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**SUBMITTED BY A GRATEFUL
COMPULSIVE OVEREATER**

**CELEBRATING TWELFTH-STEP-
WITHIN-DAY** *submitted by TSW committee*



I recently attended the Region 6 Convention in Portland, Maine. Going to such an event always enriches my recovery. It is a great way to bulk up on program and to mine for nuggets of gold, other peoples' experience. I found it interesting that almost every session leader stated that they had worked/work the steps with a sponsor. I guess the people at my second meeting, 32 years ago, were right...**THE ANSWER IS IN THE STEPS.**

AGING IN RECOVERY

- Being abstinent in aging is a reflection of how I take care of myself.
- Attraction rather than promotion: I watch others age with grace and dignity in meetings.
- I focus on what I CAN do, not what I CAN'T do.
- My disease gets sneakier as I age. It's not my binge food that will tempt me but the lick of the spoon.

STEP 2

- I don't have an eating disorder, I have a living disorder.
- I can bet that life will be consistently inconvenient. That's why I work the Steps.

LONGTIMERS

- The secret to being a long-timer is to be a newcomer every day.
- There are only 5 things you need to do in Program: Keep coming back, Keep coming back, Keep coming back, Keep coming back, Keep coming back.
- Rigidity doesn't work but rigorousness does.

TRADITIONS

- Recovery is not a requirement in tradition 3 but desire is.

As we say in program,

"Take what you need, and leave the rest".

In OA, **December 12th** is officially International Twelfth-Step-Within Day. To celebrate TSW Day, groups around the world plan events or special meetings that focus on giving service to OA members who are in relapse or are still suffering. Thanks to Elaine T. and funding from the TSW Committee, Meeting Reps received a packet of sample formats, pamphlets, and suggestions for how to organize a special focus meeting. Several OA groups followed through and provided special meetings during the week of 12/8-12/15. The Meetings were well received and reflected a variety of formats. Here are notes submitted by members who attended:

KEEPING OUR MEETINGS WELCOMING

- We offer unconditional acceptance - if newcomers and returnees do not feel accepted, they are not coming back
- 'Let us love the newcomers until they can love themselves'
- Make sure our meetings have the basic handouts and literature to offer newcomers and returning members
- Remind newcomers and returnees that there is more hope in the meetings - we can't find recovery on the living room couch
- The worst outcome is giving up and leaving Program - encourage newcomers to keep going to meetings no matter what

RECOVERY REMINDERS

- 'Sometimes quickly, sometimes slowly' we learn to 'fill the hole' with a Higher Power instead of filling it with compulsive eating and food behaviors
- Our Higher Power is caring and wants the best for us - we turn our will and our lives over to the care of God as we understood Him

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- Remember that there will never be enough food, attention, etc., until 'we are enough'
- We have the disease of MORE - 'If we are not happy with what we have, what makes us think more will make us happier?'
- Keep up with the daily disciplines - stopping the disciplines often leads to relapse
- Think of the disciplines as individual building blocks that create the foundation for our 12-Step Program of recovery

Relapse is sometimes a part of one's recovery - relapse has shown us how strong the disease is - we need to 'just resume' and stay on the road to recovery!



2019 NHI Annual Retreat

February 8 - February 10

Barbara C. Harris Camp

& Conference Center, Greenfield, NH

Join us for a study of our 12 Step Program and how to use it, led by an experienced OA member, with discussion and writing.

<https://oanewhampshire.org/2019-nhi-retreat>

Next Monthly NHI Business Meetings

Sun, Jan 6 & Sun. Feb 3, 2019 at

NHTI, Concord NH

Sweeney Hall/Room 317

2pm-3:30pm

2018-2019 NHI Business Meetings

Business meetings are not held during the months of July and August

01/06/2019	04/07/2019
02/03/2019	05/05/2019
03/03/2019	06/02/2019



2018 NOVEMBER		
7 th TRADITION DONATIONS		
Group Name	Number	Amount
Bedford Monday 9:30am	53394	\$30.00
Bedford Thursday 9:30am	51985	\$30.00
Derry Saturday 10:00 am	24472	\$56.50
Nashua Monday 12:00 pm	40476	\$108.00
<u>Individual</u>	<u>40908</u>	<u>\$10.01</u>
TOTAL DONATIONS		\$234.51



Lifeline, OA's international magazine, serves as an indispensable 'meeting-on-the-go.' Lifeline is available in two versions: a printed magazine and OA's new online edition. To subscribe to the print version, go to <http://bookstore.oa.org/> To subscribe to the website version, go to <http://www.oalifeline.org/login/>

New Hampshire Intergroup (NHI) is a service body for Overeaters Anonymous®. Our primary purpose is to carry the message - to help the still suffering compulsive overeater - through the Twelve Step recovery program of Overeaters Anonymous. We welcome any member who would like to attend our business meetings.

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. Please submit all articles and notices to the Promises newsletter by the 20th of the month. Articles may be submitted online by using our Promises Submission form

<https://oanewhampshire.org/promises-newsletter/article-submission> or submitted to the committee via USPS: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363. Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.

Step 1

"We admitted that we are powerless over food - that our lives had become unmanageable."



Spiritual Principle = Honesty

The 12 Steps and 12 Traditions of Overeaters Anonymous

on our Journey