

Promises

OCTOBER 2020



Issue 4060

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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

OA REGION 6 CONVENTION IS GOING VIRTUAL

**Fri, Oct 23, 2020 6:30 pm -
Sun, Oct 25, 2020 12:00 pm**

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

[Click here to see Draft Program](#)

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



END OF THE DAY 4 G's

Don't have time for a full Step 10 review at the end of the day? Try the 4G's method:

1. **Good** - What good did I do today?
2. **Grateful** - What am I grateful for today?
3. **Glitch** - What mistakes did I make today?
4. **Goals** - What do I need to ask for help with tomorrow?

DECLARATION OF RECOVERY *p.42 Lifeline Sampler*

I declare myself free to feel my feelings, free to be part of the human race, free to be me. I will do my utmost to stay free of negativism and self-loathing. I commit my life to OA, and when I feel myself slipping back into my disease, I will treat myself to massive doses of program. I will no longer let fear of people intimidate me into keeping feelings secret. I will strive for progress, always recognizing that part of me will continue in the old habit. For today I will accept myself as I am.



HEARD AT A MEETING

- Try to share God stories with others - share ways your Higher Power has shown up. That is one way to learn gratitude.
- 3 keys: abstinence, gratitude, and willingness.
- If we let up on our spiritual disciplines, we are in grave danger.
- KISS - Keep It Simple and Spiritual
- Practice saying God help me. If we practice, we get better.
- "Filter life through the grace of God"
- "God, what are we going to do about ____?"
- We have a disease of extremes: we can be a sloth or a whirlwind
- The more you trust in a Higher Power, the easier it becomes
- There are so many roads to God. Service can be one road
- The program is The Steps
- If you wake up feeling anxious, that is a sign that you are not putting your day in God's hands
- When deciding what to do, ask your Higher Power if you are putting your own will first?
- God wants the best for us. We work in partnership with God. We work at aligning our will with God's - What would God have me BE?
- Trusting is a process



7TH TRADITION DONATIONS

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/>





SECOND SUNDAY E-WORKSHOP

Sponsored by the OA Virtual Region

Workshops meet on the second Sunday of each month from 3-4:30pm EST. Arrive 15min early for orientation tips

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 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

NEXT NHI BUSINESS MEETING

SUNDAY, OCTOBER 4, 2020

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 For ZOOM link contact nhichair@oanewhampshire.org



UPCOMING BUSINESS MEETINGS

November 1, 2020

December 6, 2020

January 10, 2021*

February TBD, 2021



March 7, 2021

April 11, 2021*

May 2, 2021

June 6, 2021

Business meetings are not held in July or August



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, send an email to nhipromies@oanewhampshire.org with the word "SUBSCRIBE" in the subject line.



JUNE 2020 7th TRADITION DONATIONS

Amherst Saturday 7:30am *	47049	\$40.00
Derry Saturday 10:00am *	24472	\$20.00
Lebanon Tuesday 5:30pm	45936	\$50.00
Nashua Monday 12:00pm *	40476	\$52.30
Salem Friday 5:30pm *	36417	\$65.00
Sanbornton Saturday 11:00am	31794	\$90.00
Wilder, VT	47976	\$88.00
Anonymous *		\$300.00
TOTAL for June 2020		\$525.30

* denotes multiple donations

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 10 "Continued to take personal inventory and when we were wrong, promptly admitted it."

STEPS
on our
Journey

Spiritual Principle = Perseverance

The 12 Steps and 12 Traditions
Overeaters Anonymous

