

# Promises

March 2018

Issue 389

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This newsletter is made possible by your generous contributions.*



*Welcome  
Spring*

## Upcoming Workshop:

**Living in the Solution**  
Abstinence, Service, Sponsorship, Traditions, Concepts

**Saturday, April 7<sup>th</sup> @ 1:00pm - 4:30pm**  
**Comfort Inn, 71 Hall Street, Concord, NH**

Workshop Speaker: Our Region 6 Trustee

Registration opens at 12:30 pm

Handicapped accessible | Water, Coffee & Tea available  
7<sup>th</sup> Tradition Donation | Book Covers & OA Literature for Sale

Additional Information:

[NHIWorkshops@OANewHampshire.org](mailto:NHIWorkshops@OANewHampshire.org)

(603) 434-7578 | (800)201-8720

Toll Free NH, ME, MA, VT only

## World Service Business Conference 2018

**Theme:** Growing Recovery Worldwide

**Dates:** April 23-28, 2018

Embassy Suites Albuquerque Hotel and Spa

1000 Woodward Place NE

Albuquerque, NM 87102

**Phone:** 505-245-7100

**Oct. 26 – 28, 2018 – Region 6 Convention, Portland**

**ME** – early bird registration available soon; check out

info at [www.oaregion6.org](http://www.oaregion6.org)

## WSBC 2019, May 6-11

Embassy Suites Albuquerque Hotel & Spa

1000 Woodward Place NE

Albuquerque, NM 87102

**Phone:** 505-245-7100

*Step Three: Faith ;  
Tradition Three: Identity*

## The 7<sup>th</sup> Tradition

*There is no 7<sup>th</sup> Tradition news to share this month.*

From **For Today**, March 1<sup>st</sup>:

*“All things are possible until they are proved impossible – and even the impossible may only be so, as of now.” – Pearl S. Buck.....*

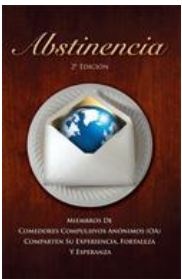
*“For Today: If abstinence with peace of mind and physical being is possible, can anything be impossible?”*



OA's [2017 Contributions Report](#), which shows contribution totals from OA groups and service bodies to the World Service Office, is now online. Guided by our Seventh Tradition, OA is "fully self-supporting, declining outside contributions," and **your support makes OA's world services possible**. View the report to see how your group and/or service body contributed to carrying OA's message of recovery worldwide.

Please remember: When making a group or service body contribution, include the respective registration number on the contribution. **Any contribution not marked** with a group or service body registration number will be recorded as an individual donation and will not be assigned to the group or service body.

**Thank you for your contributions!**



**¿Lees español?** Get OA literature in

Spanish and **pay only the cost of shipping** while supplies last! The World Service Office is liquidating our inventory of Spanish-language pamphlets and books and will no longer sell Spanish literature after 2018. (Spanish literature will continue to be available through OA service bodies.)

**You must place your order by phone** so correct shipping charges can be calculated. Call 1-505-891-2664 and have your credit or debit card ready with your order. [View the "Español" category](#) at [bookstore.aa.org](http://bookstore.aa.org) to see what literature is available.

### **Lifeline Magazine deadline and topics**

**March 15**

**Generally Speaking:** Write on any topic you find meaningful.

**Celebrating OA's Freedoms:** "The word freedom appears so many times in all of our literature, I began to think about the freedoms from my disease I gained by working each of the Steps." ([Voices of Recovery](#), p. 205). What freedoms have you gained in OA?

**Departments:** Bits and Bites, Step Study (Step Seven), Living Traditions (Tradition Seven), Newcomers Corner, Service and Recovery, What Works for Me, Share It.

Heard at Meetings:

'We don't have to eat about anything ...but we do have to pray about everything.'

'I focus on the foods I eat on my food plan ... and not on the foods I choose not to eat.'

'I need to practice self-care and treat myself well ... if I don't, how can I expect anyone else to treat me well?'

'We have to learn how to 'feed' ourselves and nurture ourselves ...not how to eat.'

'Bless them, change me.'

'We need to stop practicing our addiction.'

*Submitted by Nancy from NH*

Many podcasts and videos are available on [aa.org](http://aa.org), on everything from Sponsorship, to Service and Recovery, to the first six Traditions, the Twelve Steps, Literature, Our Primary Purpose – go to [aa.org](http://aa.org) and check these out, and all the rest!

**Know-How**, Reprinted from *Lifeline*, March 2017

I don't really know how a computer works. People with comprehension greater than mine designed this amazing tool. But I don't need to understand all the intricacies of a computer in order to use one. If I just follow simple directions, I can do pretty amazing things with words and pictures, such as send and receive messages in a flash, to and from any part of the world.

I don't really know how the Overeaters Anonymous program works either. But I found out I can just follow directions – the Twelve Steps – and do some pretty amazing things.

The program suggests I get a sponsor, so I got an experienced OA member to be my sponsor and guide me through my many questions. My sponsor was a sensitive, trustworthy, caring person who heard my Fifth Step. The program I follow a food plan, so I developed one I thought would work for me. With adjustments along the way to help me eat properly, I obtained and am maintaining over 60 pounds (27 kg) of weight loss.

The program suggests I turn my will and my life over to a Power greater than myself, so I did. I have been rewarded with some marvelous inner healings of hurts from my past. I no longer need to be in charge of everybody and everything. I no longer need to be critical of others so I can feel better than them. I live a peaceful life and let others live their lives their own way.

The program suggests I improve my conscious contact with God as I understand him, and pray only for knowledge of his will for me and the power to carry that out (Step Eleven). I set aside time in my daily schedule for prayer and meditation, and I have been rewarded with spiritual growth. I no longer know the judgmental God I knew before OA; now I know a loving God who wants the best for me. He gives me good direction if I have the heart and courage to listen and do things his way instead of mine. This spiritual growth has given me peace, contentment, and a zest for life I've never known before.

The program suggests I go to meetings, so I faithfully attend my weekly home meeting. I share and often volunteer to be the topic speaker for the meeting.

The program also suggests I do service, so I perform a service position each year in support of my meeting. I have also done service at the intergroup, region, and world service levels. Service has brought me into contact with people from all walks of life. I've seen much program success, and been given support and friendships.

I'm not too sure how the OA program works, but I do know that it works, if you stay in and work it – and you're worth it!

--- *Anonymous, Minnesota, USA*