

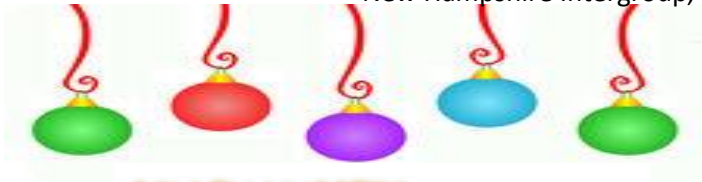
Promises



ISSUE 4062

DECEMBER 2020

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 New Hampshire Intergroup, PO Box 1363, Derry, NH 03038-6363



GOLDEN NUGGETS HEARD AT THE REGION 6 CONVENTION, SCHEDULED FOR BURLINGTON, MA, BUT HELD VIRTUALLY

I am so glad to have gone outside of my comfort zone, any lengths, to attend the virtual convention held Oct 23-25. To know that compulsive over-eaters from all of New England, NY, Quebec, Ontario, Nova Scotia, British Columbia, Manitoba, Newfoundland/Labrador, South Africa, Germany, France, UK, Iceland, Israel and Malaysia were "sitting" next to me was so encouraging and exhilarating. As I let go of how things used to be, I am gifted with acceptance as to how things are. Please allow me to share with you some of the things I heard there. Now, I'm not saying that this is what was SAID, but this is what I heard. People in the same room may have heard things differently. "Take what you need and leave the rest" is one of the many OA slogans I value:



- God is not ON my side, He is BY my side.
- Life may not be wonderful, but it is full of wonder.
- While I was eating, I was in an abusive relationship with myself.
- People pleasing IS people using.
- FAITH, the principle of Step 3, Fear and Insecurity? Trust Him/Her (Power)
- Expectations are tee-ed up resentments.

- Abstinence is the tariff I pay to hear my Higher Power.
- NUTS = Not Using The Steps
- The 10step inventory done with A, E, I, O, U.
A = abstinence of today
E = exercise/movement of today
I = what did I do for myself today
O = what did I do for others today
U = what did I discover about myself and God today'



Wishing you all abstinence and serenity. Together we can!
~ Lisa D.

NHI ANNOUNCEMENTS

12 TWELFTH STEP WITHIN

The purpose of Twelfth Step Within is to carry the same message of recovery to those who still suffer WITHIN the OA Fellowship. Anyone who is abstinent and working his or her own recovery can do twelfth-Step-Within service. Recently, Diane P. volunteered and was elected to chair the Twelfth Step Within committee for NHI. The committee has planned a special meeting, to be held via ZOOM on December 8, 2020. [Click here for mtg flyer](#)



OA AND SOCIAL MEDIA

The Public Information / Professional Outreach Committee is looking at virtual outreach through social media platforms, especially Facebook. Let your NHI Meeting Rep know if you have interest, experience, or questions about NHI having a social media presence.

NHI BOOKCOVERS AVAILABLE NHI's member-made Book Covers are available for purchase. They make wonderful gifts and we have covers to fit most of our literature. Please call and we can schedule a Zoom time so you can see what's available. I can also forward pictures. Thank you! Claire P. [603-548-2520](tel:603-548-2520)



GIVE YOURSELF THE GIFT OF SERVICE!

"Serve others and recover" In addition to working the 12 Steps, a key part of recovery is giving service. Currently there are many service opportunities available at NHI. We are looking for candidates for Secretary, WSBC Delegate, Region 6 Rep, and Meeting List Chair. Job descriptions are available on the NHI website at [NHI Service Positions](#) If you have questions about any of the positions, contact the NHI Vice Chair nhivicechair@oanewhampshire.org Remember, there's a magical thing that happens when you serve others; you end up giving yourself a gift too!!



DON'T MISS IT
REFLECTION & RENEWAL
ONE-DAY NH INTERGROUP
ONLINE RETREAT
 via zoom conferencing

Bringing the Light to that which is Hidden
 An in-depth look at steps 10, 11 & 12

Saturday, January 2, 2021 ~ 9:00am - 3:30pm

Zoom waiting room opens at 8:30am

Registration for this online event is only \$20.

Registration closes on Dec 27. We have room for 100 participants, but Don't wait. Reserve your spot today!

www.OANEWHAMPSHIRE.ORG/2021-RETREAT

OA VIRTUAL REGION 2ND SUNDAY E-WORKSHOP

Workshops meet the 2nd Sunday of the month from 3-4:30pm EST
 Arrive 15 min early for Zoom orientation tips.

Dec 2020 Workshop: **12/13/20 YOUNG PERSONS in OA**
[CLICK HERE TO SEE 2021 UPCOMING WORKSHOPS](#)

Join Zoom Meeting [Click here to join ZOOM meeting](#)

Meeting ID: 891 6554 0024 Password: 120912

Phone: +1 646 558 8656 US.

7th Tradition Suggested Donation \$5

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

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

or (Carolyn) vicechair@oavirtualregion.org



NEXT NHI BUSINESS MEETING

SUNDAY, DECEMBER 6, 2020

1:45 -2:00 pm-Setup/2:00-3:30pm Business Mtg

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

January 10, 2021

March 7, 2021

May 2, 2021

February TBD, 2021

April 11, 2021*

June 6, 2021

Business meetings are not held in July or August



JOIN OUR EMAIL DISTRIBUTION LIST



Due to the temporary suspension Face-to-Face meetings, the ROMISES 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 nhipromises@oanewhampshire.org with the word "SUBSCRIBE" in the subject line.

PLEASE NOTE: Articles included in the Promises are based on OAs' individual experiences and are not representative of NHI or OA as a whole. Please submit to articles by the 20th of the month. Articles may be submitted online at [PROMISES SUBMISSION FORM](#) 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

AUGUST 2020 7th TRADITION DONATIONS

Amherst Saturday 7:30am	47049	\$50.00
Bedford Big Book Thu 5:30pm	56749	\$283.80
Bow Thursday 5:30pm	51587	\$105.00
Hopkinton Tues 5:30pm	22474	\$180.00
Lebanon Tuesday 5:30pm*	45936	\$200.00
Peterborough Tuesday 6:00pm	36417	\$89.00
Salem Friday 5:30pm	36417	\$15.00
Anonymous*		\$300.00
*Denotes multiple donations		
TOTAL for August 2020		\$1,222.80

HEARD AT A MEETING

"I don't have to like the situation I am in, I just have to like myself IN the situation."



Step 12 "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs."

STEPS
on our Journey

Spiritual Principle = Service

The 12 Steps and 12 Traditions of Overeaters Anonymous

