



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

Visit 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
6/16/12	Ipswich MA	One-day retreat
10/26/12 – 10/28/12	Ottawa ON, CA	OA Region 6 Convention



Heard at the Sharathon...

The following quotations were heard at the NHI 'Spring Sharathon, which took place on May 12 in Nashua:

- For many of us, we had to 'stop trying' program and start doing.
- If you keep trying program, you just become a *trying* person.
- Maintenance stuff... There is no rush or hit from staying the same. Have to be willing to study the Steps.
- The Steps teach us how to live with our addiction (compulsive eating). The Traditions teach us how to live with each other.
- Working program protects us from relapse.
- We do nothing alone in this program except *eat*.
- Beware of the 'I'll show them' by eating over people, places, things, and situations.
- If a person's Big Book or Step book is beat up, then the person is not.

- When you are in the food, you do not see the fears and resentments you are eating over.
- Another take on the resentment prayer: pray for the person until you forget about them or the resentment.
- We need to trust and rely on God instead of trusting and relying on people, places, things, and situations.



Donations for April/May 2012

Bedford, Thursday 9:30am, 51985	\$36.60
Belmont, Wednesday 5:30pm, 49228	\$60.00
Concord, Monday 5:30pm, 47647	\$78.00
Derry, Thursday 10am, 40908	\$58.00
Hollis, Sunday 5pm, 46146	\$70.00
Manchester, Tuesday 5:30pm, 49532	148.29
Nashua, Friday 6pm, 51371	\$50.00
Nashua, Monday Noon, 40476	\$99.00
Nashua, Saturday 8:30am, 30600	\$135.85
Nashua, Thursday 5:30pm, 52022	\$87.00
Nashua, Thursday 6:30am, 51426	\$35.00
Nashua, Tuesday 5:30pm, 35286	\$57.00

Total **\$914.74**

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

*Where are YOU with
Steps 1, 2, and 3?*

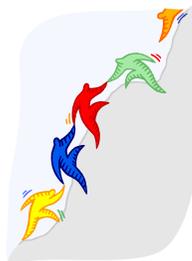
*Are YOU working the steps
of overeaters anonymous?*

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 under TSW or your NHI Rep can give you a copy. Here are questions 25, 26 and 27 for this month.

25. Read “Saying Yes to Life,” which starts on page 101 of OAIL, and January 31st in For Today. How will I commit myself to the life that my Higher Power is giving me and to practice the tools and work the Steps of Overeaters Anonymous?
26. Read the July 22nd entry in For Today and read the first three paragraphs of Step Ten in the OA 12 & 12. How do I feel about the idea that freedom from food obsession is contingent upon the daily practice (repetition, repetition, repetition without exception) of surrender to “whatever it takes”?
27. Do I agree that spiritual dependence is the only means of escaping from the destruction of compulsive eating? What is called for in this question is moving

into Step Three. Read the story “Alive and Well and Living in the Real World” in OAIL, and then read the first two paragraphs of Step Three in the OA 12 & 12. Am I ready to agree? Let me write down where I am honestly, with Steps One, Two and Three.

Consider Doing Service



June often tends to be the month where service positions turn over.

“Carrying the message to the compulsive

overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery.

“...As OA’s responsibility pledge states: ‘Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible.’”

oa.org

Consider taking on a service position at the next level. As you will often hear at meetings: Service is slimming!

Please consider sharing your gift of recovery by sending your writing to the Promises Editor. Please email leslie.zobel@live.com. Sponsors, encourage your sponsees 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!