

A monthly newsletter published and distributed by New Hampshire Intergroup.
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NH Intergroup Business Meeting

September ??? @ 2PM

Concord, NH

Details: OANewHampshire.org

Region 6 Convention: Oct 20, 3 pm – Oct 22 12:30 pm
 Stepping Up For Recovery
 Toronto, Canada (Sheraton Parkway North Hotel & Suites) For Info:
oaregion6.org/2017

15th Annual OA Fall Retreat: Oct 6, 4 pm – Oct 8, 1:00 pm
 Marie Joseph Spiritual Center, Biddeford, Maine
 Sponsored by Southern Maine Intergroup
 For additional information contact:
oaretreatatbiddefordpool@gmail.com

Have you ever submitted an article to the Promises Newsletter? This newsletter is yours and NHI welcomes members to submit articles/stories regarding your program/experiences/recovery. What are you waiting for?

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

The Saturday North Conway meeting location and time has changed. It now meets at 9:00 am in the Bigelow Room at Memorial Hospital (3073 White Mountain Hwy.

- 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 regarding their meeting list info (new, changes, closed).
- If you are searching for a location to schedule a meeting, please consider a location that is handicap accessible. You can send your meeting info to your local newspaper and ask that your meeting info be listed in the Community Calendar section (free of charge as OA is non-profit)

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7th Tradition Donations (April 2017)

Group Name, Day/Time/#	Amount
Bedford, Monday am (53394)	\$ 30.00
Bedford, Thursday am (51985)	\$ 30.00
Bedford, Wednesday pm (49151)	\$ 222.18
Bow, Thursday pm (51587)	\$ 80.00
Derry, Thursday am (40908)	\$ 79.00
Derry, Tuesday pm (45144)	\$ 73.95
Hopkinton, Tuesday pm (22474)	\$ 69.00
Manchester, Tuesday pm (49532)	\$ 60.60
Nashua, Monday noon (40476)	\$ 45.27
Nashua, Thursday pm (52022)	\$ 147.15
Salem, Friday pm (36417)	\$ 113.00
Total 7th Tradition Donations	\$ 950.15

* 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. \$342.05 was transferred for April.
2. NHI donates 5.5% of meeting donations to WSO. \$54.26 was donated to WSO for April.
 NHI also donates \$75 per quarter to Region 6

If Only

I thought I was so unique with my 'secret' of compulsive eating to cope with my inadequacy, regrets, fears, resentments, and selfishness. I suffered from the 'if onlys' - 'if only' I had pushed myself to become more outgoing....'if only' I had taken more risks...'if only' I had a faster metabolism...'if only' I enjoyed exercising ... 'if only' I had agreed to braces or contact lenses ...on and on. I felt so incompetent as a wife, mother, and an employee.

A friend suggested OA to me in 1985 because she said I seemed desperate. The argumentative part of me said that I did not qualify as desperate – to me, desperate was living under a bridge. I had a home, a spouse, a job, a toddler, a car, and I was miserable, but not desperate. So, another year passed before I went to my first meeting in May 1986.

That meeting had a welcome person who spoke to newcomers at the break. I was ready to debate the welcome person, and I did – how did she know that it was healthy to eat

[If Only \(cont'd\)](#)

just three meals a day? I was a grazer, so you can imagine my resistance to putting boundaries around my meals. The last thing I remember her saying: 'go to six meetings before you decide if OA is right for you.' OK, game on! I would prove to her the Program didn't work.

I think my second meeting was a **Big Book** meeting. The night I attended the group was reading and sharing on the chapter 'We Agnostics.' I shared my doubt at the meeting that I could 'come to believe' in a Higher Power or God of my childhood. One member shared that she had to 'fire' the God of her childhood, and start over with a new concept. Her statement seemed shocking but comforting at the same time. Could I be open to creating a concept of a Higher Power that would work for me?

At the next four meetings, I listened to other members share ways they would try to cover or numb their own feelings of inadequacy. I also heard them share how they used the OA Steps and Tools to face their challenges with people, places, things, and situations. I was attracted to what I heard, and I continued to go to meetings weekly.

That summer, I attended one-day of the World Service Convention in Boston. I heard a speaker share that she didn't know how to be a wife, a mother, or an employee when she came into OA. I seemed to be in the right place after all! We were all looking for the instruction manual, and we were finding the directions in the Steps and in the Fellowship.

So, I couldn't prove that the Program did not work ... *until* I stopped 'working the Program' fourteen years later and hit rock bottom. What happened? How could I walk away from the gifts I had received those 14 years? I found comfort in this passage from **Voices of Recovery**:

"Why did they fall from grace? Because they have a chronic, incurable disease that requires daily application of this program and conscious surrender to God. Circumstances in their lives distracted them from the knowledge that abstinence was their most pressing concern. Self-will, ego, and denial will always lead me back into self-destruction with food." February 9

Only by being at meetings, connecting to others over the phone, email or text messaging, can I fight off my terminal uniqueness and isolation. Only by asking for a sponsor can I be guided on the path to abstinence, recovery, and a healthy body weight. And only by reaching out to other members, can I develop a posse to ride along with me on this path. We need each other as companions and partners in recovery so we don't slip off the trail and try to go it alone. I am so grateful that I have been back in Program for 16 years now. The gifts of abstinence, a healthy body weight, spiritual and emotional recovery have all returned to me.

I don't have to worry 'if only' I had gone to OA...or 'if only' I had returned to OA from relapse ...or 'if only' I had stayed in OA ...Phew! I don't have to worry about those 'if only' statements, thank you God.

Nancy S., Windham, NH

WSBC delegates voted to **add a new event day** for the entire OA Fellowship. Sponsorship Day will be recognized annually on the third Saturday in August, beginning August 18, 2018.

OA now recognizes **five annual Fellowship days**:

- OA's Birthday — third Saturday in January
- Unity Day — February 25 at 11:30 a.m. Pacific Standard Time
- Sponsorship Day — third Saturday in August
- International Day Experiencing Abstinence (IDEA) — third Saturday in November
- Twelfth Step Within Day — December 12

IDEA day is November 18 and encourages us to begin or affirm our abstinence.

Twelfth Step Within Day is celebrated on December 12 to remind us to give Twelfth Step service to the still-suffering compulsive eater in our Fellowship. Share your experience, strength, and hope about these important OA event days.

Check out what's available to **help you and your group practice abstinence** and work individual plans of eating:

https://oa.org/files/pdf/abstinence_lit_guide.pdf

Literature can be purchased on the OA website at bookstore.oa.org

Pass it On!

If you would like to subscribe to the WSO News Bulletin, go to the oa.org and click "News Bulletin Signup" at the bottom of any page.

**Courier Newsletter Discontinued;
Archived Copies Will Be Kept Online**

Beginning in 2018, OA will end publication of the **Professional Community Courier** (#752). Copies will still be available on the OA website for members to download and distribute to doctors, nurses, and other providers who may refer their patients and clients to OA.

Overheard at meetings:

"Don't give God instructions, just report for duty."

"Attitude + Gratitude = Recovery"

"God has 3 answers: Yes; No; and Wait"

"Before OA, I searched everywhere for answers without knowing what my questions were."

"FROG = Fully Relying On God"

"Let your faith be stronger than your fear."

"Feelings are not facts."

"My thoughts are my thoughts, my feelings are my feelings, my actions are my life."

"Some days are one minutes, one hour, one day at a time."