



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.

2/13/2013	Beverly, MA	Unity Day
8/29/13 – 9/1/13	Cleveland, OH	OA World Service Convention

## Unity Day



**Saturday, February 23rd, 2013**

**1 p.m. to 4 p.m.**

**Beverly Hospital**

**85 Herrick St., Beverly MA**

For info: Char 978-273-2093 or Gloria 978-  
500-3290

**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!

*Lifeline, OA's international magazine, serves as an indispensable "meeting-on-the-go." Lifeline is available in two versions: printed magazine and an electronic online magazine, called e-Lifeline. To purchase, see your group Lifeline representative or go online at [www.oa.org](http://www.oa.org)*

## Any Given Friday

Here it is Friday night and I've had a loonng week. All I want to do is go home to my husband, dog and cat, have an abstinent supper and relax for the night. UGHHHH... wait, I have to go to the Salem, NH Friday night OA meeting after I get out of work.....oh wait, I don't HAVE to go, I WANT to go to my meeting!

A few months ago, I started attending that meeting after a long absence from it and I'm so grateful the meeting is still there. Because the meeting is at 5:30, it's a perfect time – I can get to Kelley Library after work, with a little time left to help set up the literature table and make sure the **Welcome to Overeaters Anonymous** sign is on the door to our comfy, handicap accessible room. The one hour meeting is just right for us to read from the FOR TODAY daily reader and for us to share on it and/or on one of the Tools of Recovery. I read daily from my FOR TODAY but I get so much more out of the reading by hearing others share their experience, strength and hope.

A member has done great service to the community by listing the meeting in our local newspapers, and so we often have newcomers. We read "Our Invitation to You" as part of our format. The very last line "**You are not alone. Welcome to Overeaters Anonymous, welcome home.**" still brings me great comfort and reminds me of where I belong.

Won't you join us at a meeting in the near future? It's a great way to prepare for the "hard to handle highs and lows" that often accompany the upcoming weekend and to proclaim that "**TOGETHER WE CAN.**" See you there!!!

Lisa D.

## From Twelfth-Step Within

### *How Do You Treat Newcomers And Those in Relapse?*

Newcomers and those in relapse are particularly vulnerable, and they need us to talk to them with the utmost sensitivity. The following are suggested ways for individuals to support their members.

- Let struggling members know about retreats and workshops in your area.
- Hold a workshop about recovery from relapse (See Appendix B in the Twelfth Step Within Handbook for Recovery from Relapse workshop format)
- Do not be afraid to ask someone how his or her food is.
- Give your telephone number to those who may need it.

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## “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> 2012 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.

## Donations for August- December 2012

Bedford, Monday 6:30pm, 00947	\$28.83
Concord, Sunday 1pm, 36151	\$8.00
Concord, Monday 5:30pm, 36151	\$134.01
Derry, Thursday 10am, 40908	\$25.00
Hollis, Sunday 5pm, 46146	\$35.00
Hopkinton, Thursday 7pm, 22474	\$61.00
Lebanon, Tuesday 5:30pm, 45936	\$138.00
Manchester, Tuesday 5:30pm, 49532	\$278.37
Nashua, Monday 7pm 40655	\$27.02
Nashua, Tuesday 5:30pm 35286	\$100.00
Nashua, Thursday 6:30am 51426	\$30.00
Nashua, Friday 6pm 51371	\$30.00
Nashua, Saturday 8:30am, 30600	\$223.97
NHI, Sunday 2pm, 09190	\$51.00
Wilder VT, Wednesday 8:30am, 50535	\$50.00

**Total** **\$1719.11**

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.***

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Here are some of the comments on the theme “hope” that were shared at the meeting:

- The message of hope is ‘there is help available in Meetings’
- There is hope in the Twelve Steps
- ‘I am the only copy of the Big Book another member may ever see or will ever know’
- Our disease is only ‘seemingly hopeless’ per the Big Book; it may seem hopeless, but it is not (*Big Book, page xiii*)
- The letters in HOPE can stand for the *Healing Of Painful Emotions*