

Promises

March 2021



ISSUE 417

A monthly newsletter published and distributed by New Hampshire Intergroup. 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 New Hampshire Intergroup, PO Box 1363, Derry, NH 03038-6363



WHAT ABOUT THE GOD THING?

Reposted from the SeacoastOA website

I did a lot of research about OA before I walked in the door of my first meeting. The God thing had me worried because I had finally shaken off my religious upbringing. I considered myself a committed atheist. In reality, I was an atheist who should've been committed.

I knew some 12-Step folks, and they told me, to a person, that I didn't have to worry about the God business. Later I learned this was a gentle way of saying *don't let your pride and your prejudices get in the way of a joyful recovery*. Soon, you all showed me that it didn't matter what my belief about God consisted of, so long as I believed three things:

- *There was a Power greater than myself*
- *This Power had the ability to change my food behaviors for me*
- *This Power would do so, if I created a relationship with It*

Nothing there about beards, lightning bolts, or afterlives. Nor anything about my character or that I had to fear punishment. Nor anything about any appointed person I had to go through in order to seek this power. In fact, the three points I learned told me that this Power loved me and wanted a direct relationship with me. Perhaps most important: *I could believe anything else about a Power greater than myself that I wanted to and that helped me recover*.

It took me about six or eight months to fully comprehend this idea, but when I did, OA opened up for me in an amazing way. Abstinence wasn't something I had to fight for, it was something that I asked for, participated in, and gratefully received. It took me another year before I comfortably used the word God, but it's faster to say than "Higher Power." It took me a little more time yet to be willing to capitalize the G in God. I do so now because it reminds me that God is a real thing, and because It has helped me, so I owe the respect of an uppercase letter.

A small thing? Yeah, but for a former atheist, a huge change. In the end, I suppose that the organized religion of my youth might yet consider me an atheist because I don't believe in its concept of god anymore. That's OK with me nowadays; everyone has the right to their own beliefs. And today I believe in a concept that works for me and keeps me out of the food and in OA. The God thing worked out just fine.

HEARD AT MEETINGS

- ✿ We have the Tools to 'ride it out' - to stay in the day, one meal at a time.
- ✿ We study the Steps, work the Steps, and then live the Steps.
- ✿ What are shortcomings? Simple answer: Behaviors that are not well-received by others.
- ✿ Practicing Step 10 and continuing to take personal inventory is like washing the windows to let in the sunlight.
- ✿ NAAM - Not All About Me

CHECK OUT WHAT'S NEW

2021

Literature Catalog and Order Form
Now Available

The new OA [Literature Catalog](#) and [Order Form](#) are now available for download at oa.org/document-library/ under category "Literature." Both the Catalog and Order Form give current prices for literature and other items sold through the OA bookstore.

First Quarter 2021 Issue of
A Step Ahead
Now Online

The First Quarter issue is ready! — with a new drop-down menu format that is friendlier. Download the [printer friendly PDF](#) or read *A Step Ahead* [on the web](#).





OVEREATERS ANONYMOUS VIRTUAL REGION
2nd SUNDAY OF THE MONTH E-WORKSHOPS
3-4:30pm EST Jan-Feb & Nov-Dec. 2021
3-4:30pm EDT Mar-Oct. 2021

[CLICK HERE FOR LIST OF E-WORKSHOPS AND OTHER INFO](#)



JOIN OUR EMAIL DISTRIBUTION LIST:

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.

ENTIRE PSYCHIC CHANGE, YOUNG PEOPLE'S RETREAT

Saturday, March 6, 2021

Sponsored by MetroWest Intergroup

SEEKING: Speakers, Panelists, Moderators,

Help with programming, registrations, the tech side, & more.

Please write to oaypretreat@gmail.com [VIEW FLYER](#) [MORE DETAILS](#)



OA ZOOM WORKSHOP STEP 3: FAITH

Sponsored by Suffolk County Intergroup - Long Island, NY

Saturday, March 13, 2021 1pm - 2:30pm

[CLICK HERE FOR ZOOM ATTENDANCE INFO](#)

WORLD SERVICE CONVENTION

"Walking in the Sunlight: One Day at a Time

Thu, August 26, 2021 - Sat, August 28, 2021

Orlando, FL, USA

[TENTATIVE SCHEDULE](#) [CLICK FOR MORE DETAILS](#)



NEXT NHI BUSINESS MEETINGS:

SUNDAY, March 7, 2021 & SUNDAY April 11*, 2021

1:45 -2:00 pm-Setup/2:00-3:30pm Business Mtg

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:

April 11*, 2021 May 2, 2021 June 6, 2021

Business Meetings are not held in July or August



*Spring
IS IN THE
AIR*



PLEASE NOTE: Articles included in the Promises are based on OAs' individual experiences and are not representative of NHI or OA as a whole. Please submit articles by the 20th of the month. Articles may be submitted online at [PROMISES SUBMISSION FORM](#) 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.

. . . I have learned that once I become conscious of fear's presence, I can choose to dispel it by breathing out faith. Faith is the antidote to fear. Faith that my Higher Power is here with me, always has my best interests at heart, and will encourage and guide me to all truth if I ask. With faith I experience this present moment and taste how good it is

Excerpt from *VOICES OF RECOVERY*, October 29th

NOVEMBER 2020 7 th TRADITION DONATIONS		
Amherst Saturday 7:30am*	47049	\$392.00
Bedford Wednesday 5:30pm	49151	\$50.00
Derry Tuesday 6:30pm	45144	\$35.00
Derry Saturday 10:00am	24472	\$35.00
Lebanon Tuesday 5:30pm	27140	\$200.00
Manchester Monday 5:00pm	46164	\$35.00
Salem Friday 5:30pm	36417	\$25.00
TOTAL (*=multiple donations)		\$772.00

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

STEPS
on our Journey

Spiritual Principle = FAITH

The 12 Steps and 12 Traditions of Overeaters Anonymous

