

February
2019

Promises



Issue 396

*A monthly newsletter published and distributed by New Hampshire Intergroup.
This newsletter is made possible by your generous contributions.*

UPCOMING WORKSHOP "CARRY THE MESSAGE"

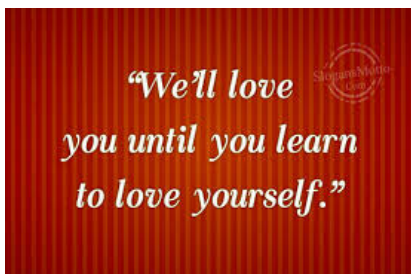
Northeast Delta Dental Conference Center
Two Delta Drive, Concord, NH

Saturday, March 9, 2019

8:30 registration/ Workshop 9am- Noon

**Bring your lunch for Fellowship
after the Workshop**

LEARN how "to carry the message" - to tell others about OA, LEARN more about Relapse & Recovery, LEARN more about Intergroup and what it does for us More Information at www.oanewhampshire.org



NOTES OVERHEARD AT CONVENTIONS

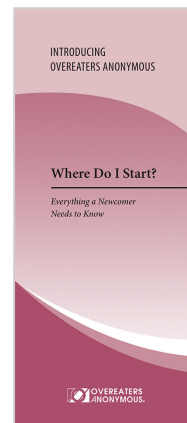
Submitted by Anonymous

- Food is not our problem - the compulsive behavior is. And compulsive is not what we eat, it's how.
- Abstinence requires a life plan, not simply a food plan.
- Before OA, I searched everywhere for answers without knowing what my questions were.
- There is only a single requirement to join OA : *"A desire to stop eating compulsively."*
- The proof that this program is working is evident in the mental, physical and spiritual changes taking place in my life every day.
- Each day we are given 24 hours to live. Does this mean we have:
 - 24 hours to suffer?
 - 24 hours to do as much as possible?
 - 24 hours to wallow in self-pitying self-righteousness?**OR 24 hours of recovery?"**

CHECK OUT WHAT'S NEW

WHERE DO I START? EVERYTHING A NEWCOMER NEEDS TO KNOW

This new pamphlet is only a dollar(!), replaces the \$3.50 Newcomer Packet and consolidates key information into one 32-page pamphlet. The pamphlet includes the Fifteen Questions, OA Tools, suggested plans of eating, OA Promise, AA Third and Seventh Step Prayers, and "Welcome Home!" **A FAQ section covers common questions** about compulsive eating, bulimia and anorexia, OA as a spiritual program, recovery in our 12- Step Program, and more. Give newcomers the best introduction to our program.



"We don't consider ourselves survivors in a lifeboat. Instead, we are a family on a pleasure cruise, sailing across our beloved Lake Chapala. Each day we find our sails filled with the loving force of our Higher Power, who is propelling us to our safe harbor of recovery. We welcome all OA travelers seeking the same destination to join us." *From OVEREATERS ANONYMOUS' 3rd EDITION Pages 111-112*

LIFELINE
A MEETING ON THE GO

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/>



UNITY DAY 2019

Sunday, February 24, 2019 1PM to 4PM

**Ray Conference Center at Butler Hospital
345 Blackstone Blvd Providence, Rhode Island**

Sponsored by Ocean & Bay Intergroup

<https://oanewhampshire.org/events-info/other-intergroups/2019-unity-day.pdf>

Unity Day is a worldwide celebration of the strength we find in the diversity within our fellowship of OA. We come together simply as compulsive eaters seeking the common solution found in the 12 steps of OA and sharing in the healing power of love within this diverse fellowship. No matter what our differences may be, we are all OA.

Save the Date

**WELCOME BACK,
WELCOME HOME**

Sunday, March 31, 2019

1:30 - 3:30pm

Workshop to be held in the Manchester / Nashua area - **Stay Tuned for more Info**

NEXT NHI BUSINESS MEETINGS

Sun., Feb 3 & Sun, March 3, 2019

NHTI, Concord NH

Sweeney Hall/Room 210*

2pm-3:30pm

**please note room change*

UPCOMING NHI BUSINESS MEETINGS

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

03/03/2019

04/07/2019

05/05/2019

06/02/2019

2018 DECEMBER 7th TRADITION DONATIONS

Group Name	Number	Amount
Bedford Wednesday 5:30pm	49151	\$218,10
Franconia Monday 5:00pm	51972	\$20.00
Nashua Thursday 6:30am	51426	\$25.80
Nashua Thursday 5:30 pm	52022	\$21.00
<u>Closed Keene meeting</u>		<u>\$100.00</u>
TOTAL 7th Tradition		\$384.80

RETREAT SCHOLARSHIP

Derry Tuesday 7:00pm	45144	\$25.00
Derry Thursday 10:00am	40908	\$25.00
Derry Saturday 10:00am	24472	\$106.00
Hopkinton Tuesday 5:30pm	22474	\$120.00
<u>Salem Friday 5:30pm</u>	<u>36417</u>	<u>\$50.00</u>
TOTAL SCHOLARSHIP		\$326.00

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 2

"Came to believe that a power greater than ourselves could restore us to sanity."



Spiritual Principle = Hope

*The 12 Steps and 12 Traditions of
Overeaters Anonymous*