

# Promises

October 2015

Issue 366

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

## New OA Literature available at OA.org

(1) Public Information Poster (2) Taste of Lifeline (a collection of more than 100 stories from the pages of Lifeline) (3) Strong Abstinence Checklist and Writing Exercises (Wallet Card) (4) OA Handbook for Members, Groups and Service Bodies \*Revised and Expanded 2015 \*\* (5) Twelve Stepping a Problem pocket card

## 2015 June, July, August Donations

### 7<sup>TH</sup> TRADITION DONATIONS

Group Name, Info & Meeting Number	Amount
Amherst, Sat 7:30 AM (47049).....	\$286.64
Bedford, Mon 9:30 AM (53394).....	\$60.00
Bedford, Thu 9:30 AM (51985).....	\$60.00
Belmont, Wed 5:30 PM (49228).....	\$60.00
Bow, Thu AM (51587).....	\$133.00
Concord, Mon 5:30 PM (47647).....	\$86.80
Concord, Sun 1PM (36151).....	\$7.00
Derry, Tue PM (45144).....	\$97.50
Franklin, Sat 11:30 AM (31794).....	\$60.00
Hollis, Sun 5PM (46146).....	\$60.00
Hopkinton, Tue 5:30 PM (22474).....	\$74.00
Keene, Tue 4:45 PM (47666).....	\$120.00
Lebanon, Sat AM (27140).....	\$360.00
Nashua, Mon 7:00 PM (40655).....	\$90.00
Nashua, Mon Noon (40476).....	\$71.40
Nashua, Sat 8:30 AM (30600).....	\$121.98
Nashua, Thu 5:30 PM (52022).....	\$72.61
Nashua, Thu 6:30 AM (51426).....	\$27.60
Nashua, Tue 5:30 PM (35286).....	\$15.11
New Boston Tue 6 PM (53307).....	\$36.00
NHI (09190).....	\$31.00
Salem, Fri 5:30 PM (35417).....	\$93.24
Total Donations.....	\$2,023.88

*NHI transfers 36% of meeting donations to the Delegates Fund for reimbursement of delegate expenses for attending the Region 6 and WSO Business Meetings. The amount for the June, July and August donations was \$728.60*

*NHI also donates 5.5% of meeting donations to WSO. The amount for June, July and August was \$111.32*

*NHI donates \$25 per quarter to Region 6*

## My Favorite Slogan(s)

Whenever I feel that I have offended someone I try to immediately apologize so bad thoughts will not continue to run through my head. These bad thoughts could lead to resentments causing me to overeat or lose a friend. My slogan is: "Resentments are the Acid that Consumes It's Container".  
Carole (sent to Email box)

As I lay in bed last night, trying unsuccessfully to fall asleep, I prayed, meditated, and tossed and turned. Finally, I gave up and decided to get up and read for a while. Why, I have no clue, I then decided to log into my computer.... It was then that I came across a file that was sent to me weeks ago that I hadn't looked at the contents. What a treasure chest of SLOGANS. It was no mistake, Thank You God, that I was perusing this slogan file. I noted slogans that I hadn't seen/heard for a while and some I never had heard. Here are just a few:

- Compulsive Overeating is a 3-fold disease (Physical, Emotional, Spiritual).
- It takes what it takes until it takes.
- You may not get what you want 'but you will get what you need.
- Attitude + Gratitude = Recovery.
- Don't take other people's inventory.
- God has three answers- YES-NO-and WAIT.
- If you fail to plan, you plan to fail.

Sandy M (Hudson)

### 2015 Region Six Convention



OCT. 23 - 25 | HARTFORD, CT  
FULL DETAILS: [OAREGION6.ORG/2015/](http://OAREGION6.ORG/2015/)

Talent Show: Friday, October 23 9:30 pm – 11:00 pm

This is not a contest...It's a show!

To sign up for the Talent Show; contact Wayne R at 860-558-5354 or [wayne301@me.com](mailto:wayne301@me.com)

Here's a sneak peek at just a few convention workshop topics

- o Guaranteed Insurance – Promises of the Program
- o Honesty is the Best Policy (Step One)
- o Sex on Sunday Morning
- o Is It Relapse or a Slip?
- o Total Coverage: Men's Issues



**(800) 201- 8720**

Toll free NH, ME, MA, VT only

(603) 434-7578 - Local Calling Number - Derry, NH



OA has some program-packed events coming up! Be sure to mark the dates on your calendar.

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### **2015 Region 6 Convention**

Reach Out for Recovery  
October 23<sup>rd</sup> – 26<sup>th</sup>  
Hartford, CT  
Details: [oaregion6.org/2015/](http://oaregion6.org/2015/)

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### **NH Intergroup Meeting**

November 8<sup>th</sup> @ 2PM  
Concord, NH  
Details: [OANewHampshire.org](http://OANewHampshire.org)

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### **NHI Retreat "Step" Right Up**

January 10, 2016 Registration Deadline: November 14  
Flyers at meetings: go to [www.oanewhampshire.org](http://www.oanewhampshire.org) or calling NHI Answering Service for more information

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### **2016 World Service Convention**

Recovery: The Trail to Freedom  
September 1st – 4<sup>th</sup>, 2016  
Boston, MA

\* Lodging reservations open September 2015 \*  
Details: [www.aa.org](http://www.aa.org)

For more information about additional OA events in our region, please visit [oaregion6.org](http://oaregion6.org).

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## **From the Promises Newsletter Committee**

The Newsletter committee would love your help with the Promises! From gathering articles to suggesting program-approved topics for upcoming issues to even writing your own brief article based on your personal experience into the Steps, Traditions and tools, there is much an OA member can do to contribute to our publication.

To submit an article for the newsletter please email your submission to [oanhpromises@oanewhampshire.org](mailto: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. The deadline for submissions is the 20<sup>th</sup> of the month.

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## **OA SERVICE**

- Service is a privilege, not a duty, obligation or punishment.
- Anyone with the courage to expose themselves through service grows as a human being.
- Service taught me a lot about responsibility, perseverance, acceptance, patience, tolerance, strength, confidence, and courage.

Excerpts from Lifeline (December 2014)

## **SPONSORS**

Many sponsors have no opinion on what their sponsees eat as long as they abstain from the foods and behaviors that trigger them to eat compulsively. Some people have a single sponsor who deals with all aspects of recovery, while others have multiple sponsors – for food, Steps, maintenance, service, etc. The primary responsibility of any sponsor isn't to monitor a sponsee's food but to help the sponsee work through all Twelve Steps so that he or she may find lasting recovery.

Excerpt to an Ask-it-Basket Question in Lifeline (December 2014). Members of the Board of Trustees answered the question

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## **PERFECTLY HUMAN**

Recovery is a process of making mistakes, struggling through problems and facing tough issues. When I expect others to be perfect, it slows the process down. When I expect myself to be perfect, it is just as destructive. People are human, and I am human. I have to accept and cherish this.

When I expect others to be perfect, it puts me in a codependent state of moral superiority. Expecting myself to be perfect makes me feel rigid and inferior. I have to let go of both ideas.

## **PERFECT TOOL**

This morning, while drying my hair after a furious workout, I noticed my jiggle parts in the mirror. I began to take an inventory: too fat, saggy, and dimply; too many veins sticking out on my legs; and on and on.

My eyes happened to catch the Serenity Prayer I have hanging on the wall by the mirror for such emergencies. I took a deep breath spiritually and said the prayer looking into my eyes, NOT at my body parts.

When I looked at the imperfections again, I saw what I was supposed to see: a woman in OA and in recovery. Yes, I showed the scars of my disease, cunning, baffling and as powerful as it is. But using the tools of the program, I am able to recover one day at a time and accept myself just as I am. Thank God for OA and the tools of recovery.

Excerpts from LIFELINE MAGAZINE (December 2012)

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## **SERENITY TO THE N<sup>th</sup> DEGREE**

I've been in program for a number of years, but the number isn't important to me. Today, this very moment is more important. I used to feel that I was either better than or less than other people, but those days are fading; I'm discovering that knowing God is a good enough achievement. The roadmap he has designed for my life does not make my story unique, but it has made me grateful for all that happens and gives me the power to treat all people with love and dignity.

When I first came to program, I did as I had always done--took everyone's inventory. But soon life showed me that it was possible to handle pain without food. I slowly realized that all my character defects worked for me in one way or another.

They are not mistakes. I'm not a mistake. I truly believe that there are no mistakes. I'm not better than or less than anyone else. I just am, and to me, that's serenity to the nth degree.

I learned through this program, how to forgive through acceptance. I have, at times, detached with love when an expectation arises. I'm grateful to be in OA, one day at a time.

(North Carolina, USA)