

October 2014

# Promises

Issue 355



*A monthly newsletter published and distributed by New Hampshire Intergroup.*

*This newsletter is made possible by your generous contributions.*

*Please send submissions to "[oanhpromises@oanewhampshire.org](mailto:oanhpromises@oanewhampshire.org)"*

## COMING EVENTS...

Visit [www.oanewhampshire.org](http://www.oanewhampshire.org)  
for information on all events.

|                  |                   |                           |
|------------------|-------------------|---------------------------|
| 10/24 -<br>10/26 | Burlington,<br>MA | OA Region 6<br>Convention |
| 11/15            | Everywhere!       | IDEA Day                  |

*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).

## New Hampshire Intergroup

- October meeting: 10/5/2014, 2:00pm
- November meeting: 11/2 2014, 2:00pm  
New Hampshire Technical Institute  
Sweeney Hall, Room 317
- Website: [www.oanewhampshire.org](http://www.oanewhampshire.org)
- 24-hour answering service: 603-434-7578

## CHANGED WOMAN

I stand before you today.  
Not sure what I'm going to say.  
I'm a changed woman. HP has made sure of  
that.  
Yet at the end of every day, I still have on my  
"mommy hat."  
My circumstances haven't changed. The  
difference is how I cope.  
Now instead of having extra food, I have a little  
extra hope.  
My days are filled with program tools, not sugar  
and loads of fat.  
My day begins and ends with HP, instead of a  
snack.  
My friends no longer can be found in wrappers  
at the grocery store.  
They greet me every meeting when I walk  
through the door.  
The phone is not the enemy every time it rings.  
Now I look forward to the hope that call will  
bring.  
Food, my disease and life itself are not things I  
have to fear.  
Today what saves me from myself is knowing  
GOD is near.

Reprinted from *Lifeline*, August 2014

## From Twelfth Step Within

We are all familiar with the Promises in the Big Book which come after Step 9. They begin on page 83 with these words "If we are painstaking about this phase of our development" and end on page 84 with the words "They will always materialize if we work for them."

Did you know that there are promises listed throughout the Big Book for all twelve of the Steps? These promises are there for us to seek and find and apply in our lives as we progress in our recovery.

This year the Twelfth Step Within Committee would like to focus on these promises in the Big Book. Come have some fun with us and grow with us as we explore and look for these promises in the Big Book monthly. Next month we will be looking at the promises given to us in Step One in the Big Book. Can you find any? For example some promises that spoke to us personally in Step One are the following: pg. 17 – "Nearly all have recovered" and pg. 25 – "There is a solution." We hope you will take your own journey to discover your own personal promises. Perhaps you would like to write or share your findings with others in recovery.



## Reminder: Region 6 Convention Raffle Baskets



*If you, your OA meeting/group, or a few OA friends would like to do service for Region 6 and also satisfy a creative outlet, please consider donating a "raffle basket".*

*Use your creativity and imagination to put together some "stuff" that you might like to win yourself, or have a theme like Fall, NH, Holiday, Coffee, Relaxation, Tea, Movie night, Books (OA conference-approved literature only please), Men's, Children's... Let your imagination go! Use see-thru wrapping (cellophane, netting, etc.) around container with a card listing contents of the basket.*

*Bring baskets to the Convention on Friday, October 24 or Saturday, October 25. For more information, contact Beth M. ([grateful587@comcast.net](mailto:grateful587@comcast.net), 603-305-5838), or Peggie M. ([gramcloud@comcast.net](mailto:gramcloud@comcast.net), 603-490-6884). There is no need to let us know if you're bringing a raffle item; just bring it with you to the Convention. Our table will be in the lobby across from Convention Registration.*

**See you there!!**