



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

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

12/12/13 Everywhere! Fifth Annual
Twelfth Step
Within Day

1/10-1/12, Greenfield, 2014 NHI
2014 NH Annual Retreat



New Wording for the OA Preamble

The delegates to the 2013 World Service Business Conference approved a change of wording for the OA Preamble. When reading the Preamble in OA literature, please note the following change to the last sentence [noted below in **bold**]. This change will be incorporated as literature is reprinted.

“Overeaters Anonymous is fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

“Our primary purpose is to abstain from compulsive **eating**, and to carry **the** message of recovery **through the Twelve Steps of OA** to those who still suffer.”

September Contributions

Group	Number	Amount
Derry Tue 7pm	45144	\$41.55
Nashua Sat 8:30am	30600	\$130.66
Nashua Mon 12:00pm	40476	\$41.28
Lebanon Tue 5:30pm	45936	\$82.00
Nashua Thu 6:30am	51426	\$27.33
Nashua Tue 5:30pm	35286	\$44.91
Salem Fri 5:30pm	36417	\$83.66
Concord Sun 1:00pm	36151	\$2.00
NHI	09190	\$24.60
Keene Tue 4:45pm	47666	\$60.00
Nashua, Thu 5:30pm	52022	\$44.00
NHI	09190	\$10.00
Total		\$591.99

October Contributions

Group	Number	Amount
NHI	09190	\$25.00
Concord Sun 1:00pm	36151	\$3.00
Derry Thu 10:00am	40908	\$116.00
Manchester Tue 5:30pm	49532	\$346.70
Bedford Wed 5:30pm	49151	\$293.46
Amherst Sat 7:30am	47049	\$140.00
Nashua Mon 12:00pm	40476	\$41.28
Nashua Mon 7:30pm	40655	\$105.81
Bedford Mon 6:30pm	00947	\$52.20
Bedford Thu 9:30am	51985	\$67.80
Nashua Thu 6:30am	51426	\$24.15
Nashua Tue 5:30pm	35286	\$77.43
Concord Mon 5:30pm	47647	\$112.50
Total		\$1,405.33

From Twelfth Step Within *The Principles of the 12 Steps* *Courage and Integrity*

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

This month the Twelfth Step Within Committee is focusing on courage and integrity, the principles of steps 4 and 5.

Step 4 – Made a searching and fearless moral inventory of ourselves.

Step 5 – Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

“In steps four and five we learned **courage** and **integrity** as we faced the truth about our defects of character. Applying these principles in all our affairs means that we are no longer ruled by a fear of admitting our mistakes. We have the **integrity** to show the world our true selves. No longer needing to appear to the world as perfect people, we can live more fully, having the **courage** to face up to our mistakes and test our strengths in the challenges of life.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous – page 104



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.

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

Discuss ways to mark International Twelfth Step Within Day, which falls on Thursday, December 12 this year.



People who judge don't matter. People who matter don't judge.*

A half truth is a whole lie.*

The more gratitude I have, the less fear I have.*

Sometimes assets are hidden in defects.*

*Overheard at 2013 convention



Please consider sharing your gift of recovery by sending your writing to the Promises Editor. Please email oaanhpromises@oanewhampshire.org. 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!