

Promises



April 2020

Issue 4058

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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



WORDS OF INSPIRATION

"OA members who have made prayer and meditation a regular part of their lives have found a resource for healing and strength that cannot fail. Sponsors, OA friends, meetings, and literature are wonderful sources of help for us. We wouldn't want to be without any of these resources because we often find God speaks to us through them. From time to time, however, we may not have access to them in a moment of need. Our Higher Power is the only source of help that is always available to us, always strong enough to lift us up and set our feet on the path of life. Prayer and meditation are our links to this unfailing source. Practiced regularly, they open our lives to the comfort we sought in food but could never find. Through prayer and meditation, we align ourselves with a Higher spiritual Power that gives us everything we need to live to our fullest potential. "last paragraph of Step 11, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2nd edition

IMPORTANT INFO FROM THE OA WORLD SERVICE OFFICE

1. The OA World Service Office will be closed at least through April 10.
2. No one is available to answer the phone so please send email to info@oa.org
3. The normal 7-10 day shipment window for literature orders will not be met.
4. The April 2020 issue of Lifeline will be delayed.
5. Updates and edits to the "find a meeting" on www.oa.org will be delayed.
6. If your local meeting has been cancelled or converted to a virtual meeting, please update your local intergroup AND make sure that your meeting contact has up to date information.
7. Many local meetings have decided to conduct either phone or online meetings in the absence of face-to-face meetings.
8. To read OA's statement on COVID 19 go to: <https://oa.org/news/covid-19-coronavirus/?news-category=0&page=0>

NEED HELP CONVERTING YOUR LOCAL FACE TO FACE MEETING INTO A PHONE OR ONLINE MEETING? We are blessed that [The Virtual Region of Overeaters Anonymous \(VR\)](#)



not only offers phone and online meetings for anyone to attend, but is currently also offering trainings to help local groups set up their own phone or online meetings. For more information on the trainings go to <https://oavirtualregion.org/> To find a virtual meeting to attend, go to <https://oavirtualregion.org/virtualmeetings/findameeting/>

OTHER WAYS TO "ATTEND" AN OA MEETING:

OA podcasts - <https://oa.org/interviews-readings-and-meetings/>
OA Podcasts from the Sacramento Intergroup - <https://www.sacvalleyoa.org/podcasts.html>
OA speaker meetings from the Los Angeles Intergroup - <https://www.oalaig.org/laig-virtual-speakers-bureau/>
OA phone meetings - <https://oa.org/find-a-meeting/?type=2>
OA Vision for You live and recorded speakers - <https://www.avision4you.info/>

7th TRADITION

Our 7th Tradition states "Every OA group ought to be fully self-supporting, declining outside contributions." While your local group may not be meeting face-to-face, we ask that you remember that, without the monetary contributions of our members, it would not be possible for NHI to serve its member groups. Please consider making a direct contribution to NHI. To make an online contribution see below:

New Hampshire Intergroup:

<https://oanewhampshire.org/make-a-contribution>

Region 6 <https://oaregion6.org/en/about-2/contributions-new/>

OA World Service Organization <https://oa.org/contribute/>
OA Virtual Region

<https://oavirtualregion.org/region/seventh-tradition/>





Don't miss the largest gathering of OA members August 20-22, 2020, in Orlando, Florida.

Early-Bird Registration Deadline: 6/15/20. Register online <https://oa.org/members/events/world-service-convention/>

For more information, contact WSO 1-505-891-2664 Or email conventioninfo@oa.org

REGION 6 CONVENTION: FOCUS ON RECOVERY Oct 23-25, 2020

Boston Marriott Burlington
One Burlington Mall Road, Burlington, MA 01803
Registration, Hotel Reservations and Meal Plans now available! <http://www.oaregion6.org/2020>



NEXT NHI BUSINESS MEETINGS

Sun April 5, 2020 & Sun May 3, 2020 2pm - 3:30pm

Contingency Plan for April & May NHI Business Meetings

Given the worldwide health concerns, the NHI Officers are following and staying current with state and national guidance concerning in-person meetings. NHTI 's campus will be closed until May 9th. We are considering a conference call for the April Business meeting. Please make sure the NHI Secretary has each NHI Rep's current contact information.

Upcoming 2019-2020 NHI BUSINESS MEETINGS

May 3 2020 & June 7, 2020

Business meetings are not held in July or August



NEW LOOK AND NEW FEATURES FOR OA'S WEBSITE

Some of the new features include:

- A Guided journey for newcomers with an interactive quiz
 - An organized resource library
 - Updated "Find a Meeting" with a link to mapping feature
- To view the updated site, CLICK HERE <https://oa.org/>

NOW AVAILABLE AS A FREE DOWNLOAD FROM OA -

the Forewords and Four Appendices from the 'brown book' *Overeaters Anonymous*, 3rd edition

https://oa.org/app/uploads/2019/12/Overeaters-Anonymous-Third-Edition_Forewords-and-Appendices.pdf

- Appendix A - The Role of a Plan of Eating in Recovery from Compulsive Eating
- Appendix B - A Disease of the Mind
- Appendix C - A Disease of the Body
- Appendix D - A Disease of the Spirit

WANT AN ELECTRONIC EDITION OF THIS

NEWSLETTER? send an email with the word "SUBSCRIBE" in the subject line to: NHIPROMISES@OA.org

7 TH TRADITION DONATIONS February 2020		
Group name	Number	Amount
Bedford Tuesday 5:30pm	49532	\$157.00
Bedford Wednesday 5:30pm	49151	\$167.00
Nashua Monday Noon	40476	\$23.04
Wilder, VT Wed 8:30am	47976	\$103.00
TOTAL		\$450.04

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 4 "Made a searching and fearless moral inventory of ourselves"



Spiritual Principle = COURAGE
The 12 Steps and 12 Traditions of
Overeaters Anonymous