



*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.

1/11/13 – 1/13/13	Greenfield, NH	<b>NHI Annual Retreat</b>
2/13/2013	Beverly, MA	<b>Unity Day</b>
8/29/13 – 9/1/13	Cleveland, OH	<b>OA World Service Convention</b>



## From an OA Journal

Today, as I live into my 74<sup>th</sup> year of life, I am understanding and experiencing fearlessness. I am beginning to believe and affirm that there is no authority over me except my Creator's and those to whom my Creator places in my life for guidance and direction... a kind authority to which I can willingly surrender, because it has my best interest in mind with the purpose of encouraging me to grow in love and acceptance of myself.

Fear-based experiences where I felt dominated, manipulated, cajoled and forced to comply by threats or punishments left me defensive, angry and insecure.

As a small child, adolescent and young, married woman, wife and mother, my self-protection became defiance. I became outwardly compliant but inwardly rebellious. My powerlessness over unhappy situations was frightening. To comfort and console my loneliness, isolation and vulnerability I used food – the one thing I could give myself which was readily available, and which I also ate sneakily because I felt guilty and ashamed of

my powerlessness over poor self esteem, my eventual weight gain and what I judged myself to be weakness, failures, flaws and inner worthlessness.

What began as shyness and insecurity in my early years developed into self hate, self consciousness and incessant self criticism. With every passing year, with every failed diet, every gained or regained pound on my 5' 3" frame, I became more and more obsessed with my fading looks, my desire to be admired, to be famous, to matter, and to be perfect. I heard it said at a meeting, which mirrored my obsessive/compulsive attitude and outlook on myself, others and life in general: I am an egomaniac with an insecurity complex.

I lived with internal pain that was truly hell – an un-abating suffering which suffused my every waking hour. The highs were enjoyable, but somewhere deep in my battered soul I "knew" I didn't deserve to feel good and it wouldn't last. The lows were proof to my insatiable self-absorbed ego of how "right" I was that life sucks, people can't be trusted and I was a victim.

I have been truly emotionally, physically, mentally and spiritually sick. It doesn't matter anymore that some might call what I'm writing exaggerated. They haven't lived in this mind for 74 years!

I've been saved by slowly discovering I've been insane, and in the company of fellow compulsives I've been given a new lease in life! How? By participating in a fellowship, utilizing tools to reach out to fellow members, 12 simple steps to read study and apply to my own ways of being and behaving, plus 12 traditions to learn and apply in relating to others. A simple program of recovering from compulsive eating

has brought me to a fuller, simpler and very satisfying and usually serene way of life.

There are no words to describe the depth of my gratitude to my Creator and those I've met since I've returned to OA. May the blessings and promises of this program touch and deepen all who follow its suggestions.

—Anonymous, NH



## “Twelfth Step Within Day”

The Derry Saturday meeting celebrated World Service's fourth annual Twelfth Step Within Day on December 8<sup>th</sup> prior to the official December 12<sup>th</sup> date. The meeting 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.

This meeting used a series of questions for discussion, followed by open sharing, and meditation. Here are some of the comments that were shared at the meeting; please keep looking in upcoming Promises for more themes and thoughts.

**Theme #1 – Sponsorship: why is it important to sponsor, how do I know when I am ready to sponsor.**

- Sponsorship helps to strengthen the sponsor's recovery
- Sponsors get to hear how sponsees work through the highs-and-lows of daily living
- Sponsors get to see and witness the recovery of others

- Sponsors do what they can and move on and search for the next struggling member (c.f. *Big Book, page 96*)
- How do I know I am ready to sponsor? Your sponsor will tell you to!

## From Twelfth-Step Within

### *Is Your Twelfth Step Within Service Safe and Caring?*

Everyone needs a safe and caring environment to achieve progress in recovery. The following are suggested ways for individuals to support members.

- Contact members you have stopped seeing at meetings.
- Share your experience in using the program to come through relapse and return to recovery.
- Offer to take someone who may be isolating to a meeting.
- Offer encouragement to members you know to be struggling with food or Step work.



**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!