

January 2014

Promises

Issue 348



A monthly newsletter published and distributed by New Hampshire Intergroup.

COMING EVENTS...

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

1/10-1/12, 2014	Greenfield, NH	2014 NHI Annual Retreat
10/24- 10/26, 2014	Burlington, MA	OA Region 6 Convention



From Lifeline

"The disease of compulsive overeating progresses relentlessly; so my willingness to go to any length to stay abstinent must be progressive. What I did five years ago, last month or even yesterday will not keep me abstinent today....If I even start to think I can rest on my laurels, I'm already in trouble."



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

Consider Doing Service

January is often a month when service positions turn over. As the tool of Service reminds us:

"Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by getting to meetings, putting away chairs, putting out literature, talking to newcomers, and doing whatever needs to be done for the group. Members who meet the abstinence requirement can give service beyond the group level in such activities as intergroup representative, committee chair, region representative or Conference delegate. There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can. "A life of sane and happy usefulness" is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.

"As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

Consider taking on a service position at the next level. As you will often hear at meetings: Service is slimming!



From Twelfth Step Within

The Principles of the 12 Steps

Step Six – Willingness

“Step 6 – Were entirely ready to have God remove all these defects of character.”

“In step six we learned more about the necessity of willingness as we became entirely ready to let go of our shortcomings. We apply this principle in many ways now, learning through each day’s experience the difference between self-will and a simple willingness to cooperate with the guidance of our Higher Power.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous – pp. 104-105



Derry Meeting Celebrates Fifth Annual Twelfth Step Within Day

The Derry Saturday meeting celebrated World Service’s fifth annual Twelfth Step Within Day on December 14th – two days after the official December 12th date. The purpose of the Twelfth Step Within Committee is threefold: to carry OA’s message to those who still suffer within the OA fellowship; to deal with relapse and issues of membership retention, offering the message of hope; and to encourage OA members to maintain recovery and prevent relapse.

The theme of the meeting this year was “Sponsorship: How do you sponsor? And what works for you as a sponsoree?” The meeting featured a speaker, open sharing, and meditation. Here are some of the individual comments that were shared at the meeting.

How do you sponsor? What works for you as a sponsor?

- Thanks to email and the telephone, a sponsor can have local sponsees and long-distance ones.
- To focus sponsees on the positive – the spiritual experience of gratitude.
- Sponsees who attend meetings -- It is difficult to sponsor members who can’t go to meetings or won’t make the time for meetings.
- To listen and not talk over sponsees.
- Have sponsees email their food and include one thing they are grateful for that day, one thing they are powerless over, and a good thing they have done for themselves that day.
- To continue to sponsor members in relapse to keep contact and hope alive.
- To have willing and teachable sponsees.
- To help sponsees make and keep commitments.
- To ask sponsees to clarify what they are looking for from a sponsor.
- To remind sponsees that a sponsor can't work the Program for them.
- To remember that recovery is for people who work for it.

What works for you as a sponsoree?

- Sponsor helps me stay in the moment.
- The unconditional acceptance and trust, no judgment.
- Sponsor offers ‘infinite patience’ and is willing to wait for her to be willing.
- Sponsor helps make her AWARE, ACCEPT, and take ACTION.
- A sponsor who truly listens.

Do I have to agree with everything my sponsor tells me?

- I do not have to have the same food plan as my sponsor.
- No, but it seems that my sponsor ticks me off at least once a month!
- No, but my sponsor asks me questions that make me take responsibility for answering, such as: What am I willing to do? What action can I take?