



A monthly newsletter published and distributed by New Hampshire Intergroup.

This newsletter is made possible by your generous contributions.

Please send submissions to "oaanhpromises@oanewhampshire.org"

COMING EVENTS...

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

4/24 - 4/26	Jeffersonville VT	A Weekend of Recovery
10/23 - 10/25	Hartford CT	2015 Region 6 Convention

Derry Saturday Meeting Celebrates Twelfth Step Within Day (continued)

How can I get and stay abstinent?

- Pray for willingness ... and maybe your Higher Power will drop someone in your life to guide you.
- Ask for help with developing your spiritual program:
- "What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God. A new life has been given us or, if you prefer, "a design for living" that really works." Big Book, page 28
- Work with a nutritionist to make sure your Plan of Eating is healthy
- Move your body - walking, exercise, etc.
- Express Gratitude for what you do have
- Make phone calls, and if it helps, reach out with simple text messages
- Find other ways to handle the ups-and-downs of everyday living - "We don't need the food to console or comfort us - we need the love that is available from the Fellowship."

January 2015 donations

Date/time	WSO #	Amount
Bedford Monday am	53394	\$49.80
Bedford Thursday am	51985	\$73.80
Bow Thursday	51587	\$127.00
Concord Sunday 1pm	36151	\$6.00
Concord Monday 5:30pm	47647	\$56.59
Hopkinton Tuesday 5:30pm	22474	64.00
Manchester Monday 5:15pm	46164	\$67.64
Nashua Monday noon	40476	\$72.30
Nashua Saturday 8:30am	30600	\$162.49
Nashua Thursday 5:30pm	52022	\$32.70
Nashua Thursday 6:30am	51426	\$15.60
Nashua Tuesday 5:30pm	35286	\$13.80
NHI	9190	\$31.00
PayPal test donations		\$7.00
Total		\$786.72

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

- March meeting: 3/8/2015, 2:00pm
 - April meeting: 4/12/2015, 2:00pm
- New Hampshire Technical Institute
Sweeney Hall, Room 317
- Website: www.oanewhampshire.org
 - 24-hour answering service: 603-434-7578

From Twelfth Step Within

Confused? You are not alone.

In the short time since I have assumed the chair service position of the Twelfth Step Within (TSW) committee, I have been asked many times to clarify what TSW means. It seems there is confusion about the "12." It is indeed the "12th" Step Within, and not the "12 steps." Practicing the 12th Step is the basis for this committee's service. "Within" simply means that our service is focused on current fellowship members, serving to retain members who may be in need.

The 12th Step reads:

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.

Because working the Twelfth Step requires no special qualifications, and it is integral to each member's continued recovery in OA, this committee will be open to all members of OA with no requirements to attend committee meetings.

Keep posted for the simple opportunities to carry out this wonderful service responsibility, no strings attached!

To contact this committee, email to: [oanhtsw@oanewhampshire.org](mailto: oanhtsw@oanewhampshire.org).

Diane L.
TSW Committee

Heard at 'Freedom Isn't Free: A Walk Through the Steps' Workshop, August 2014 (continued)

Steps 6 and 7 – Willingness and Humility

- We need to define a new way of thinking and acting/behaving so that we do not turn to the food
- We have to 'act our way into abstinence' and act our way into right thinking – as in new behaviors. This is how we change.
- We have to practice the new behaviors daily. If we don't change, nothing happens.
- Instead of practicing Controlling behavior ...
 - I will let go of the scripts I have written for the people in my life
 - I will not criticize their appearance
 - I will not impose 'shoulds, oughts, and musts' on them
 - I will pray for them and add them to my Powerless list [Acceptance prayer, Resentment prayer, Sick Man's prayer]
 - I will be grateful for what they have done
 - I will review my day to see if I have practiced the new behavior

(to be continued in later Promises)



Seen in Lifeline...

I don't know how I got where I am, or where I'm going; but my Higher Power does. So I'll trust God to guide me, and pray for the good sense to listen.

June, 1983