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COMING EVENTS...

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

6/1 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

New Hampshire Intergroup

- June meeting: 6/1/2014, 2:00pm
New Hampshire Technical Institute
Sweeney Hall, Room 317
- Website: www.oanewhampshire.org
- 24-hour answering service: 603-434-7578

THE GRATITUDE PATH

It seems to me that the antidote to negative thinking is gratitude. I tend toward negativity, especially when I 'm confused or stressed. I find that if I substitute thoughts of gratitude, my thinking goes from being fear-based to being God-based. By thinking myself into a state of gratitude, I am freed of my negativity.

It doesn't matter how childish or mundane my thanks are. I can begin with thoughts such as these: Thank you for the chair. Thank you for the stars. Thank you for my shoes. Thank you for the opportunity to serve. Thank you for the new challenges. Thank you for guidance. These thoughts help me get out of my negative feelings and concentrate on that for which I am grateful. Then I end up in a spiritually high place, where I'm in a state of gratitude. Rather than taking all my blessings for granted, I feel the presence of a power greater than myself. I don't feel alone, vulnerable, insignificant, or negative. Instead, I feel full of faith, safe, and confident that I'm on the right path.

(Louisiana, USA)

From Seeking the Spiritual Path, p.88

From Twelfth Step Within *Twelve Step Exercise*

Identify a situation in your personal or work life that is currently a source of resentment, fear, sadness or anger. Write a brief statement describing the situation and indicating why it concerns you.

Use the following exercise to apply the principles of the Twelve Steps to the above:

Step One: In what ways are you powerless over the situation or condition, and how is it showing you the unmanageability of your life? **HONESTY**

Step Two: How do you see your Higher Power as assisting you in being restored to wholeness? **HOPE**

Step Three: How does being willing to turn your life over to the care of God assist you in dealing with this? **FAITH**

Step Four: What character traits have surfaced (for example, fear of abandonment or authority figures, seeking control, seeking approval, obsessive/ compulsive behavior, rescuing, taking inappropriate responsibility, not expressing feelings)? **COURAGE**

Step Five: Admit your wrongs to God, to yourself and to another human being. **INTEGRITY**

Step Six: Are you entirely ready to work in partnership with God to remove your ineffective behaviors? If not, explain why. **WILLINGNESS**

Step Seven: Can you humbly ask God for help in removing your shortcomings? If not, what stands in your way? **HUMILITY**

Step Eight: Make a list of the persons who are being harmed. **SELF-DISCIPLINE**

Step Nine: What amends are necessary, and how will you make them? **LOVE**

Step Ten: Review the above Steps to make sure that nothing has been overlooked. **PERSEVERANCE**

Step Eleven: Take a moment for prayer and meditation, asking for knowledge of God's will for you. What did you discover? **SPIRITUAL AWARENESS**

Step Twelve: How can your understanding and spiritual guidance assist you in dealing with this problem? **SERVICE**

Posted from:
Central Jersey Intergroup (2013)
Milwaukee Area Intergroup (March 1997)
Also an article in LIFELINE (April 2001)



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