

The Promises

December 2025 / Issue 4070

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Twelve Stepping

The Twelfth Step Within Committee members hope that you have an abstinent December.

We hope that you enjoy taking advantage of the reading suggestions from Voices of Recovery daily reader with writing prompts focused on the principles of the 12 steps. The twelfth step is "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." The principle is SERVICE.

May we suggest the November 25 reading in For Today on page 330. Think about the joy the OA program has brought you. Are you willing to share with others in the program why you are so thankful to be in OA? This December, as suggested on the page, call some OA members, including at least one newcomer and one person you have never called before. Let them know why you are so thankful to be in OA and then tell them how glad you are to have them as fellow members.

The Promises is back!

Please submit writings or other information to the Promises Newsletter Editor by the 15th of each month at

nhipromises@oanewhampshire.org

Heard in the Rooms and on Zoom!

- If He leads me to it, He will lead me through it.
- I don't always have perfect abstinence but do have perfect perseverance.
- I work hard at being teachable.

Member Sharing

Seeing and hearing members at my OA meetings each week is truly a gift and a needed tool in my recovery from eating compulsively. Besides meetings, OA literature is a great help to me. The October 15 page in Voices of Recovery reminded me of all the old attitudes and ineffective ways I used to deal with life before program. "For today, I am willing to give up the old ways, which did not work, for a new way of life, which offers me

recovery from my food addiction." Thank you for helping me to be teachable as I learn from those in OA. I can't do it alone.

Anonymous

Great news from OA.org

The OA Executive Committee has approved \$1 shipping on all bookstore orders totaling \$5 or less that are shipped to US addresses and select island territories. The new price goes into effect on November 1.

By lowering the shipping price, OA trustees are making it more affordable for members and newcomers to order a couple of pamphlets or other items while at the same time ensuring that OA's shipping operations remain self-supporting. By making small orders more affordable, we can also strengthen literature sales, an important source of OA's revenue.

Find the new shipping price when you place your \$5 order at bookstore.oa.org or when you use the updated [Literature Order Form](#) (PDF download).

Please spread the word in your meetings and take advantage of the new shipping price by sending literature to your sponsees and newcomers.

PLEASE NOTE: Articles included in the Promises newsletter are based on OA members' individual experiences and are not representative of NHI or OA as a whole. Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.



7th Tradition

October 2025 Meeting Donations

Concord Mon. Zoom 7 PM 47647 \$131.00
Derry Tues. F2F 10 AM 57480 \$141.35
Derry Tues. Zoom 7 PM 45144 \$87.00
Hollis Sun. F2F 5 PM 46146 \$140.75
Hopkinton Tues. Zoom 5:30 PM 22474 \$229.00
Nashua Mon. Zoom 7 PM 40655 \$82.50
Salem Fri. F2F 5:30 PM 36417 \$104.68
Virtual Mon. 9:30 AM 800396 \$141.60
Virtual Tues. 6 PM 800726 \$200.00
Virtual Thurs. 10 AM 801222 \$35.00
Virtual Thurs. 9:30 AM 800397 \$132.60
Virtual Fri. 5:30 PM 800147 \$105.00
Virtual Sat. 7:30 AM 800519 \$211.00
(Specified for Delegates' Fund)
Peterborough Sun. Zoom 6 PM 46277 \$137.20

Your continuing support of NHI is essential and enables us to carry the message of hope and recovery to all our member groups.



OA BY THE NUMBERS

80 = Countries with OA
6,400 = Meetings worldwide
54,000 = Active Members
60% = Members struggling with food before the age of 16
73% = Members who have lost weight
45 pounds = Average reported weight loss
54% = Members maintaining a healthy weight
45% = Members maintaining a healthy weight for more than five years
80% = Members reporting various overall life improvements since joining the fellowship

Statistics are based on a 2017 membership survey.



However you celebrate, enjoy family, friends, and blessings this holiday season.