

The Promises

March 2026/Issue 4073

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In like a lion, out like a lamb.

Upcoming Events

Coming Back to OA After Relapse (part 1)
Zoom Workshop
7:30-9:00 PM EST
Tuesday April 21, 2026

2026 Region 6 Convention
Beyond Our Wildest Dreams
October 16-18, 2026
Hilton Double Tree in Stamford, CT

For more info or to register please go to
oanewhampshire.org

Twelve Stepping

Principle of the Month

Humility

Step 7: Humbly asked Him to remove our shortcomings.

Read in Voices of Recovery: Page 2 (January 2)

Question: How has humility helped you find balance between the "Thin Saint" and the "Miserable failure"?

Service Opportunity

There is a wonderful opportunity to do service for the New Hampshire Intergroup's Ways and Means Committee. We are busy sewing book covers for some of our literature (and we do have a lot of literature now).

The money made by selling these beautiful book covers goes directly to our Delegates Fund, which makes it possible for NHI (which represents all of us) to send representatives to the Region 6 Assembly twice a year and to the World Service Business Conference once a year. Without these funds, we cannot be properly represented at the region and world levels.

That being said, if anyone who enjoys sewing would like to do this service, please contact the current Chair at bethm0320@gmail.com.

Patterns are available, along with some fabric. I am looking forward to having more OAers on our Committee so that we can have a plethora of covers to take to the Convention in October.

Beth M

7th Tradition for January 2026

Reps from NHI Business Meeting		\$20.00
Bedford, Tuesday 9:30am	57521	\$271.17
Hollis, Sunday 5pm	46146	\$94.67
Salem, Friday 5:30pm	36417	\$53.00
Virtual Thursday 9:30am	800397	\$105.63
Virtual Monday 9:30am	800396	\$147.63
Virtual Saturday 7:30am	800519	\$269.00

Our Members Share

Grateful to God for:

A number one abstinence with God's grace

B beauty in nature

C children

D daughter

E energy

F faith deepened

G gratitude

H honesty

I intimacy

J joy from within

K kite to fly

L Love unconditional for all

M money to pay my bills

N nice people God puts in my path

O open-mindedness

P peace

Q quiet time each day

R rest in the Spirit

S silence

T truth

U us

V violin sound

W water

X exercise daily

Y you

Z zeal

God bless everyone and together we can! D

A Power Greater Than Food

Our Saturday morning group has been my anchor during the toughest times in my life. The physical, emotional and spiritual parts of my food addiction each have different types of isolation that try to keep me in this horrible disease.

When I picture the physical isolation of compulsive overeating, I picture a person standing up and sneaking food in the kitchen. Sometimes I 'see' someone sitting

alone in front of the TV, mindlessly eating a whole package of junk food. I can also picture a man or a woman eating in a car and then stuffing wrappers under the seat. I did all of those things before OA.

Emotional isolation is more complicated. Erich Fromm called it "the prison of aloneness." A person can be in the middle of a party but not share their feelings with anyone else. A mother can have several adult children but keeps herself so busy that she never talks empathetically with any of them. A guy can have a group of buddies but never discusses the emotions that would cause him to overeat.

Spiritual isolation is the most abstract of the three. For some people it is not belonging to a structured religious faith. Most spiritually isolated people say that they cannot feel connected to a Higher Power or God. That leaves an individual's inner self without a Spirit to reach out to in times of sorrow.

I feel that our 12 steps are designed to break through all types of isolation that would kill our recovery from food addiction.

We have a Power greater than food.

Andy

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

nhipromises@oanewhampshire.org

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 **OVEREATERS
ANONYMOUS**
New Hampshire Intergroup

