

Promises

February 2020



Issue 4056

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

NOTES FROM SPONSORSHIP WORKSHOP

On Jan 25, 2020, 24 people attended the successful sponsorship workshop held at St Elizabeth Seton Church in Bedford.

Attendees participated in small group discussions and shared insights about being a sponsor. Below is some of the experience that was shared:

BENEFITS OF HAVING A SPONSOR:

To learn about the physical, emotional, and spiritual elements of our disease.

To be 'called to action' - to be challenged - what actions are we willing to take?

Physical benefits of having a sponsor:

- learning to eat 3 meals a day instead of grazing all day long
- practicing the discipline of writing down our food and emailing it
- learning about quantities and identifying binge foods
- learning to weigh once a month and share that

Emotional and Spiritual benefits:

- To learn actions we can take to avoid picking up that first bite - call sponsor, call another member, develop a list of things to do before taking that first bite
- To receive guidance in working the 12 Steps and the Tools - to be directed to our literature, to pray, to write
- To have an opportunity to re-build our self-esteem by being accountable and keeping commitments
- To learn that our greatest challenges are actually opportunities to 'dig deep', enlarge our spiritual life, and 'trust and rely' on a Higher Power
- To develop humility, honesty, and trust by asking for help
- To receive the gift of a sponsor holding up the mirror and helping to expose the lies we believe - prime example:

Lie: We moved and now the meeting is 10 miles away

Truth: We would drive 10 miles to a good restaurant.



BENEFITS OF BEING A SPONSOR:

To experience one of the promises of Step Twelve as stated in the Big Book, page 89 - "Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

To place the sponsoree's hands in the hands of their Higher Power.

To learn deeper levels of compassion, trust, and humility and to practice patience, tolerance, kindness and love

To improve our skills at setting limits and reinforcing boundaries

To provide service - we have to give back in order to grow and reinforce our recovery by continuously working the Steps



OVERHEARD AT MEETINGS:

"If you are struggling to believe in a Higher Power, can you believe in the artist who created the sunset?"

"We come to the OA Fellowship to get the strength we need for the journey of life."

"Write about anything that takes your peace, or that takes a piece of you."



CHECK OUT WHAT'S NEW

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, North 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 Feb 2 & Sun Mar 8

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
March 8, 2020 April 5, 2020
May 3, 2020 June 7, 2020
Business meetings are not held in July or August

UPDATED PROFESSIONAL COMMUNITY COURIER

A revised and updated issue of the *Courier* is now available for download at oa.org and includes a couple of important updates: First, the dedicated space for *Lifeline* magazine has been removed since OA is no longer selling subscriptions. Second, the "Pamphlets for Professionals" section has been updated to include the pamphlets currently available for download from the For the Professional page at oa.org. If you have printed copies of the *Courier* in your literature stock, either as single copies or bundled with *Professional Presentation Folders* (#870), it is suggested you update your stock with the new version. Find it on the For the Professional page and on the Documents page under "*Courier Newsletter*."



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7TH TRADITION DONATIONS December 2019

| Group name | Number | Amount |
|---|--------|-----------------|
| Claremont Wednesday 3:30 | 56549 | \$16.20 |
| Derry Thursday 10:00 am | 40908 | \$120.00 |
| Hopkinton Tuesday 5:30 pm | 22474 | \$120.00 |
| Lebanon Tuesday 5:30 pm | 45936 | \$37.00 |
| Individual | | \$5.00 |
| DONATIONS DESIGNATED FOR RETREAT SCHOLARSHIPS | | \$150.00 |
| TOTAL RECEIVED: | | \$298.20 |

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
Overeaters Anonymous