

Promises

February 2017

Issue 380

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

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 Waiting to hear back from Diane regarding Laconia meeting, etc.

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).

Meeting closed: Laconia Monday 6:30 pm



NH Intergroup Business Meeting
March 5th @ 2PM
Concord, NH
Details: OANewHampshire.org

Intergroup News: New Hampshire Intergroup is doing a NHI Meeting Inventory. Just like individual members' do an inventory, Intergroup is doing a NHI meeting inventory.

Unity Day

At 2:30 (EST) Members worldwide will pause and join hands in an expression of unity
Saturday, February 25, 2016 (1 pm – 4 pm)
Registration opens up at 12:30 pm Free Admission
Bring a friend, ALL are welcome
Beth Israel Deaconess Hospital
275 Sandwich St., Plymouth, MA

For Info: call Joan T. (503) 560-5945 or Mary W (508) 208-2504

OA Pop Quiz:

What are OA's 9 tools??? Answer on back page.

7th Traditions Donations (12/16)

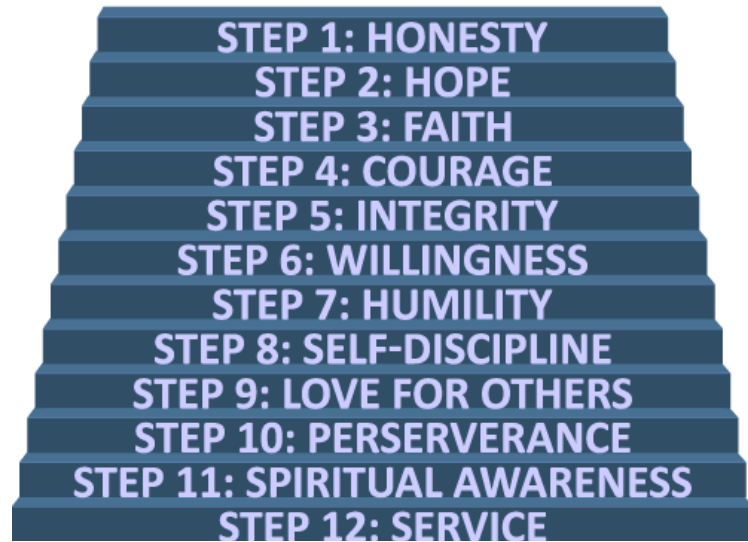
Group Name, Day/Time/#	
Derry, Thu am (40908)	\$ 32.00
Hollis, Sun pm (46146)	\$ 60.00
Keene, Thu pm (52281)	\$ 55.32
Lebanon, Tue pm (45936)	\$ 35.00
NHI Business Meeting (09190)	\$ 36.00
Salem, Fri pm (36417)	\$ 124.00
Total Donations	\$ 342.32

* Please note *

1. NHI transfers 36% of meeting donations to the Delegates fund for reimbursement of delegates expenses attending the Region 6 and WSO Business Meetings. \$123.23 was transferred for December.
2. NHI donates 5.5% of meeting donations to WSO. \$18.83 was donated to WSO for December.

NHI also donates \$75 per quarter to Region 6

The Principles in the 12 Steps



Source: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*
Image: OA New Hampshire Intergroup



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If you fail to plan, you plan to fail.

If you always do what you always did. You'll always get what you always got.

If I've got a problem, and I eat over it, I'll have two problems instead of one.

Unless I work the program...the PROGRAM will not work

As the Swan swims on a lake with his head held high
 It appears that he has it made
 BUT – his feet are working hard to stay afloat.
 As in OA – the members who seem to have it made are
 working hard to keep their abstinence
 One Day At A Time

24-HOUR ANSWERING SERVICE



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

You may not get what you WANT, but, you WILL get what you NEED

With OA comes DIGNITY and RESPECT

LET GOD BE GOD

OA has many slogans that help in our recovery program. "Let go and Let God" is one I have relied on to help me with one of my character defects, commonly known as perfectionism.

Being a compulsive person, I hesitated to try anything unless I could do it perfectly, or at the very least, better than any other living human being. If someone missed my latest example of perfectionism I was sure to point it out.

Sometimes I actually failed to reach the impossible or complete the improbable. As the years went by, I attempted less and less. Because I was involved in an unhealthy relationship, I frequently heard about my lack of living skills and ability to cope. Crazy thinking, actions, and reactions were the norm.

Fortunately, my Higher Power steered me to OA, acceptance, and sanity. It somehow makes sense to let God be God. I didn't have to be God anymore. "Let go and let God" is a slogan of freedom for me. By using it, I have given myself permission to be human.

I now experience the joy of success and the knowledge that failure is simply one way that doesn't work. I'm free to try again. This slogan helps me keep my nose out of other people's inventories, so they can experience their own successes and failures.

Thanks, Higher Power, OA, and all my friends in program. (Arizona, USA)

OA Responsibility Pledge

Always to extend the hand and heart of
 OA to all who share my compulsion;
 for this I am responsible.

OA Pop Quiz Answer: (OA's 9 tools are:)

A Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action Plan, Anonymity, Service

For more information on the 9 tools, see The Tools of Recovery Pamphlet available at bookstore.oa.org



The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.