



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

Visit www.oanewhampshire.org
for information on all events.

2/25/12	Brockton MA	UNITY DAY
10/26/12 –	Ottawa ON, CA	OA Region 6
10/28/12		Convention

NHI Annual Winter Retreat

“Living In the Spirit of the Twelve Steps”

Friday, Jan 13 2012 – Sunday Jan 15 2012

More information available at
<http://www.oanewhampshire.org>



Sanity Exchange (originally printed in Lifeline)

Whenever I'm tempted to overeat, I take out a checklist I drew up to see how willing I am to trade what I have for what I'd probably get. Here it is:

In exchange for taking that first compulsive bite, I agree to take a chance that I will:

1. Chase food endlessly right up to bedtime.
2. Feel ugly, act ugly, look ugly.
3. Gain weight that will be twice as hard to remove later.
4. Feel heavy, old, sluggish and short of breath all day and night.

5. Be unable and unwilling to exercise.
6. Carry the monkey on my back every single minute of this day.
7. Feel silently defensive, or even hostile, toward every person I meet.
8. Realize, too late, that no food, *no amount* of food ever solved a single problem for me.
9. Think with self loathing of my friends in OA who are working hard to make it through this day; who really care about me and the decision I made here today.
10. Waste this precious day; trash my miracle, my gift of abstinence.
11. Wrap myself in a guilt quilt and have a self-pity party.
12. Quit working the program, avoid phone calls, skip meetings.
13. Risk a full blown relapse and the loss of all that I've been given in this program.

I call this my “Free to Choose” list. It works like nothing else ever has.

-G.H. Loomis, California

NHI monthly meetings are held the first Sunday of the month at 2 p.m. preceded by a Tradition meeting at 1 p.m. at the NHTI Campus in Concord Room 225 in the Student Center. The next meeting is February 5, 2012. Visitors are always welcome. For more information please contact:

P.O. Box 1363 Derry, NH 03038

24 hour answering service: 603.434.7578 or
Toll Free @ 1-800-201-8720

This newsletter is made possible through your generous donations. Thank you for carrying the message.

OA Groups and NHI need your support.

From Twelfth-Step Within

*How do you understand
the term “slip”?*

*How do you understand
the term “relapse”?*

Would you be willing to read and respond to three questions a month from “Been Slipping and Sliding” found on pages 20-23 of our Twelfth Step Within Handbook? This article can also be found on our website www.oanewhampshire.org under TSW or your NHI Rep can give you a copy. Here are questions 13, 14, and 15 for this month.

13. The words, “But all this self-knowledge could not stop me from eating compulsively” are at the top of page 67 in OAI. Also read pages 23-27 of Step Three in the OA 12 & 12. I will write about the truth of this statement in my own life: Self-knowledge and knowing the consequences were not enough to prevent my compulsive eating behavior.”
14. Read the entry for January 13th in For Today. How do I understand the term “relapse”? How do I understand the term “slip”? How do I think they are different from each other?
15. Read the story “Alive and Well and Living in the Real World,” OAI pp. 64-71. Note this passage: “No amount of willpower was sufficient

to stop me from eating when the craving arose.”(p. 67). What does my last eating binge tell me about my powerlessness against that first compulsive bite?



Twelfth Step Within Day

Two New Hampshire meetings celebrated World Service’s third annual Twelfth Step Within Day during the week of December 4th 2011, prior to the official December 12th date. Both meetings used the day to reach out to those who still suffer in the fellowship, to think about what keeps our members “coming back”, and to provide an opportunity for members to strengthen their own recovery. The following comments concerning “slips” were shared at these meetings:

- A slip can lead to stumbling, and then a fall, and then a relapse.
- If you do slip and fall, fall face up so you know what direction to go - towards your Higher Power.
- A slip can indicate that a specific food needs to be eliminated.
- A slip needs to be approached with honesty physically, emotionally, and spiritually.
- If your abstinence is shaky, remind yourself of your back-to-back perseverance.
- “Your day is not ‘shot’ [with a slip] until you shoot it”.

