

Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
January 2007, ISSUE #279 Bonus Page

Bonus Page

Suggestions for Restoring Luster to Your Program

- Take a daily 10th Step.
- Connect with your sponsor daily.
- Commit to abstinence daily.
- Write a gratitude list daily.
- Go to different meetings.
- Go to a Step meeting.
- Revisit 4th Step – is it time for a new one?
- Evaluate monthly that you are doing everything possible to maintain abstinence.
- Work with a newcomer and/or someone in relapse.
- Get a new sponsor.
- Remember that there is life outside the rooms.

How to Stay Abstinent Despite Worldly Clamors

- “Open the Tool Box” – pick up a tool especially the telephone, sponsorship, writing, and a Plan of Eating.
- Writing can be very important: “*Dear God, This is too much!*” Continue with your Plan of Eating: “*Has food ever brought a loved one back?*”
- Find comfort in the Big Book – “What seemed at first a flimsy reed, has proved to

be the loving and powerful hand of God.” Grasp onto whatever flimsy reed you can find!

- Seek to improve conscious contact with your Higher Power. There has to be a Higher Power if I can keep the food down! Write about what you want and need from your Higher Power. You can be angry at HP, but remember **who** is going to help you?

Food is my drug of “no choice.” Food is not an option. We must be present to handle and accept the clamors in our life. ∞

Heard at the Region 6 Convention October 27-29, 2006

- We are often reluctant to put down the binge foods because we do not want to feel “deprived.” Upon honest reflection we can usually see that *we have already had a lifetime’s worth of binge foods.*
- Remember “*people are not so much against you as they are for themselves.*”
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Opinions expressed are not the opinions of NHI or OA as a whole. Articles and notices must be submitted by the 25th of the month. Articles may be submitted by e-mail to promises@oanewhampshire.org Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.

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from NH, ME, MA, VT only

- The letters **OA** stand for the **Only Answer**.
- We wake up and say “Hello God” instead of “Oh, God!”
- Turn our food as well as people, places and things over by consciously saying “Thank you God for taking care of that.” And by praying for them: “God, wrap your loving arms around my sponsorees.”
- We need to change **or we will eat again!** The Steps show us the way to change, and it is an “inside job.”
- Many of us say how hard this Program is, but working this Program is much easier than running around filling and feeding an addiction.
- Sponsors are **NOT** the Fellowship, and we can’t carry someone by ourselves



Are You Enjoying the Promises and Promises Bonus Page?

We could certainly use some more articles and sharings. Have you felt blessed by someone else’s sharing and honesty? We all make it One Day at a Time with the help of each other. There are no requirements for writing an article. If you are unsure about your writing skills, the editorial staff is always willing to edit and suggest changes before your article goes to press. And, as always, you may remain anonymous! Please email inquiries and submissions to promises@oanewhampshire.org

What Condition is Your Toolbox In?

Join me for a look through mine to see what we can find!



- What is this, all covered in dust? My Big Book! I wondered where that went to!
- Hmmmm.....this food plan is certainly looking a little ragged around the edges. Wonder what I can do to neaten it up....
- What? My phone is out of order?! When was the last time it rang? When was the last time I picked it up?
- Gosh, there is my pencil sharpener! How long ago was it that I broke the tip off my pencil?
- A rusty old key, I sure hope someone has been getting to that meeting to unlock the door....
- Meeting list....yup, there’s my name, contact person. I really miss everyone, I think I will go tonight!
- Now who’s phone number is this? It seems really familiar. Could it be.....My Sponsor!?
- Hmmmm...I see a whole lot of other stuff here that really isn’t mine. Things given to me by others who have trusted that I will just hold it for them with care. If I leave it here, it will stay here. Time to go look over my great finds!

