

Promises

April/May 2018

Issue 390

A monthly newsletter published and distributed by New Hampshire Intergroup.

This newsletter is made possible by your generous contributions.



Mark Your Calendars!

April 29, 2018

Abstinence and Plan of Eating Workshop Hosted by North Shore Intergroup

1:00-4:00 PM, First Congregational Church of Reading,
25 Woburn St., Reading, MA- Guild Hall, Lower Level –
More info: Contact Jane H., 978-857-9261

Thinking about going to Vermont??

May 20, 2018, 12:45 PM - 3:15 PM

GMNI Sponsorship Workshop and Intergroup Meeting
Rutland, VT

More Details Soon! Go to the Green Mountain North
Intergroup webpage:

<https://www.oavermont.org/gmni-intergroup/>

How about New York State?

June 9, 2018 – Saturday, 10:30 a.m. to 1:30 p.m.

Abstinence and Recovery From Relapse Supported by the Twelve Steps

Located in the Great Hall at St. James Church, 305 Main
Street (corner of Elm), Oneonta, New York

Presented by Overeaters Anonymous of the Southern
Tier – Spring Reawakening Workshop

Bring an abstinent lunch.

Keynote Speaker and breakout sessions; contact Ed O
at 607-722-0421 or edbeee@gmail.com

June 23, 2018

Annual One-Day Retreat – “Exploring Our Spirituality Through the Third Step Prayer

Hosted by North Shore Intergroup

9:00 AM – 4:00 PM, Notre Dame Spirituality Center, 30
Jeffery's Neck Road, Ipswich, MA

Full lunch included; Space limited; \$45.00 registration

For more info, contact Charlene 978-273-2093, or Jane
978-857-9261; driving directions www.notredamesc.org

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

ME – early bird registration available soon; check out
info at www.oaregion6.org

WSBC 2019, May 6-11

Embassy Suites Albuquerque Hotel & Spa

1000 Woodward Place NE

Albuquerque, NM 87102

Phone: 505-245-7100

7th Tradition from January and February

Derry Sat. 10:00 AM, 24472	49.36
Hollis Sun. 5:00 PM, 46146	60.00

For those who find it difficult to attend traditional face-to-face meetings due to age, physical limitations, or other life/time constraints:

The *Find a Meeting* page at oa.org has been expanded to include a variety of digital meeting options, including meetings via email or bulletin loops, social media pages, bulletin boards or forums, and mobile applications. This info was found in the WSO publication *A Step Ahead*. Explore that page to find virtual meetings as well as non-real-time meetings.

Important Update Info:

“Update to Twelve Step Workshop and Study Guide” PDF Download Page numbers in The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition do not match those referenced in the Twelve Step Workshop and Study Guide, so a new reference is available to make things easy. Find the “Update to Twelve Step Workshop and Study Guide” at oa.org/documents under “Literature.”

What If I Don't Believe in “God”? PDF Download –

OA has discontinued sales of the pamphlet *What If I Don't Believe in “God”?* and made it available as a free download from the OA website. This OA-approved literature pamphlet still carries the Conference Seal of Approval and is a valuable resource for “OA members who do not express a belief in ‘God’ but work the OA program.” Keep it on your literature table to support the unity and diversity of our Fellowship. Find it at oa.org/documents under “Discontinued Literature.”



(800) 201- 8720
Toll free NH, ME, MA, VT only

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

WSO has put together an Abstinence Power Point presentation which meetings or groups may want to use to further their abstinence.

What is abstinence in Overeaters Anonymous? How can you use the tools of the program to achieve and maintain abstinence?

As part of OA's strategic plan, the Region Chairs Committee has created this Abstinence PowerPoint presentation to assist your group or service body in exploring the concept of abstinence.

As you prepare to present it, you may find the following literature helpful:

- [A Commitment to Abstinence](#)
- [A Plan of Eating](#)
- [Dignity of Choice](#)
- ["The Doctor's Opinion" from Alcoholics Anonymous, 4th edition](#)

Go to this site: <http://oaregion6.org/en/message-from-region-chair/> to view or download this PowerPoint.

Heard in the rooms:

"Anger" is one letter away from "danger."

"Recovery is like housework; there is always something else I can do."

"My life has gotten better because I've gotten much better."

"I hear hope here."

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It's here! [The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#) is now available at the OA bookstore and can be purchased as single copies or in cases of twenty-five.

To order, visit bookstore.oa.org or call 1-505-891-2664; have your credit or debit card ready. SKU: 990-2, **\$15.00**

Updated and improved, OA's keystone book is our new reference for studying the OA Twelve Step recovery program. The entire book has been **revised for clarity and inclusivity**, and the Step Four chapter has been restructured to increase usefulness. A helpful index is also included. Read this book and learn how members working the Twelve Steps and Twelve Traditions have found "physical, emotional, and spiritual health that **we don't hesitate to call miraculous.**"

A new, second edition of *The Twelve-Step Workbook of Overeaters Anonymous* will be available later this year. ...the questions in the current *Workbook* can be used with either edition of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*.

WSO, in the *A Step Ahead*, has posted that *A New Beginning, in paperback*, is available again, at amazon.com for \$9.99.

Enter #1889681016. ***OA receives a royalty share for this printed literature only when you choose the "Paperback \$9.99" option.**

Next deadline for the Lifeline Magazine is May 15:

Working the Program While Working Through Obstacles – Your OA fellows have so many questions! How did you focus on abstinence when the weight wasn't coming off? When compulsive urges arise, what do you do instead? How did you find self-esteem? How have you gotten unstuck and moved your recovery forward? How have you kept your program fresh? How did you overcome burnout or rebellion? How did you give up judging other OA members who still suffer and become truly compassionate? Give service to your fellows by responding to these questions, or write about how you overcame a low point or other obstacle. Send to info@oa.org with subject "Lifeline."

A Blast From The Past:

Musings from Just Another Bozo on the Bus

On Service: From the very beginning my sponsor encouraged me to do some kind of service for my home group. Back then coffee was available at meetings and my very first service (after setting up chairs) was to make the coffee. It gave me a feeling of belonging; of being part of OA long before I became abstinent... Service is not optional. If you are asked... do it! That being said, one of the most fulfilling service positions is to be the meeting rep at NHI Intergroup. So if your meeting is not represented, or it's time to turn over service, come and see what Intergroup is all about! All are welcome!

On Newcomers: There is nothing that helps keep me abstinent [more] than hearing from a newcomer. I believe that HP puts newcomers at our meetings to remind us of where we have been and that this is a "one day at a time" program. We have all been there... What a gift from our HP when a newcomer shows up for the first time at our meetings and shares their desperation.

I never want to forget what it was like, where I was and where I can be again if not vigilant and connected to HP and other compulsive eaters.

From Promises, April 2011, Issue 322



Welcome Spring!