



*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.

11/16/13	Everywhere!	IDEA Day (International Day of Experiencing Abstinence)
12/12/13	Everywhere!	Fifth Annual Twelfth Step Within Day
1/10-1/12, 2014	Greenfield, NH	2014 NHI Annual Retreat



"I do not want to go back to the food. For today I am willing to do anything that will keep me from that destruction.

"I thank OA and its program with all my heart. I give this Fellowship whatever I can and I do whatever I am capable of in terms of service because, if I don't, I will not keep what I have.

"I was able to come to terms with myself only through the help and support of OA and my friends who did not abandon me because of who or what I am.

"Thank you all for helping me find the courage to be free and for giving me a new life."

Lifeline, January 1981

## Overheard at the Convention...

The following tidbits are from a workshop titled "Unforgiveness or Forgiveness?"

- I flourish under adversity. When things are going well, I cannot function.
- If I expect God to forgive me, I must forgive you.
- When I am into the food, I have an unforgiving spirit.
- PRIDE: How dare you hurt me?
- INJUSTICE: When are you going to apologize to me?
- Other person may have no idea of the hurt. The hurt can fester till it becomes a resentment.
- Through the grace of God, there is a way from unforgiveness to forgiveness. There is a way out. . . taking care of day to day events so that they don't become resentments.
- What about long term resentments? How do you forgive when the injury keeps coming up & hurting? Pray for God to forgive for you. How do you know they're forgiven? When you can recall the hurt & not feel the pain, they've been forgiven.
- Forgiveness is NOT a feeling. It is an action. It is a process.

**From Twelfth Step Within**  
*The Principles of the 12 Steps*  
*Hope and Faith*

“We continued to practice these principles in all our affairs.”

This month the Twelfth Step Within Committee is focusing on hope and faith, the principles of steps 2 and 3.

**Step 2 – Came to believe that a Power greater than ourselves could restore us to sanity.**

“In step two we learned **hope** as we came to believe that a Power greater than ourselves could restore us to sanity. This same **hope** will now need to underlie all our actions. Even in our loneliest hours, we can remind ourselves of the great truth that we are not alone; even in our weakest moments we will find the strength we need if we believe it is available to us and ask for it.”

**Step 3 – Made a decision to turn our will and our lives over to the care of God as we understood him.**

In step three we learned **faith** as we made the most important decision we had ever made, the decision to trust God – as we understand God – with our will and our lives. Practicing the principle of **faith** today means that we will no longer go through life acting however we feel like acting at any given moment. Instead we will look to our Higher Power for guidance and strength as we face each decision.”

The Twelve Steps and Twelve Traditions of  
Overeaters Anonymous – page 103



*Fifth Annual 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.”

Twelfth Step Within Handbook - page 7

Some suggestions for the day might include the following -

- Have a special Twelfth Step Within Meeting.
- Call 12 newcomers.
- Send 12 miss you cards to absentee members.
- Call 12 members who no longer attend meetings.
- Offer to drive someone to a meeting.



Lifeline, OA's international magazine, serves as an indispensable "meeting-on-the-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 [www.oa.org](http://www.oa.org).



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