



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

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

11/16/13	Everywhere!	IDEA Day (International Day of Experiencing Abstinence)
1/10-1/12, 2014	Greenfield, NH	2014 NHI Annual Retreat



Weeding and Serenity

As I was weeding around my rosebush on a very warm July Saturday, I noticed that my neighbors, who had been working like crazy in their yard Saturday and early Sunday, were nowhere around. I kept weeding and then remembered that the husband had been spreading mulch around their rosebushes earlier in the day. Then I heard laughter from their back yard. Oh yes, I remember now. They have a large pool and on Sundays they spend the afternoon in it. Anger and resentment began to rise up in me.

OK, God, I know he was up hours before me and did his yard work before he went to church; I waited until after. But his work didn't take very long and I'm working so hard and sweating and getting really hot and my fingers are getting dirt under the nails... I realized that I was whining to God. So I stopped. Not good to act like a 2-year-old when I'm over 50. Back to weeding and keeping my mind open to God's will for me. Thought that weeding is kind of like doing my inventory. If I use the digger and trowel and get all the roots of the weeds, they will probably not grow back. If I just pull off the tops of the weeds, they'll be back within the week and I'll be back here next Sunday doing the same thing. And if I just cover them up with mulch, no one can see them, but they're still there... and growing. It takes longer to dig the weeds out than it does to cover them with mulch. Just like it takes longer, and can be painful, to do an inventory... to look at my life under a microscope. To examine what my part has been in all the "wrongs"

committed against me. To work this 12 step program of recovery is not easy; it's very much like digging out the weeds. It occurred to me while weeding that my neighbor's yard might look great to the world, but what's going on under the mulch? That is really none of my business. What is my business is that I can no longer hide my "weeds" under the mulch. Because when I do, I compulsively overeat. I need to bring them into the light of day, hold them up to the light, expose the roots to the sun, so that they can shrivel and die. So that I DON'T shrivel and die. This inventory/weeding process is NOT easy; most times, it's not comfortable. I can't believe some of the junk that's coming out. I can't believe some of the hard stuff I'm facing... fear and all. I've watched a very dear friend take over 2 years to write an extensive inventory. She has completed her 5th, 6th, and 7th steps now. I can visibly see a difference in her (and I don't mean her weight). She is so serene now. So calm. She's in a whole different place than I am. And I want to be where she is. So I will keep on weeding/writing, looking forward to the day that all the weeds/defects are dead and gone. And I'm that serene.

Beth M.

From Twelfth Step Within

The Principles of the 12 Steps

Step One – Honesty

Step 12 – Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

The Twelfth Step Within Committee will be taking this year to focus on these principles as they are listed and explained in the 12 and 12.

Our book *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* tells us what these principles are, honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness and service. This month we will focus on the principle of Step 1 - Honesty.

Step One – Honesty “In step one we learned the principle of honesty as we admitted our personal powerlessness over food, and the fact that without help we could not successfully manage our own lives. Now we will want to continue being honest with ourselves in all our affairs. One important way in which we practice honesty today is by admitting that we are still compulsive overeaters, that we still need daily help.”



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