



A monthly newsletter published and distributed by New Hampshire Intergroup.

## COMING EVENTS...

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

5/12/12	Nashua NH	Spring Sharathon
6/1/12 – 6/3/12	Wareham MA	Metrowest Intergroup retreat
10/26/12 – 10/28/12	Ottawa ON, CA	OA Region 6 Convention



## A Reflection

From "For Today," February 19:

"Back of tranquility lies conquered  
unhappiness. –David Grayson

"Be optimistic...look on the bright side.' I have often tried to follow that advice, but it seldom brought solutions to my problems. It is difficult to get in touch with feelings, hold them up and examine them in the light of sobriety and abstinence. But what a difference it makes! The great phantoms of misery vanish under such scrutiny, not because I've given them a coating of optimism, but because I worked my way through my unhappiness.

"I know that I cannot do it alone. I need this program, my fellow OA members, and my Higher Power with me every step of the way. Only with that help am I able

to deal with my difficulties and turn over what I cannot handle. Serenity is letting go and letting God.

"For today: Am I taking advantage of all the help OA offers in trying to get at the root of my unhappiness? Many choices are open to me: I can ask someone to sponsor me, go to a meeting, write an inventory or take steps five through nine."

I have found that taking my unhappiness's and putting them up to the light only clearly identifies that which "I am allowing" to make me unhappy. In the past I was disappointed when shining that light on my problems did not yield solutions. Today I understand that this process simply allows me to see what is defining my present unhappiness, and it simply provides me the opportunity to change that definition. Ours is a spiritual program of recovery. I place the person, place or thing in my God (HP) hands and go on to do the next right thing in my day. The result is that I free up the ability to find happiness in what is, rather than what isn't.

Recovering a Day at a Time in NH



## Donations for February 2012

00947 Bedford, Monday 6:30pm	\$37.35
47049 Amherst, Saturday 7:30am	\$140.00
30600 Nashua, Saturday 8:30am	\$101.47
<b>Total</b>	<b>\$278.82</b>

Thank you! Thank you!

*Your donations support the many services provided by NH Intergroup to members, including meeting lists, the Promises, and insurance coverage for meetings. Come to a NH Intergroup meeting and witness your donations in action. Thank you for your generous support of NH Intergroup and our services.*

## From Twelfth-Step Within

*Are you willing to give up reasons and excuses for eating compulsively?*

*In what ways are you willing to believe that you must change?*

Would you be willing to read and respond to three questions a month from “Been Slipping and Sliding” found on pages 20-23 of our Twelfth Step Within Handbook? This article can also be found on our website [www.oanewhampshire.org](http://www.oanewhampshire.org) under TSW or your NHI Rep can give you a copy. Here are questions 19, 20 and 21 for this month.

19. Read the May 16<sup>th</sup> entry in For Today. Read the story “Journey through Deception” in OAll. How will I give up reasons and excuses for eating compulsively and for not embracing the solution offered in Overeaters Anonymous?
20. In OAll read the story, “Abstinence, Not Perfection,” starting on page 47 with

“Things are now immensely better with my family” .....through “Things steadily changed,” on page 48. In what ways am I willing to believe that I must change or I will not recover?

21. Read the story, “The Atheist Who Made a Zif, “ in OAll, then read Step Two in For Today. Willingness to pray is open-mindedness to the experiment of praying, rather than a conviction that prayer will “work.” How do I gain the needed willingness to pray for the willingness to work the OA program? When I have trouble being willing to pray, how can I not worry about whether I “really mean it” and have patience with myself and my practice of the program?

NHI monthly meetings are held the first Sunday of the month at 2 p.m. preceded by a Tradition meeting at 1 p.m. at the NHTI Campus in Concord Room 225 in the Student Center. The next meeting is April 1, 2012. Visitors are always welcome. For more information please contact:


*P.O. Box 1363 Derry, NH 03038*

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Toll Free @ 1-800-201-8720

*This newsletter is made possible through your generous donations. Thank you for carrying the message.*

**OA Groups and NHI need your support**

  
**P**lease consider sharing your gift of recovery by sending your writing to the Promises Editor. Please email [leslie.zobel@live.com](mailto:leslie.zobel@live.com). Sponsors, encourage your spons.....ees 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!