritual Awareness

*The 12 Steps and 12 Traditions of
 Overeaters Anonymous*