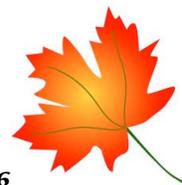


November 2014

# Promises

Issue 356



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*This newsletter is made possible by your generous contributions.*

*Please send submissions to "[oanhpromises@oanewhampshire.org](mailto:oanhpromises@oanewhampshire.org)"*

## COMING EVENTS...

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

|                         |                |                             |
|-------------------------|----------------|-----------------------------|
| 11/15                   | Everywhere!    | IDEA Day                    |
| 1/9/2015 -<br>1/11/2015 | Greenfield, NH | NHI Annual<br>Retreat       |
| 10/23 -<br>10/25/2015   | Hartford CT    | 2015 Region 6<br>Convention |

*Lifeline*, OA's international magazine, serves as an indispensable "meeting-on-the-go." *Lifeline* is available in two versions: printed magazine and an electronic online magazine, called *e-Lifeline*. To purchase, see your group *Lifeline* representative or go online at [www.oa.org](http://www.oa.org).

## September 2014 donations

| Date/time                | WSO number | Amount          |
|--------------------------|------------|-----------------|
| Concord<br>Sun 1pm       | 36151      | \$4.00          |
| Hollis<br>Sun 5pm        | 46146      | \$40.00         |
| NHI                      | 9190       | \$36.00         |
| Norwich VT<br>Wed 8:30am | 47976      | \$58.00         |
| <b>Total</b>             |            | <b>\$138.00</b> |

## NHI PIPO Committee Report

The PIPO Committee was very busy over the summer putting the Region 6 PI Blitz Grant Award (\$660) into action. We reached out to over 20 libraries; 5 libraries accepted *Lifeline* and approximately 20 accepted *Abstinence 2nd ed.* OA information bookplates were placed in front of each book. We placed an ad in six regional senior newsletters for three months, with positive feedback, And we submitted an OA/NHI logo, which was approved. Thanks to all for their hard work over the summer!

### New Hampshire Intergroup

- November meeting: 11/9 2014, 2:00pm
  - December meeting: 12/7 2014, 2:00pm
- New Hampshire Technical Institute  
Sweeney Hall, Room 317
- Website: [www.oanewhampshire.org](http://www.oanewhampshire.org)
  - 24-hour answering service: 603-434-7578

# Heard at an OA Big Book Step Study

## Realizations:

- We come in 'hopeless' with compulsive eating, and we start to hear and find 'hope'.
- There are 'food pushers' in our lives.
- We often eat over 'doing too much for everyone else' and not protecting and reinforcing our boundaries.
- Resentments and defects take away our soul.

One of the lies we tell ourselves: "I have been abstinent for a while now, I can have that binge food now." The truth is that "it is just a matter of time, and we will be craving that food again." The Big Book uses the phrase "there is no beating the game." [page 23]. We are never going to beat this game.

In order to recover, we need to know what 'the Problem' is. Once we know what the Problem is - there is a Solution.

The Magic word is ACTION, our actions - "Our Higher Power is not going to chop vegetables for us."

## Spiritual awakening:

- for most of us, there is no 'lightning bolt' that hits us. As it says in Appendix II, our spiritual experience is often of the 'educational variety.'
- How do you work your Spiritual Program? Suggestions: open the spiritual channel by getting on your knees; weigh and measure your food.
- 'You never know you have God until God is all you have.'

## Dear Old Me

"Old me, I love you. I don't like everything you did, but I like what you are trying to become and what you are this very day." (Lifeline Sampler, p. 61).

I've been watching you. I've seen your suffering, and you needn't worry because I love you still. Do not be afraid of feeling emotions. They are but a passing storm; you'll only get a little wet.

I'm here to tell you that you are worthy of giving love and being loved. That some people have betrayed you is not a judgment on you. Your light is what makes you, and your higher self will not judge you.

Eat and enjoy food, but use it for joy, not sorrow. Food is not your true problem as you had thought. It's your addiction to despair that ails you. Be not afraid of becoming the person you want to be, and be not afraid of whom that person might be.

Simply be honest and respectful of yourself, and your suffering will come to an end.

Love,

Your future self  
p.s. You did well!

- Darren, California USA

[reprinted from Lifeline July 2014]