



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.

5/12/12	Nashua NH	Spring Sharathon
6/1/12 – 6/3/12	Wareham MA	Metrowest Intergroup retreat
10/26/12 – 10/28/12	Ottawa ON, CA	OA Region 6 Convention



## Heard at a Conference...

A member (Patricia D) who moved the South Carolina recently attended the SOAR conference in North Carolina. She sent these tidbits heard at the conference:

- Those that know better than you are a power greater than you.
- Be careful of the Bermuda triangle: the chair, the refrigerator and the television!
- You have nowhere to go but to God.
- On days when I'm making a lot of withdrawals of energy, I need to make deposits of joy and fun.
- Keep time free for who and what you really value.
- My disease is fatal – if I don't tend to it, I will die.
- Vision without action is still only a dream.

- Face your stuff or you are going to stuff your face.
- There is no such thing as 'imperfect abstinence' – either you are abstinent or you aren't!
- When I'm not abstinent, I'm dangerous to everybody - not just myself.
- I weigh my food so I don't need to weigh myself.



For the past few days I have been reading OA literature – all I could get my hands on – and this has guided me back to sanity. God does speak to us, if we listen. In each piece I read, I found something I could pull out and hang onto.

I have come to understand that hanging on is the important thing; we fail only when we stop trying\*. For each of us, there are hills to scale and valleys to pass through in this program, and in life. But we are not alone. H.P. can and will handle all problems, and show us what we need.

From "Lifeline", September 1983

\*Editor's emphasis

## Donations for February 2012

45144 Derry, Tuesday 7:00pm	\$27.60
47049 Amherst, Saturday 7:30am	\$66.40
46164 Manchester, Monday 5:15pm	\$29.76
50231 Peterborough, Tuesday 6:00pm	\$60.00
<b>Total</b>	<b>\$183.76</b>

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.***

## From Twelfth-Step Within

*Are you willing to believe  
in a Higher Power?*

*How can you cultivate an effective  
relationship with such a Higher Power?*

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 22, 23 and 24 for this month.

22. Read Step Two in the OA 12&12, paying special attention to the paragraph that starts near the bottom of page 14 and continues to the top of page 15, ending with “which could

restore us to sanity.” Am I willing to believe in a Higher Power that would give me the comfort and security I am seeking when I turn to food? How do I cultivate an effective relationship with such a Higher Power?

23. Read pages 60-61 of the story “It’s Elementary” in OAIL. How can I recognize when my intuition and my Higher Power are giving me messages? In what ways can I “listen” to those messages by writing about them and applying them in my new way of life?
24. Read Step Three in the OA 12&12. What are my Higher Power’s intentions for me regarding food and the other aspects of my life? How can I bring my will into line with my Higher Power’s will?

  
**P**lease 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!

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 May 6, 2012. Visitors are always welcome. For more information please contact:

***P.O. Box 1363 Derry, NH 03038***

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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**