

Promises



Issue 4061

NOVEMBER 2020

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New Hampshire Intergroup, PO Box 1363, Derry, NH 03038-6363

IMPORTANT ANNOUNCEMENT

NHI NEWS

Save the Date

Saturday, January 2, 2021

for a one-day Retreat over Zoom!

This event is being planned by the NHI Retreat and Workshop Committees. Stay tuned for more to be revealed!

The Online Donation Function is Back!

We apologize for the disruption in service!
We welcome online 7th Tradition donations to NHI. Please go to our webpage:

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

To make an online donation to OA's World Service please use their webpage: <https://oa.org/contribute/>

Donation to WSO

Given these challenging times, we have all had many changes in our lives. On a positive note, NHI decided to hold our 10-Business meetings for the September to June 2021 year over Zoom - saving us driving time and funds that would have been used to pay for rent, photocopies, etc. We voted at the October Business Meeting to donate \$1,000 to OA's World Service Office, using those unspent funds, as our fiscal year ends December 31st

STRATEGIES FOR THE HOLIDAYS HEARD AT MEETINGS

- ✦ Holidays are loaded with family situations. We can always pause, pray and not engage.
- ✦ The other 364 days come after Thanksgiving.
- ✦ My action plan is a gift that I give to myself every holiday.
- ✦ Weighed and measured foods taste better.
- ✦ Prayer is what transforms me.
- ✦ What keeps me out of the excuses is the STEPS, as they give me a solution to any problem that I might want to eat over.
- ✦ Bless them, change me.
- ✦ Breathe in God, let go self.
- ✦ Step 11 is a constructive process, not a destructive one.
- ✦ Take a walk with God. He will meet you at the STEPS!



HEARD AT A MEETING
"There is a bottom below
the bottom you know."





SECOND SUNDAY E-WORKSHOP
Sponsored by the OA Virtual Region
Workshops meet on the second Sunday
of each month from 3-4:30pm EST.
early for orientation tips

- 11/08/20 *Abstinence and Keeping It - The difference between abstinence and plan of eating.*
- 12/13/20 *Young Persons in OA*

Join Zoom Meeting

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRRejkdz09>

Meeting ID: 891 6554 0024 Password: 120912

Phone: +1 646 558 8656 US Click on the first link from a computer, tablet or smartphone to get the video portion of the conference or you may download [ZOOM.US](https://zoom.us) app.

7th Tradition Suggested Donation \$5

For More Info Go to <https://oavirtualregion.org/2020upcomingworkshops/>

or E-mail: (Lisa) workshop@oavirtualregion.org or

(Carolyn) vicechair@oavirtualregion.org

**SPONSORING CHRONIC SLIPPERS:
LOVE, FORGIVENESS & THE 5TH TRADITION**

An Exploration of all 12 Steps in the Big Book and how they can apply to Chronic Slippers and the people trying to be of service to them.

Sat, Nov 7 @ 9:00 am - 6:00 pm PST

Hosted by the Los Angeles Intergrup

For more info go to: <https://www.oalaig.org/event/slipping-workshop/>



NEXT NHI BUSINESS MEETING

SUNDAY, NOVEMBER 8, 2020

1:45 -2:00 pm-Setup 2:00-3:30pm-Business Meeting

All meetings take place on the first Sunday of the month except where noted with asterisk (*). Meetings held via Zoom. For ZOOM link contact nhichair@oanewhampshire.org

UPCOMING BUSINESS MEETINGS

December 6, 2020 March 7, 2021 June 6, 2021

January 10, 2021* April 11, 2021*

February TBD, 2021 May 2, 2021

Business meetings are not held in July or August



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."



Spiritual Principle = Spiritual Awareness

The 12 Steps and 12 Traditions
Overeaters Anonymous



**JOIN OUR EMAIL
DISTRIBUTION LIST**

Due to the temporary suspension of Face-to-Face meetings, the PROMISES newsletter will be distributed solely through email for the time being. Please feel free to forward this issue to any member who is interested. If you have received this newsletter through someone else and would like to subscribe, send an email to nhipromises@oanewhampshire.org with the word "SUBSCRIBE" in the subject line.

JULY 2020 7 th TRADITION DONATIONS		
Concord Monday 5:30pm	47647	\$192.00
Hopkinton Tues 5:30pm	22474	\$54.00
Lebanon Tuesday 5:30pm	45936	\$15.00
Salem Friday 5:30pm	36417	\$15.00
Salem Friday 5:30pm *	36417	\$174.54
Anonymous		\$45.00
Anonymous (split donation)	Delegates fund	\$144.00
	General Fund	\$256.00
TOTAL for July 2020		\$895.54

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.

