



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"

COMING EVENTS...

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

12/12	Everywhere!	Twelfth Step Within Day
1/9/2015 - 1/11/2015	Greenfield, NH	NHI Annual Retreat
1/23/15 - 1/25/15	LAX Hilton, Los Angeles	OA 55th Birthday Celebration
10/23 - 10/25/2015	Hartford CT	2015 Region 6 Convention

Lifeline, OA's international magazine, serves as an indispensable "meeting-on-the-go." *Lifeline* is available in printed and electronic form. To purchase, see your group *Lifeline* representative or go online at www.oa.org.

New Hampshire Intergroup

- December meeting: 12/7 2014, 2:00pm
- January meeting: 1/4/2015, 2:00pm
New Hampshire Technical Institute
Sweeney Hall, Room 317
- Website: www.oanewhampshire.org
- 24-hour answering service: 603-434-7578

October 2014 donations

Date/time	WSO #	Amount
Amherst Saturday am	47049	\$85.20
Bedford Monday am	53394	\$67.29
Bedford Thursday am	51985	\$97.20
Bedford Wednesday pm	49151	\$536.82
Belmont Wednesday pm	49228	\$55.00
Bow Thursday pm	51587	\$171.00
Concord Monday pm	47647	\$36.66
Concord Sunday 1pm	36151	\$6.00
Hopkinton Tuesday pm	22474	\$52.00
Nashua Monday noon	40476	\$125.85
Nashua Tuesday pm	35286	\$23.70
NHI	9190	\$26.00
Total		\$1,282.72

Thank You

From Twelfth Step Within *Twelfth Step Within Day*

December 12 is OA's Twelfth Step Within Day. This is a day devoted to addressing the relapse, recovery and retention of those in our fellowship. We would like to invite both meetings and members to celebrate this day sometime during the month of December. Time can be set aside during a meeting, or an entire meeting can be devoted to Twelfth Step Within Day. Here are just a few suggestions, but see the Twelfth Step Within Handbook for more specific ideas.

- Call members you have stopped seeing at meetings.
- Call newcomers.
- Offer encouragement to members you know to be struggling with food or step work
- Invite speakers with experience in recovery from relapse to share.
- Change the meeting format to focus on recovery from relapse.
- Discuss ways to mark international Twelfth Step Within Day



The Ways and Means Committee is looking for crafters to make book covers for OA-approved literature. Recent sales of the covers at the OA convention in November have depleted the supply and more covers are needed! The goal is to make these covers in a variety of themes and colors. At this time, the priority will be the following covers: FOR TODAY, 12&12, VOICES OF RECOVERY, and BIG BOOK (soft cover).

26 things I can do instead of reaching for food

- A ADD by 3s in my head
- B Listen to BRUCE Springsteen
- C CALL an OA person
- D pet the DOG
- E write or respond to EMAILS
- F FILE my personal paperwork
- G ask GOD for help
- H ask someone for HELP
- I IDENTIFY my feelings
- J write in my JOURNAL
- K watch KITTEN videos on YouTube
- L LISTEN to music
- M MEDITATE
- N NAME as many dog breeds as I can
- O go OUTSIDE
- P PRAY
- Q QUESTION if I am really hungry or if something is bothering me
- R READ OA literature
- S SAY the SERENITY PRAYER
- T TALK to a friend
- U UPDATE my calendar
- V do a VISUALIZATION
- W go for a WALK
- X go through my Things to Do list and X out things I've already done
- Y look through my old YEARBOOKS
- Z Listen to Led ZEPPELIN



The committee would like to have a supply of these covers to offer at the January 9th NHI retreat. After the retreat, there are a number of upcoming events -- there cannot be too many covers, so the more the merrier.

If you would like to do service for this committee by participating as a crafter, helping in the booth, or donating fabric and accessories, please contact Effie S at estew1@verizon.net.