



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

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

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| 9/15/13 | Bedford, NH | A Workshop for Sponsors, Sponsors-to- be, and Sponsees |
| 1/10-1/12, 2014 | Greenfield, NH | 2014 NHI Annual Retreat |



NHI is planning to hold a Sponsorship Workshop at Camp Allen in Bedford, NH on the afternoon of September 15, 2013. We are looking for volunteers to do service before, during, and after the event. Please contact jill@insulators.info if you are willing to help out!

The Process At Work

I went to the January retreat in 2011. The focus was the Big Book Step study process. I had heard about it before and after the retreat decided that the process was what I needed to help my recovery. Two years ago I embarked on the process.

I am writing this because of the experience I had this week. I was doing some rewriting of my fears while reading my 5th step and the last thing I wrote absolutely amazed me:

"My fear - I will never be able to trust and rely on God.

Did I have this fear because self-reliance failed me - yes.

What did/do I do in response to this fear - worry, blame others, beat myself up, don't bother God for my small problems, expect God to fix me while I eat.

What could I do instead - trust and rely on God.

How would things look differently - I would turn to god, allow God to provide, let go of control, to the next right thing, live in the present and feel (be) accepting, grateful, relaxed, loved, loving toward myself and others and be at peace."

I realized that if I only could only let go of control and TRUST AND RELY ON GOD, one day at a time, life would be infinitely better.

Barbara G.

From Twelfth Step Within

Sponsoring: A Privilege And a Responsibility

A sponsor is someone who is committed to abstinence and is working the Twelve Steps and Twelve Traditions of Overeaters Anonymous. The primary purpose of a sponsor is to take other members through the Twelve Steps. Sponsorship is the epitome of Twelfth Step Within work. By sponsoring and encouraging others to sponsor, we deepen our understanding of the Steps, hence strengthening our own recovery. It is vital to the health of OA that members are willing to pass on in sponsorship what has been freely given to them. (The Twelfth Step Within Handbook pg. 5).

The following are a few quotes on sponsorship taken from Lifeline – January 2013 – July 2013.

- Abstinent sponsors are great models for abstinent sponsees.
- Service through sponsorship is one of the ways I thank my Higher Power for that gift.
- I need to carry this life-giving life-saving message to the next compulsive overeater.
- I learned that I had to give it back. Sponsorship, Twelfth Step Work, and my relationship with my God of my understanding keep me abstinent.



Updates from NHI PIPO

(Public Information and Public Outreach)

New and updated OA literature is often highlighted on the OA main website (www.oa.org). Keep your eyes out for the following:

- Reach Out To Health Care Professionals packet -- NHI has 50 copies and will distribute one to each group registered with NHI;
- Young Person's Packet;
- Voices Of Recovery Workbook download
- Sponsorship Kit.

Prices on PSA's (Public Service Announcements) for TV and Radio have been reduced to encourage more outreach. NHI purchased two copies of each PSA. We have contacted many TV stations, and WMUR, Channel 9, Manchester has accepted a copy of the PSA, and will try to air it.

- We will be reaching out to some of the many (over 100) radio stations in NH, to distribute the radio PSA.
- If you have a contact at a particular radio station, please share with your NHI rep.

For more information about PIPO, please talk to your NHI rep.

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!