

Promises

Sept 2015

Issue 365

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

From the Promises Newsletter Committee

The Newsletter committee would love your help with the Promises! From gathering articles to suggesting program-approved topics for upcoming issues to even writing your own brief article based on your personal experience into the Steps, Traditions and tools, there is much an OA member can do to contribute to our publication.

To submit an article for the newsletter please email your submission to oanhpromises@oanewhampshire.org with a subject line of "Promises Submission" or submit it to the committee via USPS: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363. The deadline for submissions is the 20th of the month.

OA Slogans Members Can't Live Without

Our newsletter committee is still gathering a list of slogans from each of the meetings within NHI – it's a bigger project than we anticipated – but we do have a couple to include now along with two OA members experience with them.

If you would like to help us gather these slogans or submit a snippet about your own experience with program slogans, please reach out to the newsletter committee (see above for contact details).

This Too Shall Pass

"When in the throes of a painful situation, or even a joyful one, my thoughts can be very focused on the moment, as if nothing will change. 'This too shall pass' takes me out of the moment to consider the consequences of a momentary decision. If I choose to not eat, when this moment passes, I will have either one less difficulty or one more joy. It is a win-win." - Diane

First Things First

"I have pages and pages of "to do lists" and clearly the items on them are not of equal importance. Some of the items are "PAY BILLS" and some of them were written down just to get them out of my head. When the tool of "Action Plan" was announced, I made a discovery. My action plan is a "for today to do list" made with the guidance of my Higher Power. Yup, that old "thy will not mine be done!" slogan. This keeps today manageable, lets me cross out items on the list and actually feel like I'm making progress, and most importantly, helps me to keep first things first!" – Jill

2015 Region Six Convention



OCT. 23 – 25 | HARTFORD, CT
FULL DETAILS: OAREGION6.ORG/2015/



NHI Ways & Means Book Covers

The NHI Ways & Means Committee will be selling OA book covers at the Region 6 Convention. Our table will be located in the designated "Boutique" room where members will be able to shop for OA approved literature, book covers, and other OA related items.

A great place to mingle with fellow OAs during breaks before & after workshops, lunch time, etc., the Boutique will be open for several hours on Friday, Saturday, and Sunday; please check our posted schedule at the Boutique for exact hours.

Also, helping at our table is a great way to do service and have fun at the same time! If you will be attending the convention, we'd love to have you set aside some time to help us staff our table. Simply send an email with a subject line of "Book Cover" to Effie S. at estew1@verizon.net.

The monies raised by the NHI Ways & Means Committee are used to fund NHI representatives that attend OA Business meetings (Regional & World Service).



(800) 201- 8720

Toll free NH, ME, MA, VT only

(603) 434-7578 - Local Calling Number - Derry, NH

2015 May Donations

7TH TRADITION DONATIONS

<i>Group Name & Number</i>	<i>Amount</i>
Derry, Thurs AM (40908)	\$57.03
Hollis, Sun PM (46146)	\$60.00
Lebanon, Tues PM (45936)	\$46.00
NHI (09190)	\$39.00
<i>Total Donations</i>	<i>\$202.03</i>

7th Tradition Donations & Bequests

Q: How much can an OA member donate in a year?

A: The donation amount is \$5,000 per fund (\$5,000 for General Fund; \$5,000 for Delegate Support Fund; and \$5,000 for Profession Exhibits Fund). Bequests do not have a financial limit. The only requirement is that the individual was an OA member. A bequest can be designated toward a specific OA fund, but if no instructions are given, then the monies are put into the General Fund.

Source: *A Step Ahead*, Volume 19, No. 3



OA has some program-packed events coming up! Be sure to mark the dates on your calendar.

2015 Region 6 Convention

Reach Out for Recovery

October 23rd – 26th

Hartford, CT

Details: oaregion6.org/2015/

NH Intergroup Meeting

October 4th @ 2PM

Concord, NH

Details: OANewHampshire.org

2016 World Service Convention

Recovery: The Trail to Freedom

September 1st – 4th

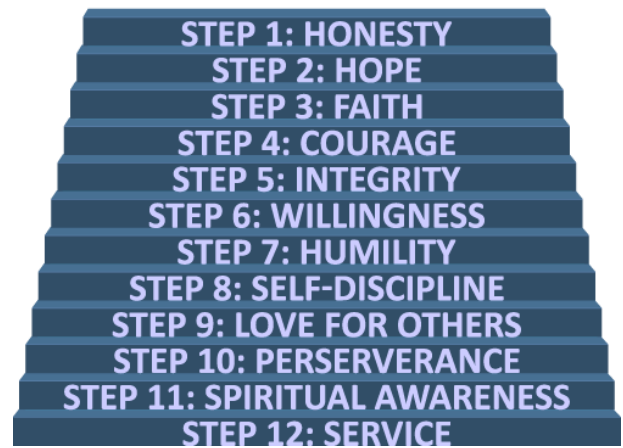
Boston, MA

* Lodging Reservations Now Open *

Details: www.aa.org

For more information about additional OA events in our region, please visit oaregion6.org.

The Principles in the 12 Steps



Source: *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*
Image: *OA New Hampshire Intergroup*

The OA Big Book Step Study in NH

There are many ways to work the steps in OA; that's part of the beauty of our program. For those who may be struggling with relapse or are just looking for a more structured way to do the work, there is the OA Big Book Step Study (BBSS)!

Different from the Big Book discussion and 12 & 12 meetings that many OAs are already familiar with, the OA BBSS is a structured way to work the steps exactly as they are laid out in the Big Book of Alcoholics Anonymous. The meetings are organized by abstinent OAs who've been through the process and are practicing steps 10, 11, and 12 daily.

In these meetings, they use the Big Book to educate members about:

- The Problem: Our 3-part disease
 - The Phenomenon of Craving
 - The Obsession of the Mind
 - The Spiritual Malady
- The Solution: The Spiritual Experience
 - Achieved only by working the 12 Steps
- Each of the Twelve Steps
 - Simple instructions for each step
 - Prayers & promises for each step

And best of all, it is in these meetings that countless OAs find hope, especially when other ways of practicing the steps haven't yielded the recovery they crave!

Many other states have these meetings - including our neighbors in MA & ME - and now groups are starting to pop up in NH. So if you're struggling with your abstinence or are looking for way to strengthen your recovery, please check out these inspiring BBSS meetings*:

Thurs, 5:30pm, Main Street Methodist Church, Nashua, NH

Thurs, 5:30pm, St. Elizabeth Seton Church, Bedford, NH

Sat, 3:00pm, Grace River Church, Claremont, NH

* For more information about each meeting, please check oa.org.