

Promises

December 2017

Issue 386

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This newsletter is made possible by your generous contributions.*



Next NHI Business Meeting – December 3, 2017

Concord, NH

Details: oanewhampshire.org

Stepping Into Spirituality Retreat

February 9th-11th, 2018

Barbara C. Harris Conference Center

Greenfield, NH – registration deadline Dec. 23rd, 2017

nhiretreats@oanewhampshire.org

2018 Region 6 Convention

Holiday Inn Portland – By The Bay

Oct 26 – 28, 2018, 3pm – 12:30 PM

We Light the Way

Join your fellow OAs at Holiday Inn by the Bay

in Portland, ME!

Recovery, fresh air, and fellowship. We remember “that, as we join hands, we find love and understanding beyond our wildest dreams!”

<https://r6covention2018.ticketleap.com/portlandsnd-r6-convention-2018/>

OAMBI 12th Step Workshop Day

December 23, 2017 from 10:30am – 11:30 am

Lawrence Memorial Hospital Johnson Room

Abstinence not required – www.oambi.org

This little nugget was gleaned from the Connecticut Intergroup Newsletter from Sept/Oct 2017 -

WHAT I LIKE BEST ABOUT OA AND WHAT KEEPS ME COMING BACK? The first thing is the face to face meetings. I really enjoy hearing people's stories of experience strength and hope. I like the feeling I get when I leave a meeting no matter what I'm feeling when I get there. I like the hugs. I

2017 Sept/Oct Donations

7TH TRADITION DONATIONS

Group Name & Number	Amount
Lebanon, Tues. pm (45936)	51.00
Wilder, VT, Wed. am (47976)	87.90
Amherst, Sat. am (47049)	308.04
Bedford, Mon. am (53394)	30.00
Bedford, Wed. pm (49151)	204.61
Bedford, Thurs. am (51985)	30.00
Bow, Thurs. pm (51587)	60.00
Derry, Tues. pm(45144)	117.73
Derry, Thurs. am (40908)	50.00
Derry, Sat. am (24472)	62.85
Nashua, Mon. noon (40476)	70.80
Nashua, Thurs. am (51426)	19.53
Nashua	30.00
New Boston, Tues. pm (53307)	51.60
Salem, Fri. pm (36417)	168.00
UNKNOWN – PAID BY MONEY ORDER	114.00

Total Donations.....\$1,456.06

**It's important to make sure your donation includes your meeting number whether you pay by check, money order, or use PayPal. Note that two of the meeting donations do not have any identifying meeting donation information. Please contact the NHI Treasurer with your meeting number so we can credit your meeting for its generosity. Thank you.*

* 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.(\$0.00 specified in October.)
2. NHI donates 5.5% of meeting donations to WSO. \$72.44 donated for October.
3. NHI also donates \$75 per quarter to Region 6.

really like that during sharing people listen without interruption. I've been in OA many years and I keep coming back because it's helped me change and grow healthier in body, mind and spirit. I know what it can be like to feel happy joyous and free. And the Big Book promises do come true. This program does work as long I work it as described in the Big Book and use the 12 steps and the tools.

~~~ Anonymous



## 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.*

### An Invitation to You

*If you've heard a member share something that has made a difference in your recovery, please send what you heard to the Promises Newsletter Committee. Being mindful of anonymity, we'll share it in the Promises so it can be shared with others.*

*To submit content, please email your submission to [nhipromises@oanewhampshire.org](mailto:nhipromises@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 **15th 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.*

### Nuggets

I hear an awful lot of wisdom in my home meeting. For instance, I have heard that being abstinent is "the gift of desperation." That resonated in me, because it's precisely how I came to sit in my first meeting back in 2001. The stories heard in that meeting were stories of desperation as well, and a lot of what I heard, I had lived.

"Being able to reach out from isolation to share emotions and experiences." Almost nowhere else had I experienced this – this is the meaning for me of "coming home" in OA. "Being able to feel and share and not want to resort to food." AMEN! How many of us are "stress eaters" – my old habit is to resort to food for everything in my life, good OR bad. "If I eat this way today, I will feel that way tomorrow." There's a promise you can take to the bank.

And, a thought I penned to myself: "Causing one's own shame through the destructive eating habits and trying to hide the evidence afterwards: self-immolation."

I keep coming back to my meeting no matter what. I have done a lot of service in OA so far, but find that without paying attention to the Steps, the Tool of Service actually does not do for me what I think it should. Through trying to work the Steps this time around, I find that old habits die hard. I believed that "going through the Steps" was the same as "WORKING the Steps." What a downfall! This time, WORKING through the Steps has been extremely hard, and I find myself grabbing more and more at the nuggets of wisdom I hear from others, each week.

----Janice W., Hudson, NH

**If you were looking for some "old" literature,** OA is offering two "retro" books:

*Beyond Our Wildest Dreams* (#998)—now available at a new, low price.

Plus, get *Overeaters Anonymous, Second Edition* (#988). Reread—or experience for the first time—these inspiring stories of recovery by members. This *discontinued* book is now available at a new, low price—all sales are final. – both available at [oanewhampshire.org](http://oanewhampshire.org).

*The following submission was found in the Ocean & Bay Intergroup Newsletter "Waves of Hope," Nov. 2017*

**Dear Fellow OA Member: Do "Meeting Makers" Make It?**

I remember my first meeting like it was yesterday. "Welcome to Overeaters Anonymous, welcome home." It was that meeting that kicked off my journey. Here are a few things I have heard said about meetings:

- Try 6 meetings to see if OA is for you. (Followed by, "Can you get to another meeting this week?")
- Find a home group.
- Get a service position at your home group.
- Go to a meeting 15 minutes before and stay 15 minutes after (for service and fellowship).
- A good meeting starts on time and ends on time.
- Ninety meetings in ninety days.
- If you are too busy for meetings, you are too busy.

I have been a "meeting maker" for many years now after returning from a full blown relapse. Having a home group (a fabulous one I might add) is a driving force and staple in my program. However, what I know to be true for me is that meetings are only as good as the rest of my program, most especially my step work with my sponsor and God along my side. As much as love meetings, they are a "tool" in my program and not a substitute for my program, which is the twelve steps. Yet, I fully recognize that it is highly unlikely that I could make it without meetings -- my relapse proved that. For today, it's good to be both a "meeting maker" and "step worker."

My hand in yours,  
Leslie