

# Promises

Apr 2016

Issue 372

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

## **OA World Service Organization Website Gets Significant Upgrades**

Now [oa.org](http://oa.org) does even more to attract newcomers and help members find program information faster, plus it's designed to look great on any computer or mobile device.

The new homepage speaks directly to still-suffering compulsive eaters, directing them first to the [Fifteen Questions](#) and [Find a Meeting](#).

OA members can find comprehensive information, resources, and support to work the program in the Members section of the website at [oa.org/members](http://oa.org/members)

Similarly, OA groups and service bodies can find important documents and information in the Groups/Service Bodies section at [oa.org/groupsservice-bodies](http://oa.org/groupsservice-bodies).

## **Meeting List changes**

The Newport meeting (Sunday 12:30) removed the closed designation and added D- Discussion to their meeting type.

There is a new meeting contact for the Mon. Manchester meeting. Please refer to non-public meeting list.

Please forward any meeting information (New, Closed, changes, etc.) to the Promises Newsletter so the information can be included in the Promises Newsletter.

## **Instructions to submit article/content for the Promises 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.

PLEASE NOTE: Articles included in the Promises are based on OAs' individual experiences. These personal stories are not representative of NHI or OA as a whole.

## **Unity Day Event, February 27 at Elliot Hospital in Manchester, NH Summary Report**

Many thanks to all who attended the Unity Day Event and made it such a great success. There were approximately 60 attendees from four states (NH, MA, VT and RI) and eight intergroups.

Below are some of the wonderful ideas received from the breakout groups that brainstormed on the question: "How can we further support and strengthen the spirit of unity among individuals, groups and intergroups in our areas?"

### Individuals

- Really make a commitment to group and abstinence
- Get a sponsor, be a sponsor, encourage sponsees to sponsor
- Volunteer—give service in your group—be an intergroup rep
- Think and speak positively—all meetings are good
- Acknowledge/include/warmly welcome newcomers

### Groups

- Develop a format that promotes unity; i.e., "in the spirit of unity, we...."
- Take a group inventory
- Encourage and promote upcoming workshops—talk them up at meetings
- Make sure your group has an intergroup rep—take someone along
- Publish the date and time of your meeting in the church or hospital newsletter

### Intergroup

- Get the word out that OA exists – Outreach program – OA TV ads for local TV
- Focus on newcomer/answering machine for newcomers
- Contact school nurses (ask for and get funding from Region 6)
- Lifeline subscriptions to doctors' offices

There are many more suggestions so check with your intergroup rep for the whole list. Also, while these are all great suggestions, it takes people who will follow through. Is it your time to "give back?"

Blessings,  
Pat S.  
Workshop Chair



Retreat: Step Into Recovery  
Sponsored by Central MA Intergroup  
Apr 15-17  
Edwards House Meeting Center, Framingham, MA  
Information: [eventsbcmi@gmail.com](mailto:eventsbcmi@gmail.com)  
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Retreat: The 12 Steps: The Lifeboat to Recovery  
Sponsored by South Coastal Mass Intergroup  
Apr 22-24  
Sacred Hearts Retreat Center, Wareham, MA  
Information: [info@scmioa.org](mailto:info@scmioa.org) or 781-925-1903  
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Twelve Steps to Freedom  
Sponsored by North Shore Intergroup  
June 25, 9am - 4pm  
Norte Dame Spirituality Center, Ipswich, MA  
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#### NH Intergroup Meeting

May 1<sup>st</sup> @ 2PM  
Concord, NH

Details: [OANewHampshire.org](http://OANewHampshire.org)  
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#### 2016 World Service Convention

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

[www.oa.org/world-service-events/world-service-convention](http://www.oa.org/world-service-events/world-service-convention)

The downloadable registration form, banquet menu and lots of additional information are on the OA Convention page  
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#### Lost and Found

NHI is trying to locate the custom literature display that was used at the 2005 Convention. It had special pockets built into it to hold literature. If anyone has any information about this display, please contact Elaine 603-487-5067 or [ehotoasty@aol.com](mailto:ehotoasty@aol.com)  
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#### Must's, Essential's and Have To's from the 12 Steps & 12 Traditions book (cont'd from March Promises.....)

##### Step Four

The self-analysis we do in step four is **essential** to our recovery from compulsive eating. – page 30  
We **must** change if we are to recover. – page 30  
A willingness to be honest is **essential** to recovery in OA. – page 41  
Each of us who completes a fourth-step inventory in OA finds it **essential** to our recovery and a major factor in changing our lives. – page 44

Contributed by 2 OA members from the Derry group

## 2016 February Donations

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

Group Name & Number	Amount
Concord, Sun 1 pm (36151) .....	\$7.00
Hillsboro, Mon 5:30 pm (50308).....	\$42.00
Nashua, Thu 5:30 pm (52022).....	\$14.35
Nashua Thu 6:30 am (51426).....	\$23.10
Nashua, Tue 5:30 pm (35286).....	\$3.42
NHI Business Meeting (09190).....	\$38.00
Salem, Fri 5:30 pm (36417).....	\$88.92
<b>Total</b>	
<b>Donations.....</b>	<b>\$216.79</b>

#### \* PLEASE NOTE \*

1. NHI transfers 36% of meeting donations to the Delegates Fund for reimbursement of delegate expenses attending the Region 6 and WSO Business Meetings. \$78.04 was transferred for February..
2. NHI donates 5.5% of meeting donations to WSO. \$11.92 was donated for February.  
NHI also donates \$75 per quarter to Region 6.

## SHARINGS

### I Must Feel All of My Feelings

I want to get well, I can't use the pain of my childhood as an excuse to overeat. Food doesn't help the pain – it buries it. To recover, I must feel all of my feelings, to do that, I must be abstinent.

Excerpted from Abstinence 1<sup>st</sup> Printing pg. 32 Overland Park, Kansas

### Maintain Contact with my Higher Power

One thing that keeps getting stronger as my recovery progresses is the knowledge that no matter how much I may be hurting or how bad things may seem at times, as long as I maintain contact with my Higher Power and this beautiful program, I will be okay no matter what comes along. This has been proven to me time and time again throughout my recovery.

Excerpted from Abstinence 1<sup>st</sup> Printing; pg. 18 Racine, Wisconsin

### Courageous and Vulnerable

In OA my emotions are valued and fostered, even if they scare me. I learn it's necessary to feel them, rather than drugging myself with food, stuffing the pain out of consciousness. A goal may be to be "courageous and vulnerable".

Excerpted from Lifeline March/April 2012 D.D. Milwaukee, Wisconsin