



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.

10/26/12 –  
10/28/12

Ottawa, ON  
Canada



**OA Region 6  
Convention  
Recovery: A  
Capital  
Idea!**

## Heard at a Meeting...

- "Without a plan, I am like a train without a track."
- "There are no rules in OA, so we can be as sick as we want to be."

## Suggestions for meetings:

- Focus on abstinence and recovery rather than the disease
- Remind people that recovery needs to be on all 3 levels - physical, emotional, and spiritual
- Call for people to raise hands that they are eligible to sponsor
- Give credit to the Program
- Some newcomers need to hear that members have lost specific amount of weight in a certain amount of time and kept it off for a number of years. Some need that information to know there is hope for them.



**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 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!

## Donations for June/July 2012

Amherst, Saturday 7:30 am, 47049	\$91.38
Bedford, Monday 6:30 pm, 00947	\$162.60
Bedford, Thursday 9:30 am, 51985	\$137.00
Bow, Thursday 5:30 pm, 51587	\$240.00
Concord, Sunday 1pm, 36151	\$4.00
Concord, Monday 5:30 pm, 47647	\$74.22
Derry, Tuesday 7pm, 45144	\$54.00
Derry, Thursday 10am, 40908	\$145.00
Goffstown, Friday 5:30 pm, 51424	\$205.00
Hollis, Sunday 5pm, 46146	\$25.00
Lebanon, Sunday 8 am, 51079	\$224.55
Lebanon, Tuesday 5:30 pm, 45936	\$45.00
Manchester, Monday 5:15 pm, 46164	\$34.80
Nashua, Monday Noon, 40476	\$62.41
Nashua, Monday 7pm, 40655	\$45.78
Nashua, Tuesday 5:30 pm, 35286	\$100.00
Nashua, Thursday 5:30 pm, 52022	\$105.00
Nashua, Saturday 8:30 am, 30600	\$114.62
Salem, Friday 5:30 pm, 36417	\$50.00

**Total \$1932.36**

## 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

### *Need a Way to Increase the Quality of Recovery?*

#### ***Twelfth Step Within***

*Those who give Twelfth Step Within Service encourage other OA members to become or remain abstinent, to work the Twelve Steps and to give service to the best of their ability. Doing this service increases the quantity and quality of recovery in our Fellowship, thereby assisting our own spiritual journey. Twelfth Step Within does not focus on attracting new members; it explicitly supports the ones we already have. Anyone who is abstinent and working his or her own recovery can do this service. No special qualifications are necessary; only willingness is needed. 1*

***If you have the willingness to do Twelfth Step Within Service, please remember the tool of anonymity.***

*“It is not a break of anonymity to enlist Twelfth Step help for group members in trouble, provided we are careful to refrain from discussing any specific personal information.” 2*

1. The Twelfth Step Within Handbook- opening page
2. The Tools of Recovery Pamphlet - page 6



## I Am Afraid

I have been in program for 3-1/2 years and continuously abstinent for over three years. In the first year I went from 340 lbs. to 185. I have been steady @ 200 for a year. At 6' 3" I feel better than ever physically, spiritually and emotionally.

I am scared I will lose my abstinence. I have difficulty turning my life over to God. I withdraw from others and berate myself for sitting, avoiding, not taking action. I fear I have not changed. I write this out of fear.

Meetings, sponsorship and my food plan are my lifeline. Service, first to me then to others, is my goal. When I serve I am not afraid. I do not worry. I do not obsess over food or fear I shall slip back to my pre OA ways.

Service for me is doing the next right thing and trusting that God loves me and will never let me down. I leave behind my fear I am letting God down. Service is not an end. It is a never ending beginning – a new journey each time I serve.

I am blessed beyond measure to have connection with God. I am blessed to be in these rooms and have you. I am blessed to be one of us, no better no worse. I am blessed.

-David R.

