

Promises

January 2017

Issue 379

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Happy New Year



HAPPY NEW YEAR

I'm a compulsive eater in recovery for today. Thank you, Higher Power! The greatest thing about taking each 24-hour period as it happens is that I don't have to wait to make a resolution, but have the daily opportunity when I feel the urge or need. It makes for less stressful time at New Year! The old stress of trying to maintain the annual review of my life and lifestyle and all their old connotations (a new diet, a new exercise routine and all the rest), is just not there anymore.

If I'm living and working my program daily, following a healthy food plan (not eating compulsively), nurturing myself with daily exercise, caring for my physical needs and making much-needed contact with my Higher Power (when I need or want input from him), then I am taking care of my spiritual, mental, emotional and physical recovery.

Just for today, for which I thank Higher Power several times, I have a route through this horrible, compulsive, obsessive, killer disease. Thank GOD!

Taken from Lifeline March/April 2013

Instructions to submit article/content for the Promises Newsletter

Please email your submission to nhipromises@oanewhampshire.org or submit via USPS mail: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363. The deadline for submissions is the 20th of the month.

Meeting List changes

Please forward any meeting information (New, Closed, changes, etc.) to: nhimeetinglists@oanewhampshire.org AND nhipromises@oanewhampshire.org so the NH meeting list can be updated and the information can be included in the Promises Newsletter. It is a meetings' responsibility to notify WSO and newspapers (that include meeting listings) regarding meeting list info (new, changes, closed).

24-HOUR ANSWERING SERVICE



(800) 201- 8720

Toll free NH, ME, MA, VT only

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

2017 NHI Annual Retreat

Date: Feb 10 – 12 ,2017

Practicing These Principles in All Our Affairs

Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Self-discipline, Love, Perseverance, Spiritual Awareness and Service

Location: Barbara C. Harris Convention Center

See retreat flyer for additional details

NH Intergroup Business Meeting

February 5th @ 2PM

Concord, NH

Details: OANewHampshire.org

Book Cover Instruction Kits for OA books (*) are still available



- (*) o 12 & 12 (4"x6") also fits Voices of Recovery
- o 12 & 12 (5.5" x 8.5") also fits Overeaters Anonymous
- o A Taste of Lifeline
- o Abstinence

Get order forms for Instruction Kits at:

- your local meeting
- go online to: oanewhampshire.org/book-cover-kits to print out an order form and mail in your order

Or Save postage and handling costs:

- Give money for kit(s) to your Intergroup Rep and request the Rep pick up kit(s) for you at the Intergroup meeting
- Attend an Intergroup Meeting yourself and purchase a kit. Visitors are welcome at Intergroup meetings.

Any questions can be Emailed to:

bookcoverkits@oanewhampshire.org

JUST FOR TODAY

- I will do somebody a good turn, and not be found out; if anybody knows of it, it will not count.
- I will be agreeable.
- I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anything except myself
- I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests; hurry and indecision.
- I will be unafraid. Especially, I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Is your fire burning?

A member of the program of recovery, who previously had been attending meeting regularly, stopped going. After a few weeks, her sponsor decided to visit her. It was a chilly evening and the sponsor found her sponsee alone, sitting before a blazing fire.

Guessing the reason for her sponsor's visit, the sponsee welcomed her, led her to a big chair near the fireplace, and waited. The sponsor made herself comfortable but said nothing. In the grave silence she contemplated the play of the flames around the burning logs.

After some minutes, the sponsor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone, then sat back in her chair, still silent. The sponsee watched all this in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow and then its fire was no more. Soon it was cold and dead as a doornail. Not a word had been spoken since the initial greeting. Just before the sponsor was ready to leave, she picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow on more with the light and warmth of the burning coals around it. As the sponsor reach the door to leave, the sponsee said "Thank you so much for your visit and especially for the fiery sermon. I'll meet you at the meeting in the morning."

From the Trusted Servant, Winter 1999/2000

The winter holidays and New Year are important times to attract new members. In fact, OA's website sees a whopping **400 percent surge in traffic**. Those still-suffering are searching for a solution. Is your group ready to help?

One simple step is to **make sure your meeting's information is up-to-date on the OA website**. Talk to your group secretary or go to **Meeting Changes** on oa.org to add, edit, or cancel a meeting. If you know of a group that has stopped meeting, check to see that it's been deleted from the database.

Second, it's time to ramp up your service body's **public information effort**. **OA's public information poster** is

7TH TRADITION DONATIONS (NOVEMBER)

Group Name & Number	Amount
Anonymous(Paypal).....	\$10.00
Anonymous(Paypal).....	\$2.00
Claremont Sat pm(54133).....	\$12.00
Manchester Mon 5:15 pm(46164)	\$119.29
NHI Business Meeting (09190).....	\$43.00
Peterborough, Tue pm (50231).....	\$100.80
Total Donations...	\$287.09

* 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. \$103.35 was transferred for November
2. NHI donates 5.5% of meeting donations to WSO. \$15.79 was donated to WSO for November.

NHI also donates \$75 per quarter to Region 6.

available in packs of twenty from bookstore.oa.org. **Post them everywhere permissible** to direct people to the Fifteen Questions and your local meeting.

Together we can grow OA and help another compulsive eater find recovery!

Happy Birthday OA
January 16th
57 years

WHAT IS REGION SIX?

Region Six consists of Overeaters Anonymous meetings and intergroups from the following geographical locations: New York, Connecticut, Massachusetts, Rhode Island, New Hampshire, Maine, Vermont, Central and Eastern Ontario, Quebec, Newfoundland, New Brunswick, Nova Scotia, Prince Edward Island and Bermuda.

The purpose of Region Six of Overeaters Anonymous is:

- To further the OA program in accordance with the Twelve Steps and Twelve Traditions of OA;
- To maintain a communications center for Region Six;
- To provide a forum for the selection of Regional and General Service Trustee nominees;
- To provide unity of groups and organization of intergroups within Region Six;
- To host Region Six marathons and conventions as deemed necessary by Region Six;
- To work for OA as a whole within the region or committees appointed by World Service.

Excerpted from Fall 2015 R6 Messenger Newsletter