

# Promises

Happy New Year!

JANUARY 2021

ISSUE 4063

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



## HEARD AT VIRTUAL MEETINGS & WORKSHOPS - FALL 2020

*The Twelve Steps and Recovery: A Program of Action and Change:*

• As the OA 12 and 12 states on page 25:  
**"We must change if we are to recover."**

• If nothing changes, and we don't stop, and we don't work the Steps, life gets worse: **"Over any considerable period, we get worse, never better."** (Big Book, p, 30)

• **BUT**...if something changes, something changes!

• We don't have to know **why** it works. Most of us don't know how a cell phone works, but we rely on it working and we have it with us at all times!

• We need to throw life-long conceptions out the window:  
**"It meant I would have to throw several lifelong conceptions out of the window."** (Big Book, p, 42)

**"Our new way of life begins with a willingness to adopt a whole new attitude about weight control, body image, and eating."** (OA 12 and 12, p. 18)

• When we are in our disease, we are looking for a life without consequences.

• Everyone has their own food - We don't eat the dog's food. We don't eat the cat's food, and we don't eat our spouse's food.

• Three Ds don't get you an A - Denial, Defiance, and a lack of Discipline will not yield Abstinence.



• Why do things happen? Why am I an over-eater? We look for our concept of a Higher Power to give us an answer we can accept - but, it doesn't really matter why. We need to live with acceptance; we don't have to like it:

**"Unless I accept life completely on life's terms, I cannot be happy."**  
(Big Book p. 417)

**Fellowship Analogy** - We are all hikers on the same trail... some of us are just farther along the trail ...we can point out boulders to others, but we can't carry them.

## WANT TO RECOMMIT TO PROGRAM?

The start of a new year is a great time to renew your commitment to program. To do just that, the *Twelfth Step Within Committee* suggests reading and writing on the following:

*Freedom isn't Free*  
Overeaters Anonymous 3<sup>rd</sup> edition,  
p. 113-117.

The Twelve Steps and Twelve Traditions of Overeaters  
Anonymous, 2<sup>nd</sup> edition, p. 9 -22

Writing: *What does abstinence mean to me physically, emotionally and spiritually?*

**Share your writings with others by submitting them to the Promises for publication!**



**Together we can stay abstinent!**



SAVE THE DATES

**OVEREATERS ANONYMOUS VIRTUAL REGION**

**2<sup>nd</sup> SUNDAY OF THE MONTH e-WORKSHOPS**

**3-4:30pm EST Jan-Feb & Nov-Dec. 2021**

**3-4:30pm EDT Mar-Oct. 2021**

- Jan 10 "And practice these principles in all our affairs"
- Feb 14 "Sought thru prayer and meditation"
- Mar 14 "Courage to change the things I can"
- Apr 11 A Spiritual Toolkit
- May 09 "Relieve me of the bondage of self"
- Jun 13 The Sponsor - Sponsee Connection
- Jul 11 What does it really mean to surrender?
- Aug 08 A Threefold Disease: Physical, Emotional, and Spiritual
- Sep 12 The Promises of the Program
- Oct 10 Applying the Traditions in Daily Life
- Nov 14 "To carry the message to other compulsive overeaters"
- Dec 12 Connection is the Opposite of Addiction

For ZOOM link and/or more information [CLICK HERE](#)

**MASSBAY INTERGROUP FIRST STEP WORKSHOP**

Saturday, January 16, 2021 10:30 am - 12:00 pm

[FOR ZOOM LINK AND MORE INFORMATION CLICK HERE](#)

**NORTHSHORE INTERGROUP WORKSHOP**

*CELEBRATING OA'S 61<sup>st</sup> BIRTHDAY,  
the RECOVERY WE ARE PROMISED,  
and EACH OTHER!*

Saturday, January 23, 2021 1pm - 2:30pm

Check the [NSI Website](#) for ZOOM login

**NEXT NHI BUSINESS MEETING**

SUNDAY, JANUARY 10\*, 2021

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](mailto:nhichair@oanewhampshire.org)

**UPCOMING BUSINESS MEETING**

Feb 7, 2021	April 11, 2021
March 7, 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 [nhipromises@oanewhampshire.org](mailto:nhipromises@oanewhampshire.org) with the word "SUBSCRIBE" in the subject line

**SEPTEMBER 2020 7<sup>th</sup> TRADITION DONATIONS**

Derry Saturday 10:00am	24472	\$10.00
<b>Total for September 2020</b>		<b>\$10.00</b>

**THE OCTOBER 2020 REGION 6 CONVENTION PODCAST RECORDINGS ARE NOW AVAILABLE!**

To hear the recordings,

[Click Here](#)

*The recordings from the 2018 and 2019 Conventions follow the 2020 recordings*

**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 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 can-not be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission

HAPPY

*new year*  
2021

**Step 1** "We admitted we were powerless over food - that our lives had become unmanageable."



**Spiritual Principle = Honesty**

*The 12 Steps and 12 Traditions of Overeaters Anonymous*