

# Promises

Jan 2016

Issue 369

*A monthly newsletter published and distributed by New Hampshire Intergroup.  
This newsletter is made possible by your generous contributions.*

## Enthusiasm Regained

During my first eight years in OA, I was often asked how I kept my enthusiasm for working my program. To be honest, I never really knew how to answer because the excitement of recovery never diminished for me. I was always grateful that I no longer weighed three hundred pounds and was not obsessed with food. Each day I humbly thanked God for my new existence and offered myself for further service and growth.

I don't know when things started subtly changing inside me. Perhaps it started with making judgments of others. Self-righteousness feels so good that I might have let it slip by on my daily inventory. Perhaps it started by hiding a bad motive under a good one in order to rationalize my criticism.

Looking back I realize that my spiritual life was affected first. I overloaded myself with school, work, and family, and no longer had time for OA service, prayer, or reading program literature.

This decline in my spiritual life soon engulfed me emotionally. My teenage son's problems scared me deeply, and this tremendous fear was accompanied by self-pity and resentment. In retrospect it amazes me that I so easily ignored and accepted a decline in both my spiritual and emotional health without questioning and without concern.

Food was not far behind me now. I started snacking at movies again, something I hadn't done in a long time – and I'd added a nighttime snack. I often felt very full and, after each weekend, wore my "fat clothes" for a couple of days. If I wasn't in full relapse, I was very close.

Had I forgotten that this disease is a fatal progression? How could I have been so insane? Most distressingly, only a part of me cared. The other part just felt tired and apathetic.

I know that God sent me some strong messages during that time, but today I can't tell you exactly what happened or when. I only know that God stayed with me during this hard time, and I didn't stop praying even though it felt at times like I was merely reciting words. I began attending more meetings, and my group started a new Step study from OA's new Twelve-Step book. I became acquainted with several newcomers who brought fresh insight into our meetings, and I read a *Lifeline* article from an old-timer in the program that really touched my heart.

Once again I felt the joy of recovery. My abstinence was good, my emotions were stable, and my conscious contact with God was once more my primary concern. I am certain that once again I am alive by God's grace.

- Texas, USA

Source: *A New Beginning, Stories of Recovery from Relapse*, pp 71-72.

## January 16th

### Happy Birthday OA!

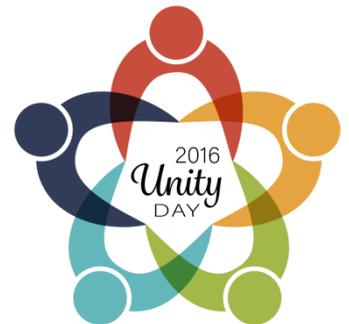
Celebrating 56 Years  
of Carrying the Message



## From the Promises Newsletter Committee

The Newsletter committee would love your help with the Promises! From gathering articles to suggesting program-approved topics for upcoming issues to even writing your own brief article based on your personal experience into the Steps, Traditions and tools, there is much an OA member can do to contribute to our publication.

*With Unity Day just around the corner, we are looking for members to share how the strength of the OA fellowship plays a role in their recovery.*



To submit an article for the newsletter please email your submission to [oanhpromises@oanewhampshire.org](mailto:oanhpromises@oanewhampshire.org) with a subject line of "Promises Submission" or submit it to the committee via USPS: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363. The deadline for submissions is the **15th of the month**.

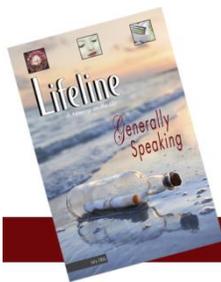
PLEASE NOTE: Articles included in the Promises are based on OAs' individual experiences. These personal stories are not representative of NHI or OA as a whole.

## As Heard in the Rooms of OA

The following are quotes an anonymous member of our fellowship has heard in various OA meetings and felt inspired to share:

- God has 3 answers: Yes - No and Wait.
- The opposite of FEAR is FAITH.
- If I tried to do something and failed, I'm vastly better off than if I tried to do nothing and succeeded.
- If I fail to plan, I plan to fail.
- If I always do what I always did. I'll always get what I always got.
- I've got a big problem, but if I eat over it, I'll have two problems instead of one.

To share quotes that you've heard in meetings that are instrumental in your recovery, please contact the Promises Committee (instructions on page 1).



## Lifeline: A Meeting on the Go

Print & Electronic Editions Available

Visit [www.aa.org/lifeline](http://www.aa.org/lifeline) for full details.

## New from World Service

### ✓ *New Video: Breaking Out of Relapse*

Use the new Board-approved Twelfth Step Within video to help members in relapse return to their program and abstinence. Free to download or stream, the Breaking Out of Relapse video is a resource for Twelfth Step service and outreach.

Details: [www.aa.org/membersgroups/program-inspiration/breaking-out-of-relapse/](http://www.aa.org/membersgroups/program-inspiration/breaking-out-of-relapse/)

### ✓ *New Workshop: Importance of Working the Steps*

Encourage Step work with the new Importance of Working the Steps Workshop. Developed as part of the 2015 Strategic Plan initiative to increase the focus on working all Twelve Steps, the workshop is a blend of readings, discussions, writing exercises, and more.

Groups and service bodies as well as sponsors/sponsees are encouraged to use the new resource in their program work and to support threefold recovery by working all the Steps.

Details: [www.aa.org/pdfs/working\\_the\\_steps\\_workshop.pdf](http://www.aa.org/pdfs/working_the_steps_workshop.pdf)

### ✓ *New Podcast: Step 12 – December 13, 2015*

The principle of Step Twelve is Service. The Step Twelve workshop speakers share their individual stories of recovery and how giving service in all its forms has enriched their lives.

Details: [www.aa.org/podcasts/step-twelve-december-13-2015/](http://www.aa.org/podcasts/step-twelve-december-13-2015/)

## 2015 November Donations

### 7<sup>TH</sup> TRADITION DONATIONS

Group Name & Number	Amount
Bedford, Mon am (53394) .....	\$45.00
Bedford, Thu am (51985) .....	\$75.60
Bedford, Wed pm (49151) .....	\$269.57
Lebanon, Sat am (27140) .....	\$60.00
NHI Business Meeting (09190) .....	\$30.00
<b>Total Donations .....</b>	<b>\$480.17</b>

### \* PLEASE NOTE \*

1. NHI transfers 36% of meeting donations to the Delegates Fund for reimbursement of delegate expenses attending the Region 6 and WSO Business Meetings. \$172.86 transferred for November.
2. NHI donates 5.5% of meeting donations to WSO. \$26.41 donated for November.
3. NHI also donates \$75 per quarter to Region 6.



### NHI Winter Retreat

"Step" Right Up

January 8<sup>th</sup> – 10<sup>th</sup>, 2016

Greenfield, NH

Details: [www.oanewhampshire.org](http://www.oanewhampshire.org)

### WMI Marathon

All-Day Workshop with Keynote Speaker

January 9<sup>th</sup>, 2016

Feeding Hills, MA

Details: [www.oawmass.org](http://www.oawmass.org)

### NH Intergroup Meeting

February 7<sup>th</sup> @ 2PM

Concord, NH

Details: [OANewHampshire.org](http://OANewHampshire.org)

### 2016 Unity Day

February 27, 2016

More Details to Come

Details: [www.oanewhampshire.org](http://www.oanewhampshire.org)

### 2016 World Service Convention

Recovery: The Trail to Freedom

September 1<sup>st</sup> – 4<sup>th</sup>

Boston, MA

Details: [www.aa.org](http://www.aa.org)



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