

Promises

May 2020

Issue 4057

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M.A.G.I.C

I was thinking about the actions I need to take in this program to stay "on the beam." For me, my continued recovery is all about

taking the next right step. Not the next 10 steps, not the whole path. Not the Google map with the highlighted route, just the next step.

I'm so aware of the lies I can tell myself about which step to take. These non-truths affect the decisions that I make. They affect my next right move.

If this program is all about action, what am I doing? I mean, there is an entire chapter in the Big Book that says "Into Action." Not "Into Thinking about it." Not "Resting on my laurels because I'm doing pretty good right now."

There is magic in taking action. To me, that is a code word for: **Me Accepting God's In Charge!**

And yet, my thoughts will go to the place of, "I want to do what I've been doing, why do I have to keep doing more?"

Well, one thought I'm having is that I have been given this gift of recovery, and it says on pg 132 of the Big Book, "...we have been given the power to help others." Wow, what a super power that is! I only get to have this power by continued work on the steps and taking the action as outlined in the B.B. This purpose, this amazing life that does not include binging and shame is a treasure that I want to share. Selfishly, I want to give it away so I can keep it.

Oh boy, I better get busy and take the next right step. It's so worth it!

Nadine D. from Region 1 blog,
09/09/19



VIRTUAL MEETING INFORMATION

Below is a summary of the WSO's April 22, 2020 memo "Guidance for transitioning to online meetings."

To read the full document, click [MEMO](#)

... With the majority of the Fellowship transitioning to virtual meetings, including many who have limited experience with virtual meetings, WSO is offering guidance with suggestions and resources for groups to manage these transitions. Some of the suggestions are as follows:

1. Use the [Twelve Traditions](#) and the [Guidelines for Group Conscience meeting](#) to guide your transition.
2. Use the [Suggested Telephone Meeting Format](#) for ideas to structure your virtual meeting.
3. Be mindful of the Tool of Anonymity and the Eleventh Tradition when moving meetings to a virtual platform.
4. Visit <https://oavirtualregion.org/> for information about specific online platforms.
5. When conducting virtual meetings, determine who the moderator will be, as well as their technical and facilitating responsibilities.
6. Remember while conducting virtual meetings, "Members and groups may not reprint or post OA literature (in any digital medium) without written permission from OA, Inc."
7. Encourage members to either put money aside in a separate envelope for each meeting attended, write a check to give to meeting treasurer or donate online at www.oa.org/contribute





UPCOMING VIRTUAL REGION WORKSHOPS

Workshops meet 3-4:30pm. Arrive 15min early for basic ZOOM orientation tips!

- 5/10/20 Utilizing an OA Toolkit in a Virtual World
- 6/14/20 Recovery through Grief and Traumatic Time
- 7/12/20 ACCEPTANCE is the answer to all my problems today
- 08/09/20 New Sponsor Workshop
- 09/13/20 19 Symptoms to Relapse
- 10/11/20 Demystifying the OA Service Structure
What is the Inverted Pyramid?
- 11/08/20 Abstinence and Keeping It - the difference between abstinence and a plan of Eating
- 12/13/20 Young Persons in OA

VIRTUAL REGION WORKSHOP ROOM

NEW!! Password: 120912 Meeting ID: 557 696 207

Zoom login: <https://zoom.us/j/557696207>

Phone: 1 720 707 2699 US / 1 646 558 8656 US (NY)

Click on the first link from a computer, tablet or smart phone to get the video portion of the conference or you may download the zoom.us app. 7th Tradition Suggested Donation \$5 :workshop@oavirtualregion.org or vicechair@oavirtualregion.org

WANT TO RECEIVE AN ELECTRONIC VERSION OF THIS NEWSLETTER?

Simply send an email with "SUBSCRIBE" in the subject line to: NHIPROMISES@OANEWHAMPSHIRE.ORG



7TH TRADITION DONATIONS March 2020

Group name	Number	Amount
Claremont Wednesday 3:30	56549	\$28.25
Derry Thursday 10:00 am	40908	\$55.80
Derry Saturday 10:00am	24474	\$99.00
Nashua Thursday 6:30am	51426	\$37.80
Nashua Thursday 5:30pm	52022	\$45.00*
*please note this donation was inadvertently left out of the Promises March edition. We apologize for the error.		
TOTAL RECEIVED:		\$265.85



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

Early-Bird Registration Deadline: 6/15/20. Register online

<https://oa.org/members/events/world-service-convention/>

WSO 1-505-891-2664 ~ email conventioninfo@oa.org



REGION 6 CONVENTION

Oct 23-25, 2020

Boston Marriot Burlington, One Burlington Mall Road, Burlington, MA

<http://www.oaregion6.org/2020>

NEXT NHI BUSINESS MEETINGS

Sunday May 3 & June 7, 2020

2pm - 3:30pm

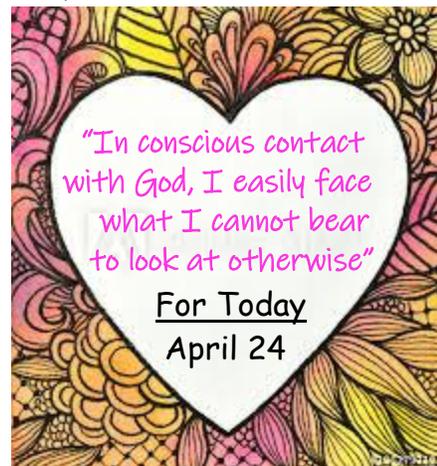
NHTI's campus will be closed until May 9th therefore, the May Business Meeting will be held via ZOOM. Please make sure the NHI Secretary has each NHI Rep's current contact info.

Business meetings are not held in July or August



ONE DAY AT A TIME

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://oanehampshire.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 5

"Admitted to God, to ourselves and to another human being, the exact nature of our wrongs."



Spiritual Principle = Integrity

The 12 Steps and 12 Traditions
Overeaters Anonymous