



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

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

12/12/12	Everywhere!	International Twelfth Step Within Day
1/11/13 – 1/13/13	Greenfield, NH	NHI Annual Retreat
8/29/13 – 9/1/13	Cleveland, OH	OA World Service Convention



Gratitude from A to Z

I am grateful to God for...

Abstinence	Nice people
Books	Open-mindedness
Caring people	Peace
Dear grandchildren	Quiet
Energy	Rest
Faith	Self-love
Gratitude	Truth
Honesty	Unity
Ideas	Victory
Joy	Water
Kind people	Xylophone sound
Love of God,	You
Money to pay bills	Zeal

Diane P. from N.H.

THE TWELVE STEPS TO A BETTER HOLIDAY SEASON *(from Nov. 2007 Lifeline)*

1. We admitted the holiday season has a deeper meaning that devouring food.
2. We came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.
3. We came to believe our Higher Power could help us appreciate the joyfulness of the season as we understand it.
4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.
5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.
6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.
7. We humbly asked Him to remove our desire to partake of holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.
12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

From Twelfth-Step Within

*Together We Can Do What We
Could Never Do Alone*

No member is immune to relapse or to quitting OA. OA provides an “insurance policy” against both possibilities, which you can get from your Intergroup rep or from <http://www.oa.org/pdfs/recoveryinspolicy.pdf>. If this agreement could be helpful for you, fill out your name and other information as the “I” on one side of the form and have another OA member complete the other half. Cut the forms apart and exchange sides. Place the agreement in a prominent spot to remind you of your commitment to recovery and service. This Recovery Insurance Policy is no guarantee of recovery, but it may keep you from leaving OA before the miracle happens. And remember to **KEEP COMING BACK NO MATTER WHAT!**



Please consider sharing your gift of recovery by sending your writing to the Promises Editor. Please email 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!

“Twelfth Step Within Day”

Last year, two New Hampshire meetings celebrated World Service’s third annual Twelfth Step Within Day during the week of December 4th, 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 “what constitutes a strong meeting” were shared at these meetings:

- Members feel accepted no matter where they may find themselves in their abstinence
- Members feel welcomed
- Members do service and encourage service at the Group and Intergroup level
- Members hear the Tools as written and adopted by in World Service
- The Twelve Traditions are read and reinforced at the meeting
- The meeting is connected to its Intergroup and World Service

International Twelfth Step Within Day

December 12 (12/12/12!) is OA’s International Twelfth Step Within Day. Its purpose is to encourage OA members, groups, and service bodies **to reach out to those in the Fellowship who are still suffering from compulsive eating behaviors.** Please refer to the Twelve Step Within Handbook for specific ideas for what members, groups and service bodies can do.