



*A monthly newsletter published and distributed by New Hampshire Intergroup.*

## COMING EVENTS...

Visit [www.oanewhampshire.org](http://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



## The Voices of My Recovery

A friend brought me to an OA meeting 25 years ago. I'd made myself ill eating nothing but Halloween junk and diet soda for three weeks. I was obese and struggling with arthritis. In OA I lost 60 lbs. and worked the steps. Then I relapsed for five long years. When I returned, my sponsor spoke those first warm words—"Welcome home!" That was eight recovering years ago – years of sharing and praying.

This morning at my home meeting, I listened to each OA member read one tool and shared on it. After the break, we heard a speaker with years of strong recovery. I thought about the many voices that had broken through the isolation created by my fears and food addiction. My mind whispered, "voices... voices..." And I started to write.

There are the distant voices doing service at Intergroup, Region and World Service meetings. Although I can't hear them, I am grateful to them for helping to strengthen my program. In the car, I

listen to OA convention CD's from my group's lending library. I learn from people I have not met. In the hospital I used phone meetings and heard fellowship among strangers worldwide. All these have given me strength and hope.

Last week I received a "We Care" call from a friend who had put her hand in mine at a meeting. The Creator sent her gentle voice when I needed it most. This morning a sponsee called. I listened to her tense voice became calm and steady as took her problem through the 12 steps. I can hear her growing in OA. Later, I called my sponsor. I tried to remain open to her gentle suggestions. I love it when my sponsor says, "More will be revealed." We are sisters in OA.

I am privileged to be one of the contact people on the OA NH meeting list. I listen to the voices of many newcomers – full of embarrassment, fear and hope. I whisper a prayer to the Creator and am given the words they need to hear. I thank each newcomer the call and for keeping me abstinent while we talked. Their words of pain used to be my words. I am a grateful, recovering food addict, and I *must* remember what I was like before OA. My life depends on it.

I love sunrise each morning, and in my voice I sing the Serenity Prayer.

A.M. Derry NH

Please consider sharing your gift of recovery by sending your writing to the Promises Editor. Please email [leslie.zobel@live.com](mailto:leslie.zobel@live.com). Sponsors, encourage your sponsees to share their writing! Look back in your journals, when surfing the OA web, if you find something that moves you, when you hear something in a meeting, share it! All articles welcome!



## From Twelfth-Step Within

*Do you use each of OA's nine tools of recovery?*

*How frequently do you use the tools?*

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](http://www.oanewhampshire.org) under TSW or your NHI Rep can give you a copy. Here are questions 16, 17, and 18 for this month.

16. In addition to reading Step One in the OA 12&12, also read the entries for March 17<sup>th</sup>, March 24<sup>th</sup> and April 5<sup>th</sup> in *For Today*. How willing am I to admit that I am powerless over food and that my life is unmanageable?

17. Read the OA pamphlet *The Tools Of Recovery*. How do I use each of the OA tools of recovery? How frequently do I use them?

18. Read the February 21<sup>st</sup> and July 6<sup>th</sup> selections of *For Today*. What will I do to stop thinking and speaking negatively about myself? How will I replace such self-defeating thinking?

### Donations for January 2012

49151 Bedford, Wednesday 5:30pm	\$219.05
47647 Concord, Monday 5:30pm	\$75.17
36151 Concord, Sunday 1pm,	\$7.00
22474 Hopkinton Thurs eve	\$35.75
24472 Derry Sat morn	\$25.98
47666 Keene, Tuesday 4:45pm	\$180.00
27140 Lebanon, Saturday 11am	\$288.00
49532 Manchester, Tuesday 5:30pm	\$346.45
51426 Nashua, Thursday 6:30am	\$20.00
35286 Nashua, Tuesday 5:30pm	\$135.00
46277 Peterborough, Sunday 6:30pm	\$120.00

**Total** **\$1,452.40**

Thank you! Thank you!

*Your donations support the many services provided by NH Intergroup to members, including meeting lists, the Promises, and insurance coverage for meetings. Come to a NH Intergroup meeting and witness your donations in action. Thank you for your generous support of NH Intergroup and our services.*



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 March 4, 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**