

# Promises



A monthly newsletter published and distributed by New Hampshire Intergroup.

This newsletter is made possible by your generous contributions.

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## UPCOMING WORKSHOP

**Expanding Conscious Contact**, a workshop on practicing Step 11 is being planned for Sat. Sept 7, 2019 from 10-2pm at Camp Allen in Bedford, NH. Updated info will be posted at [www.oanewhampshire.org](http://www.oanewhampshire.org)



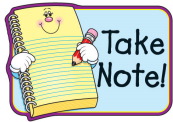
## New Policy Statements and Literature Affect OA as a Whole



Updated definitions of "abstinence" and "recovery" in Overeaters Anonymous were adopted at the 2019 World Service Business Conference. The revised policy states: The WSBC 2019 accepts the following definitions:

1. **Abstinence:** The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
2. **Recovery:** Removal of the need to engage in compulsive eating behaviors.

The Bow NH Thur 5:30pm meeting has changed formats from the 90-day speaker meeting to a Big Book Discussion meeting with no 90-day requirement. The meeting is also looking for donations of the AA Big Book if you have an extra!



### Would you like to receive an electronic version of this newsletter?

We are continuing to gather email addresses for those of you who would like to receive this newsletter electronically. If you would like your name added to the list, send an email with the word "SUBSCRIBE" in the subject line to:

[NHIPROMISES@OANEWHAMPSHIRE.ORG](mailto:NHIPROMISES@OANEWHAMPSHIRE.ORG)

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program. (Business Conference Policy Manual, 1988b [amended 2019])

### New Literature:

Delegates also approved

**Body Image,**

**Relationships and**

**Sexuality: Personal Journeys to Recover in**

**Overeaters Anonymous**, a new book as well as

**Welcome Back: Suggestions for Members in Relapse**

**and for Those Who Care.** This pamphlet will replace

**Welcome Back (#190) and Members in Relapse (#400),**

which were revised and combined to create this new pamphlet. Announcements will be made in the WSO

News Bulletin and A Step Ahead when this new

literature has been produced and is ready for sale.

The above information is reproduced from the

WSO News Bulletin | May 2019

<https://oa.org/>



"... **Willingness** is massively important to our recoveries. There's much to be done so that we can be changed. God will do the changing as we do the footwork that prepares us for it. So, we must be willing to go to any length. But we are rewarded with a happy life, the joy we haven't felt in so so long, and freedom from food obsession. **Willingness is worth it!**"

From the Seacoast OA website



## FREEDOM, FELLOWSHIP & FUN!

### 9<sup>th</sup> Annual Retreat

Sponsored by Northshore Intergroup

June 22, 2019 9:00 am - 4:00 pm

Notre Dame Spirituality Center

30 Jeffrey's Neck Rd, Ipswich, MA

Full lunch included. Space is limited. Register early!

<http://www.oanorthshoreintergroup.org/wp-content/uploads/2019/04/Retreat-Flyer-June-2019-Final.pdf>



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.

**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



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## METROWEST INTERGROUP OA RETREAT



Join us for a weekend of fellowship, serenity, and recovery at the Sacred Hearts Retreat Center, Wareham, MA. June 7-9, 2019  
<https://metrowestoa.org/retreat2019/>

## ROOTED IN RECOVERY

Region 6 Convention

White Plains, NY October 18-20, 2019



Come join us for a weekend of recovery from the disease of compulsive eating! The Convention offers workshops, keynote speakers, and opportunities to deepen our program.

For more info, go to: <http://oaregion6.org/2019/>

## 2019-2020 NHI BUSINESS MEETINGS

We welcome any member who would like to attend.

All meetings take place on  
Sundays from 2pm-3:30pm  
Sweeney Hall, NHTI  
Concord, NH



**Please Note:** Orientation for New Meeting Representatives will take place from 1pm-1:45pm on September 8, prior to the regular business meeting.

Business meetings are not held in Jul or Aug

- |                   |                  |
|-------------------|------------------|
| September 8, 2019 | February 2, 2020 |
| October 6, 2019   | March 8, 2020    |
| November 3, 2019  | April 5, 2020    |
| December 8, 2019  | May 3, 2020      |
| January 5, 2020   | June 7, 2020     |

| April 2019<br>7 <sup>th</sup> Tradition Donations |       |                 |
|---|-------|-----------------|
| Amherst Sat 7:30am                                | 47049 | \$375.60        |
| Bedford Mon 9:30am                                | 53394 | \$15.00         |
| Bedford Thu 9:30am                                | 51985 | \$15.00         |
| Derry Tue 7pm                                     | 45144 | \$28.35         |
| Lebanon Tue 5:30pm                                | 45936 | \$31.00         |
| Manchester Mon 5:15pm                             | 46164 | \$76.00         |
| Nashua Mon noon                                   | 40476 | \$54.00         |
| Nashua Thu 6:30a m                                | 51426 | \$36.00         |
| Salem Fri 5:30pm                                  | 36417 | \$169.80        |
| Individual  |       | \$2.00          |
| <b>TOTAL</b>                                      |       | <b>\$802.75</b> |



The Promises Newsletter is not published in July or August. See you in September!!



## Step 6

““Were entirely ready to have God remove all these defects of character”



Spiritual Principle = Willingness

God remove all these defects of character.”

The 12 Steps and 12 Traditions of Overeaters Anonymous

on our Journey