

Promises

January 2020



Issue 405

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



PARTNERS IN RECOVERY

There are many different ways to share experience, strength and hope in the OA Fellowship. We would like to share a way that has worked for us. We have been calling our relationship "Partners in Recovery." Together we have developed a unique relationship that is separate from a sponsor - sponsee one. We still continue to sponsor others and be sponsored.

In June of 2015 our Higher Power brought us together. We both found ourselves in need of additional support to supplement our program disciplines and share our recovery journey. We started talking by phone weekly about the many elements of the OA Program that we have in common: long-term abstinence, a love of the 12 Steps, and a commitment to recovery.

In January 2016 we committed to work together weekly on reading and writing projects to help strengthen our Programs in order to keep up with the pace of life!

Over the past three years, we have read and discussed numerous pieces of OA literature, as well as two pieces of AA literature. We have searched out the many "musts" in the *Twelve Steps and Twelve Traditions of Overeaters Anonymous* and in *Alcoholics Anonymous (the Big Book)*. We have worked through OA's *Twelve Step Workshop and Study Guide* and AA's *Twelve Steps and Twelve Traditions*. We have read and shared on the stories in *Taste of Lifeline*, and we are currently reviewing each issue of *Lifeline* followed by a story in the *Big Book*.

We both go to different meetings, and we love to share quotes and acronyms that we hear at those meetings. We look up words we are not familiar with so that we can fully understand what we are reading. We appreciate the gifted writers that are able to put into words the recovery we seek to enrich.

Some of our favorite quotes are:

- "If I have to have ALL my questions answered, then I am playing God! I am not trusting."
- "God is in the pause."
- "Program can become our easier, softer way."
- "Gratitude lifts the attitude"
- "This is a Step One situation!"
- "Abandon all hope of a better past."

This partnership continues to be a positive experience for each of us, allowing us to add more depth to our programs. Perhaps other OA members would like to experience the rewards of working together as Partners in Recovery.

-Two Anonymous Members in Recovery

CALL TO SERVICE

SEAMSTERS NEEDED

NHI Ways & Means is preparing to sell book covers at the 2020 Region 6 Convention in Burlington, MA and we need your help to replenish our inventory. Please consider committing your time and talent over the upcoming months to do this service. Dimensions, fabric and other materials will be provided if needed. All proceeds from Ways & Means supports the NHI Delegate Fund. For more information, please call Claire at 603-548-2520

NEW MEETING ALERT

Special Topic: 11TH Step, Spirituality
Tuesdays 5:30pm

Brookside Congregational Church
2013 Elm Street, Manchester, NH 03104
Contact: Lindy 505-494-9919



SPONSORSHIP WORKSHOP

Sat, Jan 25, 2020 10am-2:30pm

St. Elizabeth Seton Church

190 Meetinghouse Road, Bedford, NH

Come hear about the Benefits of Being a Sponsor, Overcoming the Fear of Being a Sponsor & Getting Started as a Sponsor. Registration 9:30am / Bring Lunch

OA NHI RETREAT Feb 28-Mar 1, 2020

Barbara C. Harris Camp & Conference Center

400 Sawmill Rd, Greenfield NH

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.

<https://oanewhampshire.org/2020-nhi-retreat>

UNITY DAY Sat, Feb 29, 2020 12pm - 5:00pm

North Andover Senior Center, 120 R Main St, N. Andover, MA

Unity Day is a worldwide celebration of the strength we find in the diversity within our fellowship of Overeaters Anonymous. 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.

<http://www.oanorthshoreintergroup.org/calendar/events/#page-content> Sponsored by North Shore Intergroup



REGION 6 CONVENTION

Oct 23-25, 2020

Boston Marriot Burlington, One Burlington Mall Road, Burlington, MA

<http://www.oaregion6.org/2020>

NEXT NHI BUSINESS MEETINGS

Sun, Jan 5, 2020 & Sun Feb 2, 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 take place on Sundays at NHI in Concord, NH

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

7 TH TRADITION DONATIONS August 2019		
Group name	Number	Amount
Bedford Monday 9:30 am	53394	\$30.00
Bedford Tuesday 5:30 pm	49532	\$132.00
Bedford Wednesday 5:30 pm	49151	\$292.00
Bedford Thursday 9:30 am	51985	\$30.00
Concord Monday 5:30 pm	47647	\$60.00
Derry Tuesday 7:00 pm	45144	\$141.39
Derry Thursday 10:00 am	40908	\$58.20
Hopkinton Tuesday 5:30 pm	22474	\$83.00
Keene Thursday 7:00 pm	52281	\$45.70
Lebanon Tuesday 5:30 pm	45936	\$12.90
Nashua Monday 12:00 pm	40476	\$136.20
Nashua Monday 7:00 pm	40655	\$96.00
Newport Sunday 12:30 pm	54302	\$14.20
Salem Friday 5:30 pm	36417	\$119.40
Sanbornton Saturday 11:00 am	31794	\$60.00
W. Ossipee Tuesday 5:45 pm	47755	\$60.00
TOTAL		\$1,370.99
7 th Tradition Donations November 2019		
Derry Saturday 10:00 am	24472	\$83.40
W. Ossipee Tuesday 5:45 pm	47755	\$10.00
TOTAL		\$93.40
TOTALS AUG & NOV 2019		\$1464.39

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 we were powerless over food - that our lives had become unmanageable."



Spiritual Principle = HONESTY

The 12 Steps and 12 Traditions
Overeaters Anonymous