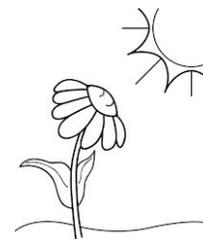


May 2014

Promises

Issue 352



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COMING EVENTS...

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

5/4 2:00pm	NHTI, Sweeney Hall Room 317	NHI Monthly Meeting
5/31 1:00pm - 5:00pm	Arlington MA	Living in the Solution Workshop
6/1 1:00pm - 5:00pm	Portsmouth NH	Living in the Solution Workshop
6/14 1:00pm - 5:00pm	Ipswich MA	"Gifts Of The Program" Retreat
10/24 - 10/26	Burlington, MA	OA Region 6 Convention

NHI Awarded Media Blitz Grant

The Media Blitz grant application was reviewed by the Region 6 PIPO Committee at the April OA conference in Albany. NHI asked for \$660 to have a banner printed, to put copies of Abstinence and a Lifeline subscription in the libraries of communities where we have OA meetings, plus Londonderry and Hudson libraries, and to have various literature in stock. The application was approved by the committee and approved by the Region 6 Board.

The award has the following requirements:

- It must be spent by July 31;
- Book and magazine subscriptions "given" to libraries must meet their "collection and gift policy."

If you think your local library would benefit, please contact any NHI member.

Committee members have volunteered to bring the books to their libraries; if you are interested in doing this service, please contact NHI.

New Hampshire Intergroup

◆ Next meeting: 5/4/2014, 2:00pm

New Hampshire Technical Institute

Sweeney Hall, Room 317

◆ Website: www.oanewhampshire.org

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

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.

From Twelfth Step Within

The Principles of the 12 Steps

Step 11 – Spiritual Awareness

Step 12 – Service

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 Steps 11 and 12 - **spiritual awareness and service.**

Step 11 – Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Step 12 – Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

“In step eleven we learned the principle of **spiritual awareness** as we turned our attention to the practices of prayer and meditation. We practice this principle by seeking an awareness of God’s presence in all our affairs, and by continuing to nurture our spiritual sensitivity through prayer and meditation.

“The principle of **service** which underlies OA’s twelfth step can now guide our actions both inside and outside the program. Here we experience the great truth that when we let go of our need to control people and simply allow our Higher Power to serve others through us, we receive an abundance of joy and strength.”

Taken from *The 12 Steps and 12 Traditions of Overeaters Anonymous* pages 105-106

Notes From A Conference

This article is continued from the April Promises:

Steps 6 and 7

- There is no witness protection program from our character defects. Ego opens the door and helps them find you.

Steps 8 and 9

- These steps are not about getting in the good graces of those I’ve harmed.
- I need to ACT differently in recovery than I acted in disease before people believe my amends.

Step 10

- The God/me relationship has to be foremost so that the me/people relationships can work.

Step 11

- Tell and show God you love him/her.
- PAUSE-Please Assist Until Serenity Enters
- Short prayers: Help. Thank you.
- Did my defects work for God today?

Step 12

- Don’t only go to meetings, go fishing! Go places where you can carry the recovery message.
- Start looking at sponsoring as a privilege/honor and self-caring.

Respectfully submitted
A grateful compulsive overeater