The Promises

November 2026/Issue 4079

A monthly newsletter published and distributed by New Hampshire Intergroup. This newsletter is made possible by your generous contributions.

Going to any length means taking Twelve specific Steps, one day at a time, and never being finished. In the process, sanity will be restored and abstinence will become a reality.
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News and Events

IDEA Workshop
Maintaining Our Gift of Abstinence
Saturday, November 14
Registration at 9:30am
Workshop 10am-Noon
Triumphant Cross Lutheran Church
171 Zion Hill Road
Salem NH
For more information visit co-sponsors New Hampshire Intergroup or North Shore Intergroup at oanewhampshire.org or oanorthshoreintergroup.org or call 351-215-9074
International Day Experiencing Abstinence (IDEA), celebrated in November, encourages OA members worldwide to begin or reaffirm their abstinence from compulsive eating.

NHI meeting schedule
September 2026-June 2027
Meetings are held on Sundays from 2-3:30 on Zoom on these dates:
Nov. 8, Dec. 6, Jan. 3, Feb. 7, Mar. 7, Apr. 4, May 2, and June 6.
Ask your NHI rep for more information. All are welcome to attend. Service positions are available.

Our retreat is back!
May 7-9, 2027
At St. Methodios Faith and Heritage Center
Hopkinton, NH
More information is coming soon!

7th Tradition

Online payments are fast and secure. Visit the online contributions page and donate today!
New Hampshire Intergroup
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Region 6
https://oaregion6.org/about/contributions-new/
OA World Service
https://oa.org/contribute/

September 2026 Donations

Virtual Friday 5:30 PM	800147	$82.50
Virtual Thurs. 10 AM	801222	$97.50
Individual member		$25.00
Individual member		$25.00
Individual member		$30.00
NHI Intergroup Reps		$10.00

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

From the pen of members

My joy in recovery is multiplied in direct proportion to the extent to which I share it with other compulsive overeaters." For Today, page141.

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.

Last Saturday many of us found the reading powerful. We have a Power greater than food.

Anonymous

Heard in the rooms and on zoom

- PAUSE: Postpone Action Until Serenity or Perhaps An Unseen Solution Exists
- FEAR: Face Everything and Recover

I am so grateful,
For those with me the very first day I joined OA,
For the founders who built this path for us,
And for those here with me today,
Who continue to share
Their experience, strength, and hope in recovery.
I am so grateful I am no longer alone,
That I too, have experience, strength and hope to share!
I am so grateful that we walk together, hand in hand,
Embracing the love and acceptance found in this fellowship
Following in the footsteps of those who walked before us,
And leaving footsteps of our own for others to follow. *Submitted by: Alix, Experience Strength and Hope Newsletter*

Bundle Up for Recovery



Save $$ and purchase this bundle for $22 in the oa.org bookstore. For Today and For Today Workbook bundle is also available for the same price.

OVEREATERS ANONYMOUS®
New Hampshire Intergroup

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