



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

Visit www.oanewhampshire.org
for information on all events.

11/17/12	Reading, MA	IDEA Day
12/12/12	Everywhere!	International Twelfth Step Within Day
1/11/13 – 1/13/13	Greenfield, NH	NHI Annual Retreat



Donations for October 2012

Amherst, Saturday 7:30am, 47049	\$166.84
Bedford, Thursday 9:30am, 51985	\$120.00
Belmont, Wednesday 5:30pm, 49228	\$60.00
Brattleboro, VT, Tuesday 6:30pm, 47951	\$112.32
Concord, Sunday 1pm, 36151	\$7.00
Derry, Thursday 10am, 40908	\$100.00
Hollis, Sunday 5pm, 46146	\$60.00
Nashua, Monday Noon, 40476	\$109.51

Total **\$734.67**

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.

STEPS OF MY OWN

Early in program, I had a gentle, wise sponsor who told me that as I my program grew in OA, I should think about putting Steps One, Two and Three into my own words - words that would make me feel closer to my Higher Power.

Seventeen years ago a doctor diagnosed me with adult ADHD. He explained that ADHD could be contributing to many of my physical and emotional challenges. I suddenly realized that many mornings after saying Step One and/ or Step Two, I'd never said Step Three. The "tornado" in my mind had caused too many distractions.

After many years in OA, I have put the steps into words that express my personal spiritual beliefs and that address my attention problems.

These are my personal steps:

STEP 3. My Creator, You have given me the gift of life...so in gratitude I give you my will. I turn myself over to your loving care ...both intimate and infinite.

STEP 2. Creator, I do this willingly because You are the Power greater than myself, and You lead me to the sanity and peace of acceptance one day at a time.

STEP 1. Creator, I am powerless over the disease of food addiction and powerless over people, events and emotions. My very life depends upon remembering that when I am alone and isolated, life is unmanageable. But with You and OA all things are possible.

From Twelfth-Step Within

International Twelfth Step Within Day

December 12 is OA's International Twelfth Step Within Day. Its purpose is to encourage OA members, groups and service bodies to reach out to those in the Fellowship who are still suffering from compulsive eating behaviors. Specific ideas for the day include the following:

- *Plan a reunion for past and present members.*
- *Offer to babysit for someone attending a meeting.*
- *Invite another group or past members to a luncheon or dinner.*
- *Call 12 newcomers.*
- *Send "miss you" cards to absentee members.*
- *Call 12 members who no longer attend meetings.*

Your NH Intergroup rep has the TSW Handbook which also has suggestions for Workshops, Marathons and Retreats. See page 7

If you would like to have a Twelfth Step Within Day Meeting please see the Twelfth Step Within Handbook page 7 for suggestions or contact the NH Intergroup's Twelfth Step Within Committee.

From Lifeline

I have told OAs who are struggling with abstinence that I never plead for abstinence. It is a gift which has already been freely given to us; to plead for it implies that it is God who is withholding it, when actually, it is only the barriers in ourselves that puts abstinence out of reach. I suggest to those who still struggle against these inner barriers to begin thanking God for the gift of abstinence, even though they may be unable at that moment to accept the gift; it is still there. Many people have told me they were helped by this change in their approach to prayer.

June 1979



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!