

Promises

September 2020



Issue 4059

A monthly newsletter published and distributed by New Hampshire Intergroup.

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



A WORLD FELLOWSHIP

The Virtual Region hosted their first Convention, Many Languages, One Virtual Recovery, June 20-21, 2020.

More than 1700 members from around the world registered and translation was provided in 5 languages.

I was reminded of how blessed and grateful I am to be "one among many" in this worldwide OA Fellowship. It was inspiring to witness the Principles of Program in action as the hosts, co-hosts, speakers and translators solved problems, made decisions, and shared the message of OA.

Here is a sample of what I heard at the convention -

- OA gave me the love that I couldn't give myself
- I'll never be cured of my disease but with HP and the Fellowship, it is less powerful
- I'm accepted because this is OA;
I belong if I feel I belong
- FEAR: Forget Everything and Run (old me) -
FEAR: Face Everything and Recover (new me)
- I'm powerless but never alone,
unless I choose to be
- OA is a living program; I'm never going to be perfect but OA is, if I truly work it.

~ Anonymous



OA REGION 6 CONVENTION IS GOING VIRTUAL

Fri, Oct 23, 2020 3:00 p.m -
Sun, Oct 25, 2020 12:00 p.m

To ensure everyone's safety, the Region 6 October Convention will now be held virtually.

For more info go to [Region 6 Convention](#)



INFO FROM NEW HAMPSHIRE INTERGROUP

During this challenging time, twenty-six of our face-to-face meetings have transitioned to either Zoom or phone meetings. Thirteen of them are listed on the NHI website.

To find a Zoom or phone meeting, go to <https://oanewhampshire.org/find-a-meeting>

Contact information for the other thirteen meetings are available from our Answering Service by calling 1-800-201-8720 toll free or 603-434-7578 local.

If any meeting has made changes to their Zoom or phone login information, please email us as soon as possible at nhansweringsservice@oanewhampshire.org

Please remember that, with no face-to-face meetings, OA is still in need of contributions to help us carry the message. To make a donation to NHI, go to

<https://oanewhampshire.org/make-a-contribution>

To make a donation to Overeaters Anonymous, go to <https://oa.org/contribute/>

CHECK OUT WHAT'S NEW

NEW BOOK: *Body Image, Relationships and Sexuality: Personal Journeys to Recover in Overeaters Anonymous*
For more info, click here [OA's Latest Book](#)

Where Do I Start? Everything a Newcomer Needs to Know is now available as an e-book. For more info click here [Newcomer Pamphlet eBook](#)

Read the third quarter edition of OA.ORG's [A Step Ahead newsletter](#) here.





SECOND SUNDAY E-WORKSHOPS

Sponsored by the OA Virtual Region.

Workshops meet second Sunday of each month from 3-4:30pm EST.

Arrive 15min early for basic ZOOM orientation tips.

- 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

Join Zoom Meeting [Virtual Zoom Meeting Room](#)

Meeting ID: 891 6554 0024 Password: 120912

Phone: +1 646 558 8656 US Click on the first link from a computer, tablet or smartphone to get the video portion of the conference or you may download [ZOOM.US](#) app.

7th Tradition Suggested Donation \$5

For More Info Go to [Upcoming Workshops](#)

Or E-mail: (Lisa) workshop@oavirtualregion.org or

(Carolyn) vicechair@oavirtualregion.org

VIRTUAL OA 12 STEP STUDY WORKSHOP

WORKING ALL TWELVE STEPS!

Are you ready? Do you want support?

First come first serve as groups are a limited number

Sponsored By: Virtual Region Twelve Step Within Committee

September 22, 2020 - January 12, 2021

Tuesdays, 3:00 to 4:30 p.m. EST

September 22nd is the Introductory Session

For more info email secretary@oavirtualregion.org



JOIN OUR EMAIL DISTRIBUTION LIST

Due to the temporary suspension of Face-to-Face meetings, the PROMISES newsletter will be distributed solely through email for the time being. Please feel free to forward this issue to any member who is interested. If you have received this newsletter through someone else and would like to subscribe, please send an email to nhipromises@oanewhampshire.org with the word "SUBSCRIBE" in the subject line.



7th TRADITION DONATIONS May 2020

No donations received

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.

NEXT NHI BUSINESS MEETING

SUNDAY, SEPTEMBER 13, 2020

1:00 - 1:45 pm - New Rep orientation (Sept mtg only)

1:45 -2:00 pm-Setup 2:00-3:30pm-Business Meeting

All meetings take place on the first Sunday of the month except where noted with asterisk (*). Meetings held via Zoom. Contact nhichair@oanewhampshire.org for Zoom link.

UPCOMING BUSINESS MEETINGS

1:45-2:00pm-Setup

2:00-3:30 pm-Business Meeting

October 4, 2020

February TBD, 2021

November 1, 2020

March 7, 2021

December 6, 2020

April 11, 2021*

January 10, 2021*

May 2, 2021

June 6, 2021

Business meetings are not held in July or August

Step 9 "Made direct amends to such people wherever possible, except when to do so would injure them or others.."

STEPS
on our
Journey

Spiritual Principle = LOVE

The 12 Steps and 12 Traditions
Overeaters Anonymous

