



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

*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.

1/9/2015 - 1/11/2015	Greenfield, NH	NHI Annual Retreat
1/23/15 - 1/25/15	LAX Hilton, Los Angeles	OA 55th Birthday Celebration
2/28/15	Portsmouth, NH	Unity Day Workshop*
10/23 - 10/25/2015	Hartford CT	2015 Region 6 Convention
*go to <a href="http://www.SeacoastOA.wordpress.com">www.SeacoastOA.wordpress.com</a> for more info		

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

### New Hampshire Intergroup

- January meeting: 1/4/2015, 2:00pm
  - February meeting: 2/1/2015, 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

## November 2014 donations

Date/time	WSO #	Amount
Concord Sunday 1pm	36151	\$6.00
Derry Thursday 10am	40908	\$19.86
Derry Tuesday 7pm	45144	\$79.80
Hollis Sunday 5pm	46146	\$40.00
Lebanon Tuesday 5:30pm	45936	\$121.00
Manchester Tuesday 5:30pm	49532	\$93.61
Manchester Monday 5:15pm	46164	\$57.50
Nashua Monday 7pm	40655	\$118.20
Nashua Thursday 6:30am	51426	\$40.00
New Boston Tuesday 6pm	53307	\$39.00
Salem Friday 5:30pm	36417	\$70.00
PayPal test donations (from 3 members)		\$13.00
<b>Total</b>		<b>\$697.97</b>
<b>NHI Delegates' Fund Donations</b>		
Lebanon Tuesday 5:30pm	45936	<b>\$75.00</b>
<b>NHI Retreat Scholarship Fund Donations</b>		
Nashua Thursday 5:30pm	52022	\$55.00
Derry Thursday 10am	40908	\$105.00
Derry Saturday 10am	24472	\$94.00
<b>Total</b>		<b>\$254.00</b>

# Heard at 'Freedom Isn't Free: A Walk Through the Steps' Workshop, August 2014

## Some general observations about many Compulsive Eaters:

- We are 'educated beyond our intelligence'
- We are 'egomaniacs with an inferiority complex' – I am not much, but I am all I think about
- We are 'nutritional over-achievers'
- Some of us have a 'ring around our butts from sitting on the pity pot too long'

## Goals of Working the Steps:

- To become a non-practicing compulsive eater
- To learn to arrest our illness
- To rebuild our personality slowly [the 'psychic change' p. xxix, Big Book]

## How the Steps can be seen:

- Steps 1-3 – Prepare us to get well
- Steps 4-9 – Get us well
- Steps 10-12 – Keep us well

OR as simply Two Steps:

1. Get honest with your food and put it down
2. CHANGE

## Step 1 – Honesty and Acceptance

- We have the disease of MORE – we have an abnormal reaction to food
- We experience a mental obsession, activated by an idea or mental thought that overpowers all other ideas; 'a toxic thought, feeling, attitude' e.g. one of our character defects
- We have a physical compulsion/craving that is an 'irresistible impulse' – activated by 'the first bite'
- We MUST have a Plan of Eating that identifies:
  - our addictive 'red light' foods
  - our 'green light' foods

- our 'yellow light' foods that may or may not become problem foods

## Step 2 – Hope - 'Don't get hung up here!

- Many of us get hung up on this Step – either the 'God' part or the 'insanity' part
- A Power greater than ourselves – that can be as simple as the accumulated Power of seeing Program work in others
- Sanity – 'sound reasoning' – are we acting sanely when we believe and act on lies and eat self-destructively?
- Have we been able to stop eating compulsively by OURSELVES? No!

## Step 3 – Trust - 'Don't get hung up here, either!

- Some of us get stuck here, we can't seem to get the spiritual program
- Keep going – as Step 12 says 'Having had a spiritual awakening as THE result of these Steps...'
- We have to make a decision – to cooperate and follow instructions – and follow that up with ACTIONS
- The process of 'getting well' is the accumulation of numerous actions – work with a sponsor, establish a food plan, follow the food plan, trust and rely on a power greater than ourselves instead of reacting to problems, etc.
- In order to change how we react, we need to change 'the sentences going through our head.' By following the Steps, we slowly rebuild our personality, attitudes, and belief so as to change our thinking [the 'psychic change' p. xxix, Big Book and p. 143]
- Analogy used by the speaker: "You have admitted yourself to the OA Hospital. You need to trust the care that surrounds you."
- What are the 'Things You Cannot Change?' – aging, parents, children, other people, medical diagnoses, etc.
- What are the 'Things You Can Change?' – attitudes and priorities

*(to be continued in later Promises)*