

Promises

June 2015

Issue 364

*A monthly newsletter published and distributed by New Hampshire Intergroup.
This newsletter is made possible by your generous contributions.*

From the Promises Newsletter Committee

As is tradition, there will be no newsletters published during July and August. Accordingly, the deadline for submitting articles for the September edition of the Promises is August 20th. Submissions received after this deadline will be included in the October edition.

To submit an article, please email your submission to oanhpromises@oanewhampshire.org with a subject line of "Promises Submission" or submit it to the committee via USPS: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363.

Am I Reaching Out to the Struggling Member In Our Meetings?

I live my program to the best of my ability and carry the message by being the message; but I cannot determine what message others will get from what I say or do. "Attraction rather than promotion" is our creed, both in recovery and in service. I follow people whom I want to be around and others follow people they want to be around.

I practice compassion because I believe in our Tradition 3: "The only requirement is a desire to stop eating compulsively." And because there were many days when I wasn't sure as I sat in these rooms when I felt I really belonged. Did I really want to stop eating compulsively, I would ask myself, or did I just want the pain to go away while I continued to eat what I wanted when I wanted? It took me years to get "it". But I did. If I can help others know that the HOPE is real, that there really is nothing to be afraid of by working these Steps with a little hard work, then it is worth sticking around.

The hardest part now is letting people struggle. I cannot do it for them. I cannot make anyone recover. Everyone is on their own journey with their own Higher Power. This is a disease, a deadly disease. I am ill and need help.
~Anonymous



Let Go and Let God This Too Shall Pass

Act as If

One Day at a Time

Progress, Not Perfection

Easy Does It



The Power of Program Speak

Many OAs use the "program speak" they've heard in meetings and read in OA literature to help them through difficult periods. Some of the most frequently heard ones at meetings are "One day at a time," "Easy does it," and "Let Go and Let God." However, there are many more of these words of wisdom that can be heard in meetings. So, we on the newsletter committee got to thinking how wonderful it would be to hear from our fellowship which ones are their favorites.

To that end, the newsletter committee will be reaching out over of the next 2 months to every meeting in our Region to ask the meeting reps if their group would like to submit a list of their favorites. After this list has been compiled, the most popular ones will be published in the September edition.

But, you don't have to wait for the newsletter committee to reach out to your meeting! If you'd like to submit your own personal favorite and/or the favorites of your meeting, please send them to oanhpromises@oanewhampshire.org with a subject line of "Promises Submission" or submit them to the committee via USPS: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363.

Carrying the Message

OA's international magazine, Lifeline, serves as an indispensable "meeting-on-the-go." The magazine is available in hardcopy and as an electronic online magazine called e-Lifeline. To purchase your own copy, please see a Lifeline representative at your meetings or subscribe online at www.oa.org.



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ab·sti·nence

/abstənəns/

noun

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Source: WSBC Policy 1988b, (Amended 2002, 2009 and 2011)

It's Simple and It Works

Excerpt from *Abstinence: Members of Overeaters Anonymous Share Their Experience, Strength, and Hope*. (1st Edition, 1994).

My abstinence is three meals a day. I defined it that way on purpose the first day I came to OA because I didn't want abstinence to seem like a diet and because I wanted it to be something I'd stick to. In the first few week of abstinence I found eating just three meals a day was much more difficult that I thought it would be. I was hungry and thought about food a lot of the time. After about a month I got used to it and found that I really looked forward to those three meals, and enjoyed not having to think about eating in between. My abstinence became, as I've heard other OA's describe it, three meals a day with life in between.

2015 April Donations

7TH TRADITION DONATIONS

Group Name & Number	Amount
Bedford, Mon AM (53394).....	\$24.60
Bedford, Thurs AM (51985).....	\$66.60
Bedford, Wed PM (49151).....	\$274.35
Concord, Sun 1PM (36151)	\$6.00
Derry, Sat AM (24472)	\$135.00
Derry, Tues PM (45144).....	\$64.56
Nashua, Mon 7PM (40655).....	\$66.00
Nashua Mon 12PM (40476).....	\$60.52
Nashua Thurs, 5:30PM (52022).....	\$43.34
Nashua, Thurs 6:30AM (51426).....	\$18.00
Salem, Fri PM (36417)	\$121.05
NHI (09190)	\$21.00
Total Donations.....	\$901.02

OA has some program-packed events coming up! Be sure to mark the dates on your calendar for those you're interested in.

2015 Region 6 Convention

Reach Out for Recovery

October 23rd – 26th

Hartford, CT

Details: oaregion6.org/2015/

NH Intergroup Meeting

June 7th @ 2PM

Concord, NH

Details: OANewHampshire.org

Steps 4 – 9 Workshop

June 14th @ 1PM

Portsmouth, NH

* Registration required *

Details: www.seacoastoa.wordpress.com

2016 World Service Convention

Recovery: The Trail to Freedom

September 1st – 4th

Boston, MA

* Lodging reservations open September 2015 *

Details: www.oa.org

For more information about additional OA events in our region, please visit oaregion6.org.

Free Access to OA Speakers Online

Did you know that there is a YouTube channel where you can get recordings of speakers at 12-step conferences including those specifically of Overeaters Anonymous? Currently, there are 12 of them available. Most of them are about 45 minutes long, and all include ads in the middle of the recordings that you can skip after 5 seconds.

To find them, go to YouTube.com, search for the channel directly (Odomtology 12-Step Recovery Media), and scroll down the page to find the OA section of videos.