April 2013 Promises Issue 341

A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

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

8/29/13 –	Cleveland, OH	OA World
9/1/13		Service
		Convention

February,	March	2013	Donations
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Bedford, Monday 6:30pm, 00947	\$97.80
Bedford, Wednesday 5:30pm, 49151	\$198.00
Concord, Sunday 1pm, 36151	\$7.00
Derry, Saturday 10am, 24472	\$107.04
Nashua, Tues. 5:30pm, 35286	\$92.00
Nashua, Thurs. 6:30am, 51426	\$45.00
NHI, Sunday 2pm, 09190	\$49.00
Wilder, VT; Wednesday 8am, 50535	\$30.00
Total	\$625.84

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.

ifeline, OA's international magazine, serves as an indispensable "meeting-onthe-go." Lifeline is available in two versions: printed magazine and an electronic online magazine, called e-Lifeline. To purchase, see your group Lifeline representative or go online at <u>www.oa.org.</u>

SYMPTOMS OF INNER PEACE

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs of inner peace:

- * A tendency to think and act spontaneously rather than on fears based on past experiences.
- * A loss of interest in judging other people.
- * A loss of interest in interpreting the actions of others.
- * A loss of interest in conflict.
- * A loss of the ability to worry. (This is a very serious symptom.)
- * Frequent, overwhelming episodes of appreciation.
- * Frequent attacks of smiling.
- * An increasing tendency to let things happen rather than make things happen.

-Anonymous

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!

From Twelfth-Step Within

How Can You Strengthen Your Own Recovery?

Working with others will strengthen and reinforce our own recovery. The following are suggested ways for individuals to support their members.

- Have daily contact with another OA member to read and discuss *Voices of Recovery* or *For Today*.
- Keep an open mind about those who choose additional, outside support or help.
- Do not have expectations about newcomers or those in relapse.



Dear Promíses...

The snow is white, pretty, calming. HP is saying all is OK.

I shovel in increments; I ice my arthritis, and sometimes apply heat to my arthritis. All is a reminder to keep life in balance; boundaries in all areas of my life one day at a time.

Willingness to love myself one day at a time so I can be present for those HP puts in my path during these twenty four hours.

Your friend in recovery NH

"Twelfth Step Within Day"

The Derry Saturday meeting celebrated World Service's fourth annual Twelfth Step Within Day on December 8th prior to the official December 12th 2012 date. The meeting used the day to reach out to those who still suffer in the fellowship, to think about what keeps our members "coming back", and to provide an opportunity for members to strengthen their own recovery. Here are some of the comments on the theme "expectations in the fellowship":

- Beware of placing members on 'pedestals' the only place for them to go is down.
- Realize that members in the Fellowship are imperfect: OA Step Two, page 14: "However, OAs are human. Sometimes, when our groups or sponsors failed us in some way, we felt cut off from the support which had come to mean so much to us and our new sanity seemed threatened. We now needed a more reliable way of relating to a Higher Power."
- *OA Step 10*, page 98 "Our Higher power is the only source of help that is always available to us..."
- Voices of Recovery, page 181: "People have disappointed you, hurt you, and let you down by being imperfect. Can you let go of the idea of perfection and accept reality, loving people just the way they are?"
- Remember 'the higher my expectations are of others - the lower my serenity' (*Big Book, page 420*).
- 'Expectations are resentments waiting to happen.'