

April 2014

# Promises

Issue 351



*A monthly newsletter published and distributed by New Hampshire Intergroup.*

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## COMING EVENTS...

Visit [www.oanewhampshire.org](http://www.oanewhampshire.org)  
for information on all events.

4/6 2:00pm	NHTI, Sweeney Hall Room 317	NHI Monthly Meeting
6/14 9:00am - 4:00pm	Ipswich MA	"Gifts Of The Program" Retreat
10/24 - 10/26	Burlington, MA	OA Region 6 Convention

## For Today (March 29)

*It is impossible to begin to learn that which one thinks one already knows. -Epictetus*

An OA member gave away a fifth step to her group one day. She told about secretly rejecting the idea that she, a deeply religious person and long-time churchgoer, could learn anything about spirituality in OA. She felt the steps said nothing she did not already know about maintaining a relationship with God. After a brief period of abstinence, she began overeating again, blamed the program, and left. She returned almost a year later feeling utterly defeated, and found her attitude had changed. It was as though she was seeing the first three steps for the first time.

"When I put aside what I knew," she said, "I suddenly saw what I had missed by closing my mind."

**For today:** Do I take advantage of opportunities to learn, even though I may know a good deal about a subject?

*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).

## New Hampshire Intergroup

◆ Next meeting: 4/6/2014, 2:00pm

New Hampshire Technical Institute

Sweeney Hall, Room 317

◆ Website: [www.oanewhampshire.org](http://www.oanewhampshire.org)

◆ 24-hour answering service: 603-434-7578

*Please consider sharing your gift of recovery by sending your writing to the Promises Editor. Please email [oanhpromises@oanewhampshire.org](mailto: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!*

From Twelfth Step Within  
*The Principles of the 12 Steps*  
Step 10 – Perseverance

The Twelfth Step Within Committee has been taking this year to focus on the principles of the Twelve Steps. Our book *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* tells us what these principles are: **honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness and service.** This month we will focus on the principle of Step 10 – perseverance.

**Step 10 – Continued to take personal inventory and when we were wrong, promptly admitted it.**

“In step ten we discovered the value of **perseverance** in working the twelve steps. Practicing this principle in all our affairs today means that we continue to do the things which have brought us healing, even though we sometimes wonder if we still need to. **Perseverance** brings us the reward of continuing, permanent recovery.”

Taken from The 12 Steps and 12 Traditions of Overeaters Anonymous page 105

*If the Disease of compulsive overeating  
brings us together, our recovery keeps us  
together.*

*From Seeking The Spiritual Path, p. 64*

Notes From A  
Conference

I recently attended a 12 Step Big Book conference in Portland, ME and wanted to share some of the things I heard that spoke to my heart.

Step 1

- When I awaken every morning, I wake up with the disease of untreated compulsive overeating. I must start my treatment right away...and I do that by admitting powerlessness.
- My ego is a transformer, it changes shapes.
- Strive to become a better wife/husband, friend, employee, etc. vs. I just don't want to eat compulsively.

Step 2

- Came to believe a power greater than myself...NOT if I work this program/slogans/steps hard enough, I can restore myself to sanity.

Step 3

- Encouraged to articulate what God's care looks like for me.

Step 4 and 5

- The 4<sup>th</sup> step is not THE solution... it is part of the solution.

Respectfully submitted (with more to come!)

A grateful compulsive overeater