



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

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

6/15/13	Ipswich, MA	"Maintaining the Journey" Retreat
8/29/13 – 9/1/13	Cleveland, OH	OA World Service Convention



NHI is planning to hold a Sponsorship Workshop at Camp Allen in Bedford, NH on the afternoon of September 15, 2013. We are looking for volunteers to do service before, during, and after the event. Please contact jill@insulators.info if you are willing to help out!

From Another "Bozo On The Bus"

Abstinence, blessed abstinence. Yes, that is my priority today. I have been in program for 11 years and have maintained a nearly 100 lb. weight loss. Thank God the fellowship gave me the strength and the guidance to work the program of Overeaters Anonymous. With both the support of the fellowship and the slow, 'educational variety' spiritual experience working the steps has brought me, I continue to grow closer to my Higher Power.

The other day, as we said the Serenity prayer, I was struck by the first part of the prayer- "God, grant me the serenity to accept the things I cannot change". I smiled as I became aware of how far I have come to understand how much I WANT to change things. I COULD take action and help out in all kinds of places: my groups, my intergroup, my other 12 step program, my neighborhood programs, the local organizations, the organizations doing good works for those who are ill or financially in trouble, the planet, etc. Today I know that, like eating to excess, getting involved to excess is unhealthy for me and those around me.

So, "God, grant me the serenity to accept the things I cannot change" continues to mean more and more as I walk my journey with you all and my Higher Power.

Peri S.
Groton, MA

From Twelfth Step Within

How Do We Work With Others?

Above all, we must be loving and compassionate. The following are suggested ways for individuals to support their members

- Don't shy away from discussing relapse.
- Be the attraction by being well yourself and by attending your local meetings and workshops (attraction rather than promotion).
- Counter negative sharing with positive sharing at meetings.
- Take your mess to your sponsor; take your message to your meeting.



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!

Wanted: Traveling Hopefuls

Bump up your own program, and boost another meeting in the process -- be a Traveling Hopeful! This is a great way to do service. Simply be at the meeting place below, at one or more of the times below. You and your fellow Traveling Hopefuls will have a meeting on the way, a meeting at the meeting, and a meeting on the way back!

For more information, look at <http://www.oanewhampshire.org/tsw/traveling-hopefuls.pdf>. Contact Person: Amy C. (603)801-6438

MEETING PLACE: GOFFSTOWN, NH
553 Mast Road / Pizza Hut Parking Lot in front of SHAW's Parking Lot

1. MAY 30, 2013

Meeting: Thursday: 7:00-8:00 pm Hopkinton St. Andrew's Parish Hall Building-Library
354 Main Street
Be at meeting place in Goffstown at **6:00 pm**

2. JUNE 3, 2013

Meeting: Monday: Concord NH 5:30-6:30 pm South Congregational Church
27 Pleasant Street, Parish House Entrance
Be at meeting place in Goffstown at **4:30 pm**

3. JUNE 7, 2013

Meeting: Friday: 5:30-6:30 pm Goffstown, NH St. Matthew's Church/Rectorry Building
7 North Mast Road
Be at meeting place in Goffstown at **4:45 pm**

4. JUNE 15, 2013

Meeting: Saturday: 7:30-8:30 am Amherst, NH Christ's Church of Amherst
55 Merrimack Road
Be at meeting place in Goffstown at **6:45 am**

5. JUNE 21, 2013

Meeting: Friday: 5:30-6:30 pm Salem, NH Kelley Library
234 Main Street
Be at meeting place in Goffstown at **4:30 pm**