

Promises



March 2020

Issue 4057

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



DAILY MEDITATIONS

"Meditation is our way of quieting our minds so we can get better acquainted with

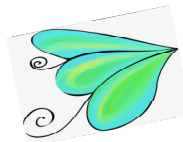
this Higher Power of ours. As with prayer, there is no one right way to practice meditation; in fact, most of us vary our practice from time to time. The only way to do meditation wrong is not to do it at all. We compulsive people are oriented to action. Meditation is an action that gives us much-needed practice in the art of sitting still and opening our hearts to receive spiritual nourishment. Many of us have spent a lot of time running—running from the food, then running to it—and many of us have turned to excess food for its sedative effect. Eating compulsively was our chief means of relaxation. Meditation offers us a way to stop running and to relax without eating compulsively.

When meditating, we consciously choose to focus our minds on something other than our everyday desires and concerns. We might begin to do this by breathing deeply and counting our breaths, by holding a special object and concentrating on how it feels, by listening to soft music, by repeating a word or phrase, by concentrating on an image, by staring at an object or picture, or by other means. When we are distracted by worries or annoyances, we practice gently letting go of these distractions and returning our attention to listening to what our Higher Power has to tell us. Our purpose in meditating is simple: we seek to relax and receive spiritual nourishment by experiencing more fully our connections with our true unfragmented selves and with our Higher Power."

The Twelve Steps and Twelve Traditions of Overeaters Anonymous Second Edition (p. 78-79)

OA VIRTUAL REGION

Did you know that there is a Virtual Region of OA? And did you know that the Virtual Region holds monthly virtual workshops utilizing the ZOOM meeting platform? Come together the second Sunday of the month for rotating topics, brainstorming and sharing ideas that WORK! All workshops meet Second Sunday 3-4:30pm EST. Arrive 10 min. early for ZOOM online orientation tips!



Upcoming Workshops

Body Image

March 8, 2020

Spring Cleaning Inventory & Appraisal

April 12, 2020

Utilizing an OA Toolkit in a Virtual World

May 10, 2020

Recovery through Grief and Traumatic Time

June 14 2020

Location: <https://zoom.us/j/557696207>

Phone: +1 720 707 2699 US

Meeting ID: 557 696 207 For more info visit

oavirtualregion.org/events/workshops

Please click on the first link from a computer, smart tablet or smart phone to get the video portion of the conference or you may download the zoom.us app.

Suggested Contribution \$5.00. For More Information

(BJ) workshop@oavirtualregion.org or

(Carolyn) vicechair@oavirtualregion.org



UPDATED MEETING INFORMATION:

NORTH CONWAY Saturday 9am (V)

Lutheran Church of The Nativity

15 Grove St

Corner of Main St (Rt. 16) & Grove St

Vikki [603-662-2135](tel:603-662-2135)





**North Shore Intergroup's
9th Annual Retreat
Sat, June 20, 2020 9am-4 pm**

**Notre Dame Spirituality Center,
30 Jeffrey's Neck Rd, Ipswich, MA 01938**
Full lunch included. Space is limited. Register early!
Cost: \$45.00 For registration details go to:
<http://www.oanorthshoreintergroup.org/wp-content/uploads/2020/02/2020-NSI-Retreat.doc>



Don't miss the largest gathering of OA members (one thousand or more!) happening this August 20-22, 2020, in Orlando, Florida USA. **Registration and hotel reservations at a special rate** are now open, so sign up today for this giant celebration of recovery and fellowship
<https://oa.org/world-service-convention/>



**REGION 6 CONVENTION
Oct 23-25, 2020
Boston Marriott Burlington
One Burlington Mall Road
Burlington, MA
<http://www.oaregion6.org/2020>**

NEXT NHI BUSINESS MEETINGS

Sun March 8 & Sun April 5, 2020

**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.
All meetings take place on Sundays at NHI in Concord, NH

April 5, 2020 May 3, 2020 June 7, 2020

Business meetings are not held in July or August

Want to receive an electronic version of this newsletter?

Simply send an email with the word "SUBSCRIBE" in the subject line to:

NHIPROMISES@OANEWHAMPSHIRE.ORG



7 TH TRADITION DONATIONS January 2020		
Group name	Number	Amount
Bedford Monday 9:30 am	53394	\$30.00
Bedford Thursday 9:30 am	51985	\$30.00
Bow Thursday 5:30 pm	51587	\$27.39
Derry Tuesday 7:00 pm	45144	\$73.20
Derry Saturday 10:00 am	24472	\$25.00
Keene Thursday 7:00 pm	52281	\$66.00
Manchester Monday 5:00 pm	46164	\$41.00
Peterborough Sunday 6:00 pm	46277	\$130.00
Salem Friday 5:30 pm	36417	\$120.36
TOTAL		\$587.95
Retreat Scholarship Fund		
Concord Monday 5:30 pm	47647	\$240.00
Derry Saturday 10:00 am	24472	\$152.00
Salem Friday 5:30 pm	36417	\$50.00
TOTAL		\$442.00

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.



A.C.T.I.O.N

Any Change to Improve Our Nature



Step 3 "Made a decision to turn our will and our lives over to the care of God, as we understood Him."



Spiritual Principle = FAITH

The 12 Steps and 12 Traditions of Overeaters Anonymous