



A monthly newsletter published and distributed by New Hampshire Intergroup.

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Please send submissions for the Newsletter to oanhpromises@oanewhampshire.org

UPCOMING EVENTS...

10/23-10/26	Hartford, CT	2015 Region 6 Convention
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Visit www.oanewhampshire.org for information on all events.

February, 2014 Donations	
Bedford, Wednesday pm, 49151	\$131.21
Derry, Thursday am, 40908	\$39.72
Derry, Tuesday pm, 45144	\$31.80
Manchester, Tuesday pm 49352	\$32.88
New Boston Tuesday pm, 53307	\$27.00
NHI, Sunday 2pm, 09190	\$25.00
Total	\$287.61
<p><i>Thank You! Thank You!</i> Your donations support the many services provided by NH Intergroup to members, including meeting lists, the Promises, and insurance coverage for meetings. Come to a NH Intergroup meeting and witness your donations in action. Thank you for your generous support of NH Intergroup and our services.</p>	

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.

New Hampshire Intergroup

- May meeting: 5/3/2015, 2:00pm
 - June meeting: 6/7/2015, 2:00pm
- New Hampshire Technical Institute, Concord
 Sweeney Hall, Room 317

Website: www.oanewhampshire.org
 24-hour answering service: 603 434-7578

SHARINGS

REALISTIC, NOT PERFECT

Being imperfect in my program does not mean I don't try. Nor does it mean I have sloppy abstinence or sit back and let life happen. Being imperfect allows me to accept who I am. It allows me to take more risks in and out of program and take more authentic action.

I am aware of progress in all areas of my life: emotional, physical and spiritual. I set goals for myself that are realistic, not perfect. Then I'm able to put aside my fears of being less or inadequate, and I set to work toward those goals one day at a time with the guidance of my Higher Power and OA.

Edited and Reprinted from the Transformation Newsletter, Central Ohio Service Intergroup, Feb. 2009

OA Word Jumble (unscramble the letters) (solution at bottom of next page of newsletter)

- yutin _ _ _ _ _
- wopre _ _ _ _ _
- midows _ _ _ _ _
- evieble _ _ _ _ _
- twirgin _ _ _ _ _
- ropsnos _ _ _ _ _
- trueatilre _ _ _ _ _
- gwilnil _ _ _ _ _
- seevric _ _ _ _ _
- gourcea _ _ _ _ _

Heard at 'Freedom Isn't Free: A Walk Through the Steps' Workshop, August 2014 (Continued from March newsletter)

- **Steps 8 and 9 – Self-discipline and Love**
 - When we forgive, we are free. Forgiveness is not forgetting, but moving on and letting go of the pain and retaining the lesson learned. [OA Steps pages 71-73; Big Book pages 67 and 552]
 - Wrongs can be forgiven but not condoned. No permission is given for the wrong to continue.
 - Use a 'God Box' to hold names of people and situations we are struggling with [Speaker's quote: 'It seems like a stupid idea, but it works.']
 - We make amends for actions not feelings
 - We need to accept and trust the process
 - Do we practice 'self-centered controlling'? Do we think that if we can figure it out, we can control it? The process does not work that way.
 - How do we make an amends? First, we review the harm done to another with our sponsor. We will want to acknowledge the harm done, apologize, make restitution, and change our behavior.
 - If we can't make an amends because the person is no longer alive or if it would injure them or others, we have to turn it over to our Higher Power.
 - The Big Book 'Promises' on pages 83 and 84 come from doing Step 9 – these are the Spiritual Promises.

(to be continued in later Promises)

Heard at an OA Big Book Step Study

- One of the lies we tell ourselves: "I have been abstinent for a while now; I can have that binge food now." The truth is that "it is just a matter of time, and we will be craving that food again." The Big Book uses the phrase "**there is no beating the game.**" [page 23] We are never going to beat this game.
- The Magic word is **ACTION, our actions** – "Our Higher Power is not going to chop vegetables for us."

LOVING ATTITUDE

Love yourself now. Don't wait until some later date when you get it all together.

I am not perfect, and I don't have to be. This gives me no excuse to be bad, but I have the comfort of being in own skin.

We all try our best, and some people get A's, some get C's. If we don't get straight A's in every area of our lives, it doesn't mean we are not doing our best. One OA member told me, "You're okay where you're at." That really helped me with my self-esteem. Why do I have to be perfect in weight before I love myself?

I try to follow a food plan. As a homemaker, I cook a lot. I realize at 64 that I feel much better physically with healthy foods. When I eat junk and sweets, I don't feel well and lack energy throughout the day.

Even though I'm a loner, I learned in the 12 Step program that I need people. I learn a lot from people. We all need outside support to help us, and then we do better.

I've always done my best trying to eat healthy foods. But I learned that food, especially the rich stuff, can be comforting and ease nerves and stress. I struggle with that. I can't seem to diet, but I can choose healthful foods that promote a healthy body.

Also, I've learned stress management. If I avoid stress, then I've helped myself to stay away from fattening foods.

But we can't stay away from food. We need food to live. I'm trying to eat to live, not live to eat. It's all about leaning on a Higher Power for strength and taking it one day at a time.

(taken from Lifeline July 2013)

OA Word Jumble (solution)

1. unity
2. power
3. wisdom
4. believe
5. writing
6. sponsor
7. literature
8. willing
9. service
10. courage