

Promises



June 2020

Issue 4058

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This newsletter is made possible by your generous contributions.

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

STAYING ABSTINENT WHILE STAYING PUT - MAINTAINING A SPIRITUAL CONNECTION

Notes from NYC Metro Workshop, May 9, 2020



The Workshop opened with an OA Member reading the story "The Footwork of Abstinence" from 'Abstinence' the second edition, page 72. Three speakers spoke about how they keep their spiritual connection and abstinence during this challenging time. Here are some key points:

1. The importance of establishing a 'new' routine and having a structured day.
2. The Spiritual leg of our three-legged stool is the first to go. The food or physical leg is the last to go.
3. For one member, he wakes up and says the prayers he knows, recites the first Three Steps, and lists his gratitude.
4. Another continues to use the 'Daily Readers' and also selects a subject from the index, and reads those additional pages.
5. One member shared some of the affirmations she recites:
 - Discipline requires daily effort; it is not donated.
 - Discipline is an action and a practice, not a gift and a given. Like willingness, it doesn't "just happen" because I need to pray for it.
 - Gratitude is spiritual action
 - I live in gratitude and action today, using and developing the gifts that God has given me as evidence of my appreciation for them
6. More than one speaker shared the importance of doing whatever you can to get out of your head.' That may involve writing, service, prayer, action plan, etc.
7. Service helps us to stay connected to each other and to our Higher Power.
 - "If you feel distant from God, who moved?"
 - "If I walk toward God, God will run towards me."



LOCAL VIRTUAL AND TELEPHONE MEETINGS

Due to social distancing our NHI meetings are not being held in-person at this time. However, some of them are continuing to connect via telephone conferencing or Zoom Conferencing. Nine meetings have consented to share their access information on the NHI website's 'Find a Meeting' page: <https://oanewhampshire.org/find-a-meeting> Consult the NHI website to find the login information for these meetings:

Monday: Manchester 5:15pm
Concord 7pm
Tuesday: Hopkinton 5:30pm
West Ossipee 5:45pm
Derry 7pm
Thursday: Derry 10am
Bow 7pm
Friday: Salem 5:30pm
Saturday: Derry 10am



Another eight meetings have provided their information for internal use by the NHI Answering Service Committee. If you would like information on how to connect with these meetings, please contact our Answering Service Coordinator. You can do this by calling (800) 201-8270 or our local number (603) 434-7578 or you can send an email message to the coordinator at nhiansweringsservice@oanewhampshire.org In addition, the World Service Office has listings for meetings that take place strictly via phone and the internet. Please visit WWW.OA.ORG for more information.

CHECK OUT WHAT'S NEW

TEMPORARY SPONSORS: NEWCOMERS' FIRST TWELVE DAYS

OA's newest resource, [Temporary Sponsors: Newcomers' First Twelve Days](#), intends to bolster relationships with newcomers—and instill confidence in those new to sponsoring—by partnering those new to OA with a "temporary sponsor" to guide them through the pivotal first days of their OA journey. Stamp out feelings of intimidation about sponsorship and jump-start a newcomer's experience with our helpful introduction to program. Download this free new resource at oa.org/sitemap under "Group Resources" and share with other members.



**UPCOMING VIRTUAL
REGION WORKSHOPS**
Workshops meet 3-4:30pm
Arrive 15min early for basic
ZOOM orientation tips

- 6/14/20 Recovery through Grief and Traumatic Time
- 7/12/20 ACCEPTANCE is the answer to all my problems today
- 08/09/20 New Sponsor Workshop
- 09/13/20 19 Symptoms to Relapse
- 10/11/20 Demystifying the OA Service Structure
What is the Inverted Pyramid?
- 11/08/20 Abstinence and Keeping It - the difference
between abstinence and a plan of Eating
- 12/13/20 Young Persons in OA

VIRTUAL REGION WORKSHOP MEETING ROOM

Password: 120912 Meeting ID: 557 696 207

Zoom login: <https://zoom.us/j/557696207>

Phone: 1-720-707-2699 US /1-646-558-8656 US (NY)

Click on the first link from a computer, tablet or smartphone to get the video portion of the conference or you may download the ZOOM.US app. 7th Tradition Suggested Donation \$5 workshop@oavirtualregion.org or vicechair@oavirtualregion.org

WORLD SERVICE CONVENTION CANCELLED

The 2020 World Service Convention been cancelled and is tentatively rescheduled to August 2021.

For more information or to request a refund, go to

<https://oa.org/world-service-convention/>



REGION 6 CONVENTION

Oct 23-25, 2020

Boston Marriot Burlington
One Burlington Mall Road
Burlington, MA

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

NEXT NHI BUSINESS MEETING

Sunday, June 7, 2020 2pm - 3:30pm

The June Business Meeting will be held via ZOOM. Please make sure the NHI Secretary has each NHI Rep's current contact info.

Business meetings are not held in July or August



Step 6 "Were entirely ready to have God remove all of these defects of character."



Spiritual Principle = Willingness

The 12 Steps and 12 Traditions
Overeaters Anonymous

**WANT TO RECEIVE AN
ELECTRONIC VERSION OF
THIS NEWSLETTER?**

Simply send an email with "SUBSCRIBE"
in the subject line to:

NHIPROMISES@OANEWHAMSPHIRE.ORG

TRADITION DONATIONS April 2020

Group name	Number	Amount
Derry Tuesday 7:00pm	45144	\$63.60
Franconia Monday 5:00pm	51972	\$20.00
Salem Friday 5:30pm	36417	\$140.64
TOTAL RECEIVED:		\$224.24

Program of Recovery Tools

- Ask God for an abstinence day.
 - Pray every day
 - Quiet time daily
 - Call Sponsor
 - FOLLOW YOUR FOOD PLAN**
 - Writing
 - Read 1 page out of the BB
 - Read other program literature
 - Attend 3 meetings a week
 - Make 3 phone calls/day
 - Practice Anonymity
 - Be of service!
- It works if you work it, now work it, you're worth it!*

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-](https://oanewhampshire.org/promises-newsletter/article-submission)

[newsletter/article-submission](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.

MORNING ABSTINENCE PRAYER

"Higher Power,

Today is a new day for me and with Your help it can be a day of abstinence. I ask for Your protection in case sometime during the day my desire to overeat is greater than my desire to abstain. I also ask for Your protection from anyone or anything that may interfere with my abstinence. I know that I am powerless over food. I believe You will restore me to sanity. Please help me to know Your will for me today and give me the willingness to carry that out. I turn my life over to You."

from Lifeline, November 2018



HAVE A SAFE SUMMER!

The Promises is not published in July or August