

Promises

Sept 2016

Issue 375

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This newsletter is made possible by your generous contributions.*



The WSO 2016 Convention, in Boston, was attended by many!!!!

If you attended the WSO Convention, we'd like you to share your experiences with us. Please take some time and write down what you did, heard and learned at the convention and send it to the Promises Newsletter. Share your joy and it is multiplied.....

The next World Service Convention will be held in or near Orlando, Florida in 2020.

Instructions to submit article/content for the Promises Newsletter

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. The deadline for submissions is the 20th of the month.

The WSO **Business Conference**, Albuquerque, New Mexico was held May 1 – 8, 2016. Approximately 199 delegates and trustees attended the conference (2 of our NHI delegates attended). There were 19 different countries represented: Ireland, United Kingdom, Germany, New Zealand, Netherlands, Denmark, Greece, USA, Brazil, Italy, Columbia, Mexico, Canada, Venezuela, Scotland, England, Sweden, Costa Rica, and France.

Two new pieces of literature have been added to our "arsenal" of tools to combat the disease of compulsive eating. The "Twelve Step Workshop and Study Guide" and a "pocket card" on the Twelve Traditions of OA.

As the new service year begins at New Hampshire Intergroup, I'd like to thank everyone who has rotated "out" of service and all those rotating "in" to service positions. As a person of experience at this level of service, I value your enthusiasm, dedication, time

expended and hard work. The role you play in keeping our home meetings attracting newcomers and thriving for committed members by providing meeting lists, doing public information, holding retreats and day workshops all contribute to *carrying the message to the still suffering compulsive overeater*. It is also essential to my recovery and so **I thank you**. I can only hope that it has enriched and strengthened your program, as it did mine when I served.

I am wishing you much success in the coming year. I'm also wishing you abstinence and serenity as you move forward in your service positions.

I'm Lisa and I'm a grateful compulsive overeater.

Golden nuggets I've heard at various events held by Intergroups in our area that I'd like to lovingly share.

Be aware of **convictions**. It sounds like it could turn into one of my character defect--self-righteousness.

If I can't be gentle with myself, I'm kidding myself that I'll be able to be gentle with others.

C- CONTINUE

H- HAVING

A- A

N- NEW

G- GOD

E- EXPERIENCE

Amends: I've NEVER had to apologize for being abstinent.

"Came to believe that a Power Greater than myself could restore me to sanity" -- Step 2

Could vs would...implying that there is going to need to be some effort on my part...thus step three, four, five, etc.

Page 164 in Big Book “God will CONSTANTLY disclose more to you and to us.”--how often is that??

ABC of this program: admit, believe, commit.

Step three is about getting out of **my** way and **God's** way.

Step 7 prayer...”Grant me the strength , as I go out from here, to do your bidding.” This implies that **this** is not going to be easy.

“I’ve been through a lot...some of which actually happened.”

“When I'm in charge it blows, when God's in charge it flows.”

I thought the size of my body was the source of all my problems.

It takes more than a desire to stop eating compulsively to stop eating compulsively. It is the only requirement for *OA membership*, but it's not enough to stop compulsively overeating. It will take action and not just desire on my part.

All the above submitted by Lisa D.



NH Intergroup Meeting
October 2 @ 2PM
Concord, NH
Details: OANewHampshire.org

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2016 May Donations

7TH TRADITION DONATIONS

Group Name & Number	Amount
Bedford, Mon 9:30 am (53394).....	\$84.00
Bedford, Thu 9:30 am (51985).....	\$73.20
Claremont, Sat 3 pm (54133).....	\$39.60
Nashua, Sat 8:30 am (30600) Closed.....	\$279.94
New Boston, Tue 6 pm (53307).....	\$39.60
Wilder, Vt, Thu noon (54485).....	\$37.80
Wilder, Vt. Wed 8:30 am (47976).....	\$84.47
NHI Business Meeting (09190).....	\$32.00
Total Donations...	\$670.61

** 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. \$241.42 was transferred for May.
2. NHI donates 5.5% of meeting donations to WSO. \$36.88 was donated for May.
NHI also donates \$75 per quarter to Region 6.

Meeting List changes

2 new meetings

WILDER. VT, Friday 8:30am (BB)
Upper Valley Turning Point
200 Olcott Drive

CONWAY, Saturday 10:00am (V)
White Mountain Community Health Center
298 White Mountain Hwy

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

Contact Information for NHI

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