



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

Visit 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!**

1/11/13 –
1/13/13

Greenfield, NH

**NHI Annual
Retreat**



Windows and Boundaries

My husband and I have been trying to select the right window treatments for our living room. While our house sits in a quiet neighborhood with little auto traffic, there is considerable foot traffic. Our living room window is close enough to the street that a clear view into the house is afforded.

We love to look out to our yard, and a window free of all coverings would be our first choice. Since we can't control the traffic beyond our property line, we have to accept that another solution must be found. Since it is a large window, drapes that would completely cover the window would be expensive as well as too massive.

While we looked for side panels, we installed mini blinds. However, we began to resent the horizontal lines obscuring our view of the front garden and the beautiful cardinals who visit our trees. On a regular basis it was not practical to be raising and lowering the blinds.

While finding just the right side panels, we explored sheers. We chose sheers shorter than

Donations for June/July 2012

Concord, Sunday 1pm, 36151	\$4.00
Derry, Tuesday 7pm, 45144	\$39.00
Derry, Saturday 10am, 24472	\$81.14
Manchester, Tuesday 5:30 pm, 49532	\$280.32
Nashua, Thursday 5:30 pm, 52022	\$53.00
Salem, Friday 5:30 pm, 36417	\$57.42

Total \$514.88

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.

the drape panels due to an interior design issue. We were told it may look odd. They were correct. We mailed back the short sheers and began a search for longer ones. Life being what it is, it took several weeks to purchase these and find time to press and hang them.

Through patience, asking questions, working with my husband, trying options, accepting outside limits, slowing down the process, and making this project a priority when we could, we finally have a proper boundary between us and our neighbors. One that respects what is outside and what is inside.

Knowing where I need boundaries and how to achieve them in program has been a long road for me. I get impatient. When I fail, I give up. Too many times I delay asking for help. Dressing my windows provided me with a tangible analogy of the journey which will help me to continue to work toward healthy boundaries in every area of my life.

Boundaries have to be worked at, not simply installed.

Diane L, NH

From Twelfth-Step Within

Sponsorship is the Epitome Of Twelfth Step Within Work

A sponsor is someone who is committed to abstinence and is working the Twelve Steps and Twelve Traditions of Overeaters Anonymous. The primary purpose of a sponsor is to take other members through the Twelve Steps. Sponsorship is the epitome of Twelfth Step Within work. By sponsoring and encouraging others to sponsor, we deepen our understanding of the Steps, hence strengthening our own recovery. It is vital to the health of OA that members are willing to pass on in sponsorship what has been freely given to them.

Encouraging sponsorship on a personal level

- *If one of your sponsees relapses, do not stop sponsoring him or her.*
- *Offer to work together through “Been Slipping and Sliding? A Reading and Writing Tool”*
- *Offer to be a sponsor or a temporary sponsor; do not wait to be asked.*
- *Urge those you sponsor to sponsor others.*
- *Encourage members to support each other and work together toward recovery especially at meetings that lack sponsors.*

- *Suggest to fellow members that they become sponsors.*
- *Remind members that sponsorship is something you learn by doing.*
- *Ask those who are willing to sponsor or temporarily sponsor to identify themselves at meetings. You may do this at a regular part of the meeting format or during personal sharing time.*



Do not peer too far. -Pindar

It would be a frightening thing to see into the future.

Equally joyless and disquieting, however, is the all-too-familiar habit of Someday.

“Someday, I will take that tap dancing class ... sign up for volunteer service at the hospital ... go on that cruise to the Greek islands.

I have lived in the future too long. My life is going on now, and there is only one way to live it: now.

For today: I neither want to know the future, nor to live in it before it arrives.

For Today, December 14, p. 349



lease 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!