

February 2014

# Promises

Issue 349



*A monthly newsletter published and distributed by New Hampshire Intergroup.*

## COMING EVENTS...

Visit [www.oanewhampshire.org](http://www.oanewhampshire.org)  
for information on all events.

2/22/2014 Framingham Unity Day  
MA

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10/24- Burlington, OA Region 6  
10/26, MA Convention  
2014



## *Sad OA News*

*We are deeply saddened to report that OA's beloved founder, Rozanne S., passed away peacefully on January 16 at the age of 84. Rozanne began Overeaters Anonymous in California on January 19, 1960, and fulfilled her dream that it become an international organization. We are forever grateful to her for her vision, perseverance, and love, through which so many have found recovery from compulsive eating. Our thoughts and prayers are with her family and loved ones during this difficult time. Cards may be sent in care of the World Service Office.*

## WE ADMITTED WE WERE POWERLESS OVER FOOD - THAT OUR LIVES HAD BECOME UNMANAGEABLE (Step One)

Although I admitted I was powerless over food many times during my early years in program, I learned how truly powerless I was in my 18th year. It took me a long time to get honest with myself, but then the program made sense. My spiritual leg caught up with the physical and emotional legs of the OA program. I stopped working MY program and began working THE program.

Now I have more tolerance, patience, willingness, love, faith and honesty. It was like I spent my first 18 years in OA trying to be happy. The past 10 years, I have worked on my character defects and tried to be a loving person. Guess what? I am happy. Happiness is a byproduct of living well. It cannot be sought or attained by itself.

Edited and reprinted from Loveline newsletter,  
Greater Detroit Intergroup, December 2001

## From Twelfth Step Within

### *The Principles of the 12 Steps Step Seven – Humility*

The Twelfth Step Within Committee has been taking this year to focus on the principles of the Twelve Steps. Our book *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* tells us what these principles are **honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness and service**. This month we will focus on the principle of Step 7 - **Humility**.

Step 7 – Humbly asked Him to remove our shortcomings.

“In step seven we began to understand the meaning of **humility**. We practice this principle today by continuing to let go of status-seeking and of thoughts and actions by which we belittled ourselves and others, and to humbly trust God for the removal of our shortcomings.”

Taken from *The 12 Steps and 12 Traditions of Overeaters Anonymous* page 105



*Please consider sharing your gift of recovery by sending your writing to the Promises Editor. Please email [oanhpromises@oanewhampshire.org](mailto:oanhpromises@oanewhampshire.org). Sponsors, encourage your sponsees to share their writing! Look back in your journals, when surfing the OA web, if you find something that moves you, when you hear something in a meeting, share it! All articles welcome!*

## GROWING FONDER

Since joining OA and becoming abstinent, my heart has changed in many ways. I am thankful that I've learned to be more understanding of other people's defects as I recognize and tolerate defects in myself. I now realize that we all have issues. I've begun to appreciate other people's pluses and enjoy my fellows in spite of their faults.

This does not preclude me from being a friend and companion on the road to my self-discovery. I am less resentful about the past actions of those closest to me -- actions I cannot change anyway. As I learn to live in the here and now, I find I value the friends I have made in and out of OA. I've stopped comparing and competing and started loving people for their positive qualities. I recognize people may be different from me, but not better or worse.

My heart has grown fonder. Hey! How's that for an OA slogan?

"Abstinence makes the heart grow fonder."

Edited and reprinted from *The Road To Recovery* newsletter, Westchester United Intergroup, July 2004