

The Promises

January 2026/Issue 4071

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Brrrrrr.

Twelve Stepping

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

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.

January: Integrity

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Read page 118, (Apr 27) in Voices of Recovery

Question: Do you have the "integrity to align your actions with your values"? If so, give examples of when you have done this. If not, which actions need to be aligned with your values?

Experience, Strength and Hope

From fellow members

"You need service." These three words from a fellow early on in program changed my life. I attended a Sunday morning Big Book literature meeting that eventually became my home group. In my first few weeks attending, I wanted to scoot out of the room as soon as the meeting was done, and I avoided interacting with people other than a basic "hello" on the way in and "take care" on the way out. It seemed that everyone else had probably known each other for years. "Ugh, I hope no one TALKS to me while I'm heading to the exit!"

After a couple of months of attending this meeting, I got up the nerve to call someone who had what I wanted, and I asked her to be my sponsor. I continued to keep my interactions after the meeting as brief as possible. At the end of one particular meeting, as I started to get up from my chair, someone came to me and just said it, point blank — no extraneous pleasantries, no beating around the bush — "You need service." Like a deer in the headlights, my response was just "okaaay ...?" I didn't know what she meant, but heck, I couldn't see a clear path to the door! She proceeded to tell me about the service of "carrying the bag" which was a duffle bag that contained about a dozen copies of the AA Big Book, (large and regular print editions),

newcomer pamphlets, a few daily readers, and the spiral notebook that was passed around each week for people to write their names, contact information, and whether they are available to sponsor. She told me that I would need to get to the meeting about 15 minutes early, make sure the door was unlocked, and put out the literature. The "15 minutes early" was in case a newcomer came — a newcomer attending her or his first meeting and finds a closed door or a dark room with no one there may never come back.

I am pretty sure that I sighed and again said "okay ..." very tentatively. She then said that "the 7th tradition" envelope was also in the bag, and I could do the treasurer service as well. My sponsor came by and said, "wait, wait," and suggested that ONE of those services was plenty. I agreed to do both anyway, since the envelope was in the bag. That was it — I started coming to the meeting early, getting hospital security to unlock the door, I set up the tables and chairs, arrayed the big books on the tables and set out the remaining books and pamphlets on a side table like the good hostess I wanted to be. I greeted people when they arrived, newcomers and old timers alike. At the end of the meeting, I gathered up the literature and had to stay to put the tables and chairs back where they were prior to the meeting, and others would help me do that.

Maybe that fellow was simply tired of carrying the bag and the donations herself ... but those three words jump started my recovery, and I will never forget her or the importance of service in my program and in my life. The smallest act can have far-reaching effects — what can I do today for my recovery?

Kathy N
Sausalito CA



Math and Science have always been my strong areas...my 3rd grade teacher had to give me 4th and 5th grade work so I would not be bored...Reading? I think I may be AHD, 'Riting? I am left-handed, and now have arthritis in the wrist, and it gets painful. I stink at it no matter what.

Well, I heard the other day at a meeting about making lists...

When I go grocery shopping, I need a list, if I don't make one, I forget something.

I have had some material things bought in the last year that need to be set up.

My wife gave me/us a Ring Camera for last year's Christmas. My wife gave me a dashcam for my car for my birthday in March. I was given an excellence award at work where I could buy something from their store, I brought one of those automatic cat litter removal boxes.

All of them sat for months.

So, as I am writing down things to do I included those three.

It dawned on me I just need help... My next door neighbor has car mechanical skills. I paid him to do the dashcam. I finally did a YouTube video on how to set up the auto litter box. *Done.*

As I am conversing with a neighbor after we have had a couple leery looking strangers, and she mentioned she didn't see anything on their cameras of the event, I said "I need to get mine going". She said her husband (another Joe) is an expert; he will gladly come over.

Things written down are more likely to get done...sometimes we need help. So, I started writing my food down in my spreadsheet tracker.

When I write things down, they are more likely to get done, and WITH THE HELP OF THE PROGRAM the percentages are higher.

Principles before pride [and personalities].

Joe S



Please submit writings or other information to the Promises Newsletter Editor by the 15th of each month at nhipromises@oanewhampshire.org

A letter from the OA Trustees

Dear OA Member,

At this time of year, many of us are reflecting on how we can make a positive difference—whether through kindness, service, or supporting causes we care about. In OA, giving can take many forms, and each one helps strengthen our Fellowship and welcomes those who are seeking recovery.

Throughout December, we invite you to reflect on the ways you might offer support and connection within the OA Fellowship. Here are just a few meaningful ways members can “give” within OA:

♡ Welcome a newcomer at a meeting or reach out to someone you don't know yet.

♡ Share a message of hope with someone who is struggling.

♡ Offer service, such as reading, helping with technology, or staying after to clean up.

♡ Share OA literature by sending a book or pamphlet to someone who might find it helpful.

♡ Make a contribution to help OA carry the message worldwide.

If you feel moved to offer support through a financial contribution this month, know that your generosity will help OA provide essential resources around the globe. Contributions sustain tools like the Find a Meeting search, support the development and translation of OA literature, maintain worldwide service efforts, and ensure that newcomers everywhere can access the hope and recovery OA offers. Every gift strengthens OA's ability to carry the message to those still suffering, no matter where they live.

Thank you for all the ways you give—through your presence, your service, your kindness, and your support. Together, we help keep OA strong, welcoming, and available to everyone who seeks recovery.

With gratitude,

Overeaters Anonymous Board of Trustees

From the OA website at oa.org, written for December, but a strong message for 2026.

Heard in the Rooms and on Zoom

If I understood balance, I would not be here.

God is in charge, I am not the social director.

Do not miss the opportunity to say nothing!



News and Notes

Seventh Tradition/November 2025

Closed Littleton Meeting #58443 \$91

Closed Littleton Meeting #58443 \$65

Individual member \$20

Donations from NHI Business Meeting \$160

Profit from IDEA Day Workshop \$25

Ways and Means Sales at IDEA Day Workshop \$152



Beth M is the chair of the Ways & Means committee. She is looking for volunteers who would like to sew book covers for our OA literature. Please contact her for patterns.

bethm0320@gmail.com or 603-305-5838

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.



Here's to a happy, healthy, and abstinent 2026!