

Promises

December 2019



Issue 404

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Answering Service Telephone 1-800-201-8720 Toll Free NH, ME, MA, VT only OR 603-434-7578 Local

Celebrating Twelfth-Step-Within Day



In OA, **December 12th** is officially International Twelfth-Step-Within Day. To celebrate TSW Day, groups and Intergroups around the world plan events, workshops or special meetings that focus on giving service to OA members who are in relapse or are still suffering from compulsive eating. Members who give Twelfth-Step-Within service encourage existing OA members to become or remain abstinent, to work the Twelve Steps, and to give service to the best of their ability.

Thanks to the TSW Committee, each NHI Meeting Rep received a sample format to adapt and use for organizing a special focus meeting in December 2019. Last year's Meetings were well received and reflected a variety of formats including speakers, reading and sharing OA Literature on relapse, and sharing on how to make meetings more welcoming to newcomers and returning members.

Has your meeting considered offering that service during the week of Dec 8th to Dec 14th?



OR you can also reach out to suffering members by making a call on the 12th of each month!

Call at least one member who hasn't been seen in your meeting in a while. Call an OA fellow who you've noticed drifting away from program. Look through your meeting's phone lists and select just one name. Not sure what to say? Here are some suggestions:

"Hi _____, this is _____. Is this a good time to chat? I'm just checking in to see how your day is going."

"Hi _____. it's _____. It's great to hear your voice today. I'm calling to wish you peace and serenity in recovery today."

"Hello _____. this is _____. I saw your name on an old page in the We Care book at the _____ meeting so, I'm calling to let you know that I'm thinking of you."

Please remember OA's Tradition of Anonymity when making phone calls. **For More Ideas on How to Reach Out to the Still-Suffering OA Members, go to <https://oa.org/groupsservice-bodies/resources/twelfth-step-within/>**



EATING OUR FOOD FOR THE HOLIDAYS

Are you having trouble with the overabundance of holiday treats? I heard this from a fellow OA member and it's helping me. Think of the treats, etc., as "their food, not ours". "Their food" is food that normal eaters can eat without repercussion; it does not trigger the physical craving that we have to keep eating or the mental obsession to justify just one bite. "Our food" is the food each of us eats that is on our food plan and what we eat to maintain our abstinence. If it makes us sound special because we have our own food, well, so be it. We are special. We have eating disorders and we cannot manage our food without help. So, for the rest of the holiday season, I am looking at it as "their food, not our (or my) food".

I hope you all have a peaceful, serene holiday. Remember the telephone meeting marathons on Christmas Eve, Christmas Day, News Years Eve and New Years Day. <https://www.oa-dcmetro.org/phone/telephone-intergroup2019.pdf> There are meetings every hour on the hour around regularly scheduled meetings.

Together we get better! Bev J. OA Denver



OA NHI RETREAT
Feb 28-March 1, 2020
 Barbara C. Harris Camp &
 Conference Center
 400 Sawmill Rd, Greenfield NH 03047

Celebrate recovery from compulsive eating and compulsive food behaviors! Together we get better. 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. Optional activities include access to the Harris Center walking trails and other retreat-led activities. Some financial assistance is available. For more information, [Download Flyer](https://oanewhampshire.org/2020-nhi-retreat) or go to <https://oanewhampshire.org/2020-nhi-retreat>

REGION CONVENTION

October 23-25, 2020
BURLINGTON, MA

For more info or to register, go to <http://www.oaregion6.org/2020>



NEXT NHI BUSINESS MEETINGS

Sun, Dec 8, 2019 & Sun, Jan 5, 2020
2pm - 3:30pm
Sweeney Hall/Room 210
NHTI, Concord NH



Upcoming 2019-2020
NHI BUSINESS MEETINGS

We welcome any member who would like to attend. All meetings are on Sundays at NHI in Concord, NH

Jan 5, 2020 Feb 2, 2020
 March 8, 2020 April 5, 2020
 May 3, 2020 June 7, 2020

Business meetings are not held in July or August



Want to receive an electronic version of the 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

to with the word "SUBSCRIBE" in the subject line to: NHPROMISES@OANEWHAMPSHIRE.ORG

7TH TRADITION DONATIONS		
September 2019		
<i>Group name</i>	<i>Number</i>	<i>Amount</i>
Amherst Saturday 7:30 am	47049	\$260.32
Bedford Monday 9:30 am	53394	\$30.00
Bedford Tuesday 5:30 pm	49532	\$151.00
Bedford Wednesday 5:30 pm	49151	\$221.00
Bedford Thursday 9:30 am	51985	\$30.00
Concord Monday 5:30 pm	47647	\$90.00
Derry Tuesday 7:00 pm	45144	\$103.74
Derry Thursday 10:00 am	40908	\$108.22
Derry Saturday 10:00 am	24472	\$83.40
Franconia Monday 5:00 pm	51972	\$10.00
Hollis Sunday 5:00 pm	46146	\$48.00
Nashua Monday 12:00 pm	40476	\$139.80
Nashua Monday 7:00 pm	40655	\$66.30
North Conway Saturday 9:00 am	54489	\$10.00
Peterborough Tuesday 6:00 pm	50231	\$120.00
Salem Friday 5:30 pm	36417	\$144.99
TOTAL		\$1,616.77

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 12 "Having had a spiritual

awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs."



Spiritual Principle = Service

The 12 Steps and 12 Traditions
Overeaters Anonymous