



A monthly newsletter published and distributed by New Hampshire Intergroup.

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Please send submissions to "oanhpromises@oanewhampshire.org"

COMING EVENTS...

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

2/28/15	Portsmouth, NH	Unity Day Workshop*
10/23 - 10/25/2015	Hartford CT	2015 Region 6 Convention
*go to www.SeacoastOA.wordpress.com for more info		

Derry Saturday Meeting Celebrates Twelfth Step Within Day

The Derry Saturday meeting celebrated World Service's sixth annual Twelfth Step Within Day on December 13th. The theme of the meeting this year was Abstinence. The meeting featured a speaker and open sharing. The following are some notes taken at this meeting:

What gets in the way of being and staying abstinent?

- Too busy to be abstinent. Too busy to ask for help. Am I busier than my Higher Power intended me to be?
- Perfectionism!
- Criticism
- Dishonesty – If I am not abstinent, I am not being honest with myself.

(to be continued in later Promises)

December 2014 donations

Date/time	WSO #	Amount
NHI	9190	\$30.00
Claremont Friday pm	53772	\$5.70
Claremont Saturday pm	53773	\$5.69
Hillsboro Monday pm	50308	\$119.04
Nashua Monday 7pm	40655	\$110.40
Total		\$270.83
NHI Retreat Scholarship Fund Donations		
Hopkinton Tuesday pm	22474	\$105.00

Lifeline, OA's international magazine, serves as an indispensable "meeting-on-the-go." *Lifeline* is available in printed and electronic form. To purchase, see your group *Lifeline* representative or go online at www.oa.org.

New Hampshire Intergroup

- February meeting: 2/1/2015, 2:00pm
- March meeting: 3/8/2015, 2:00pm
New Hampshire Technical Institute
Sweeney Hall, Room 317
- Website: www.oanewhampshire.org
- 24-hour answering service: 603-434-7578

Heard at 'Freedom Isn't Free: A Walk Through the Steps' Workshop, August 2014 (continued)

Step 4 – Courage - What do we need to change?

- "Nothing can be changed until it can be faced"
- What character traits are blocking us from changing? The major defects as outlined in both AA and OA literature: resentment, anger, fear, selfishness, dishonesty, guilt, shame
- Fear has many components: control, perfectionism, procrastination, false pride, worry
- Control has sub-components: imposing expectations on others, doing 'mental master planning' for everyone, etc.
- We have found that we cannot 'afford' these defective behaviors because they lead us back to the food.
- How does one break bad habits? Use the Steps and take action
- How does one change 'the negative sentences going through their head'
 - Look for the good
 - Listen for the good
 - Wait for the good
 - Focus on the good
 - Feel the good
 - Expect the good
- Negative beliefs that need to be changed:
 - We are not good enough
 - Our worth is based on what others think of us
 - We have to prove ourselves to show we are worthy
 - We are prisoners of our past
 - If we can't change a situation, we feel that we are not good enough

Step 5 – Integrity - Why do we need to take this Step? Because if we don't, we will never get well

- This Step validates that it is OUR inventory not THEIRS
- It is a cleansing process – we learn from it, and let go
- By opening ourselves up to trust another human being, we are reconnecting with the human race
- We can begin to forgive ourselves
- Ideally, we come out of the 5th Step with the following outputs needed for Steps 6, 7 and 8:
 - List of our character assets
 - List of our defects to be changed; ranked [which ones are holding us back the most from being who we were intended to be?]
 - List of amends – specific names of people or institutions hurt

Steps 6 and 7 – Willingness and Humility

- We need to define a new way of thinking and acting/behaving so that we do not turn to the food
- We have to 'act our way into abstinence' and act our way into right thinking – as in new behaviors. This is how we change.
- We have to practice the new behaviors daily. If we don't change, nothing happens.
- Instead of practicing Controlling behavior ...
- I will let go of the scripts I have written for the people in my life
- I will not criticize their appearance
- I will not impose 'shoulds, oughts, and musts' on them
- I will pray for them and add them to my Powerless list [Acceptance prayer, Resentment prayer, Sick Man's prayer]
- I will be grateful for what they have done
- I will review my day to see if I have practiced the new behavior

(to be continued in later Promises)