

Promises



FEBRUARY 2021

ISSUE 4064

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



WHAT DOES ABSTINENCE MEAN TO ME?

As part of the Twelfth Step Within Committee suggestion in the last edition of the PROMISES Newsletter, I read "Freedom isn't Free" (pp. 113-117 Overeaters Anonymous) and pages 19 to 22 of Step Three in the OA Twelve and Twelve, and answered the question, "What does abstinence mean to me?" I have decided to share my answer with you:

After 38 years in OA, I am living the miracle of abstinence, 140lbs is gone. I am truly living life and feeling the feelings. I have inner joy and inner peace due to a fellowship that accepts and encourages me. I choose to do the same with those who God puts in my path during every 24 hours. I use the Tools of the program:

- ♥ **A Plan of Eating,**
- ♥ **Sponsorship,**
- ♥ **Meetings,**
- ♥ **Telephone,**
- ♥ **Writing,**
- ♥ **Literature,**
- ♥ **Action Plan,**
- ♥ **Anonymity and**
- ♥ **Service,**



as they are important to me in living the 12 Steps and the 12 Traditions to the best of my ability.

In addition to using the Tools, it is also important for me to put my spiritual recovery first. God is #1. Physical and Emotional recovery follow. I also try to practice an attitude of gratitude, as well as renewing my Step 3 commitment daily. By consistently using the tools of the program, remembering what I am grateful for, turning my will over on a daily basis and by practicing all of The Steps, I stay abstinent and you can too. Remember that OA is a program of fellowship. Together we can do what we could never do alone!

~ Submitted by: Diane P., A Faithful Fellow Member

HEARD AT MEETINGS

- ♥ *Holding onto my recovery requires helping others find their recovery.*
- ♥ *Doing it on my own is painful.*
- ♥ *Are you willing to be willing to be abstinent?*
- ♥ *Abstinence without the steps is miserable.*
- ♥ *Every morning, all I have to do is accept the gift.*

CHECK OUT WHAT'S NEW

NEW PAMPHLETS AVAILABLE IN PRINT OR E-BOOK

In OA, Recovery is Possible: about Compulsive Eating and the OA Program of Recovery (#135) available in print at the OA bookstore and as e-book on Amazon, Barnes & Noble & Apple platforms for \$2.00.

A Lifetime of Abstinence: One Day at a Time (#155) available in print at the OA bookstore and as e-book on Amazon, Barnes & Noble, & Apple platforms for \$1.00.

To the Young Person (#280) has been thoughtfully modernized to include all-new recovery stories—plus a classic testimonial—submitted by young OA members, for young OA members. Available exclusively as e-book on Amazon, Barnes & Noble, & Apple platforms for \$1.00.

TWO ROZANNE RECORDINGS FREE TO STREAM



- ♥ "Reflections: A Visit with OA's Founder," the 1999 interview with OA founder Rozanne S.
- ♥ "And Now a Word from Our Founder" a compilation of five of Rozanne's keynote speeches at World Service Business Conferences.

Click [ROZANNE PODCASTS](#) to listen.





OVEREATERS ANONYMOUS VIRTUAL REGION

2nd SUNDAY OF THE MONTH e-WORKSHOPS

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

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

- 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

[CLICK HERE FOR e-WORKSHOP INFO](#)



VIRTUAL REGION CONVENTION

"There is a Solution"

Saturday & Sunday, February 20-21, 2021 various times

[CLICK HERE FOR VIRTUAL CONVENTION INFO](#)

TWO DAY BIG BOOK ZOOM RETREAT

Saturday & Sunday, February 27-28, 2021 11:00am ET

Sponsored by Overeaters Anonymous of Southern Arizona

[CLICK HERE FOR BIG BOOK ZOOM WORKSHOP INFO](#)

UNITY DAY

Sunday, February 28, 2021 1:00 pm-4:00 pm

sponsored by Cape Code & South Costal Mass Intergroups

This event takes place via Zoom. **REGISTRATION REQUIRED**

To register email: OASCMIGmail.com [CLICK HERE TO VIEW FLYER](#)

NEXT NHI BUSINESS MEETINGS

SUNDAY, February 7 and March 7, 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

UPCOMING BUSINESS MEETINGS

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

NHIPROMISES@oanewhampshire.org

with the word "SUBSCRIBE" in the subject line



OCTOBER 2020 7th TRADITION DONATIONS

Bedford Wednesday 5:30pm	49151	\$157.00
Bedford Thursday 9:30am	51985	\$121.00
Derry Thursday 10:00am	40908	\$25.00
Derry Saturday 10:00am	24472	\$13.00
Nashua Monday 12:00pm	40476	\$12.00
Salem Friday 5:30pm *	36417	\$57.00
Anonymous *		\$130.00
TOTAL * = multiple donations		\$515.00

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.

**We will love you until you
learn to love yourself**



Step 2 "Came to believe that a power greater than ourselves could restore us to sanity."

STEPS
on our Journey

Spiritual Principle = HOPE

The 12 Steps and 12 Traditions of
Overeaters Anonymous

