

# Promises

May 2016

Issue 373

A monthly newsletter published and distributed by New Hampshire Intergroup.  
This newsletter is made possible by your generous contributions.



## Lifeline...new website address

<https://oa.org/members/lifeline-magazine>

Save Online! Save \$10 by subscribing to e-Lifeline magazine. Instead of paying \$23 to receive Lifeline by mail, pay \$13 to view it online. E-Lifeline has everything found in the print version plus access to 10 issues of archives online. <https://oa.org/members/lifeline-magazine/subscribe>

## New Podcast Available



Visit [oa.org/oapodcasts/](http://oa.org/oapodcasts/) to listen to **dozens of inspiring podcasts** featuring OA members and their stories of experience, strength, and hope. Just posted is **the latest podcast** in the 2016 series on the theme "Service and My Recovery." This most recent installment is titled *All Together Now We Are Reaching Out Our Hands* and is **available now** to download or stream.

## Meeting List changes

Please forward any meeting information (New, Closed, changes, etc.) to the Promises Newsletter so the information can be included in the Promises Newsletter.

## WORD-FIND PUZZLE

E	S	P	E	D	G	T	R	O	P	N	R
G	N	I	T	E	E	M	W	U	O	O	A
A	B	V	U	T	H	L	W	A	W	I	R
J	R	L	S	E	R	V	I	C	E	T	S
S	L	I	P	X	C	A	C	G	R	A	P
R	T	F	A	M	E	N	D	S	L	T	E
E	N	E	T	A	T	C	E	N	E	I	T
T	A	L	G	I	X	R	P	H	S	D	S
W	R	I	T	I	N	G	O	Y	S	E	K
O	L	N	I	F	L	N	H	N	N	M	U
T	Y	E	T	S	E	I	U	U	S	T	K
O	U	E	I	S	S	L	O	O	T	F	E
O	F	I	T	C	O	U	R	A	G	E	E
L	R	Y	T	I	N	U	K	M	O	A	I
S	Z	F	C	S	P	O	N	S	O	R	N

- |            |         |
|------------|---------|
| LIFELINE   | UNITY   |
| STEPS      | SPONSOR |
| WRITING    | SERVICE |
| MEETING    | HOPE    |
| SLIP       | AMENDS  |
| HONESTY    | FEAR    |
| POWERLESS  | TOOLS   |
| MEDITATION | COURAGE |

## Solution on back of page

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## Instructions to submit article/content for the Promises Newsletter

Please email your submission to [oanhpromises@oanewhampshire.org](mailto:oanhpromises@oanewhampshire.org) with a subject line of

"Promises Submission" or submit it to the committee via USPS: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363. The deadline for submissions is the 20<sup>th</sup> of the month.

**PLEASE NOTE:** Articles included in the Promises are based on OAs' individual experiences. These personal stories are not representative of NHI or OA as a whole.



Twelve Steps to Freedom  
 Sponsored by North Shore Intergroup  
 June 25, 9am - 4pm  
 Norte Dame Spirituality Center, Ipswich, MA  
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**NH Intergroup Meeting**

June 5th @ 2PM  
 Concord, NH

Details: OANewHampshire.org

**2016 World Service Convention**

Recovery: The Trail to Freedom  
 September 1st – 4<sup>th</sup> Boston, MA

[www.oa.org/world-service-events/world-service-convention](http://www.oa.org/world-service-events/world-service-convention)

The downloadable registration form, banquet menu and lots of additional information are on the OA Convention page

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**Must's, Essential's and Have To's from the 12 Steps & 12 Traditions book (cont'd from April Promises.....)**

**Step Five**

...we **have to** outgrow our doubts. – page 50

If we are to recover, we **must** learn to trust other people and entrust our lives to a Power greater than ourselves. – page 50

**Step Eight**

We have learned that a complete willingness to make amends to ourselves and to forgive ourselves for past mistakes has been **essential** to our recovery. – page 69

Now we **must** become willing to make amends to each person on our list. – page 70

...forgiveness is obviously **essential** to completing step eight... – page 71

**Step Nine**

...we **must** let go of any expectations we may have of how the other people will receive us. – page 76

If we are to be restored to right relations with others, we **must** do whatever we can to square things with the people we have harmed. – page 80

**Step Ten**

...we will **have to** repeat, day after day, the actions that have already brought us so much healing. – page 83

**Step Eleven**

We **have to** take action. – page 92

For many of us a regular daily quiet time for prayer and meditation is **essential**... – page 92

Such freedom is an **essential** factor in the healing process because recovery is based on the practice of honesty with ourselves and our Higher Power. – page 94

Contributed by 2 OA members from the Derry group

**2016 March Donations**

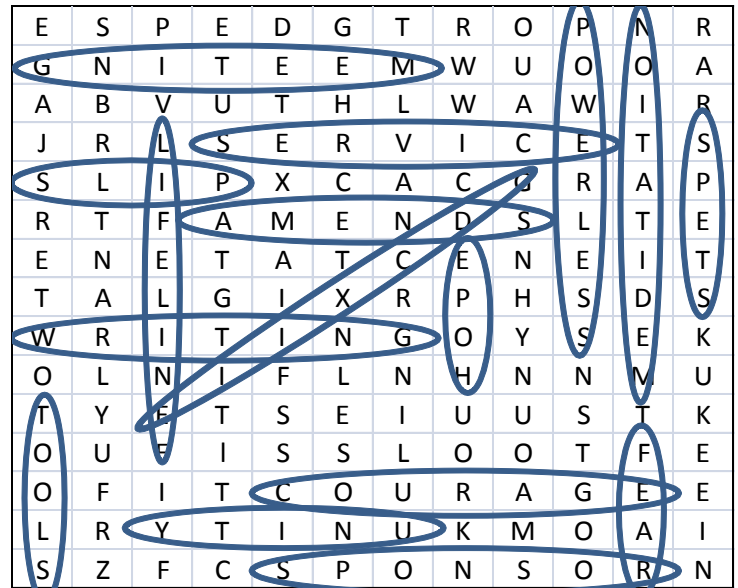
7<sup>TH</sup> TRADITION DONATIONS

Group Name & Number	Amount
Claremont, Sat 3:00 pm (54133) .....	\$43.10
Derry, Thu 10:00 am (40908) .....	\$50.00
Hollis, Sun 5:00 pm (46146) .....	\$50.00
NHI Business Meeting (09190) .....	\$29.00
<b>Total Donations...</b> .....	<b>\$190.10</b>

*\* PLEASE NOTE \**

1. NHI transfers 36% of meeting donations to the Delegates Fund for reimbursement of delegate expenses attending the Region 6 and WSO Business Meetings. \$68.44 was transferred for March.
2. NHI donates 5.5% of meeting donations to WSO. \$10.46 was donated for March.  
 NHI also donates \$75 per quarter to Region 6.

**WORD-FIND PUZZLE SOLUTION**



**The OA Promise**

*I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.*