

*A monthly newsletter published and distributed by New Hampshire Intergroup.
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NHI – Intergroup Business Meeting
November 5, 2017
Concord, NH
Details: OANewHampshire.org

Stepping Into Spirituality Retreat
February 9th-11th, 2018
Barbara C. Harris Conference Center
Greenfield, NH – registration deadline Dec. 23, 2017
nhiretreats@oanewhampshire.org

7th Tradition

** 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.*
*\$243.96 was transferred for **September***
2. *NHI donates 5.5% of meeting donations to WSO.*
*\$37.27 was donated to WSO for **September***
NHI also donates \$75 per quarter to Region 6.



Service is Slimming!

Open NHI service positions remaining as of the 10/6/17 Business meeting:

Vice-Chair and Twelfth-Step Within.
Also, the Workshop, Answer Service, and Website Committees would dearly love to have some new helpers!

Consider joining Intergroup and giving some service!



(800) 201- 8720
Toll free NH, ME, MA, VT only

(603) 434-7578 - Local Calling Number - Derry, NH

This article was in “the box,” waiting, no previous date shown.

What a gift, to be able to be at the OA *2016* WORLD CONVENTION this September. Although I was there for only Saturday, it left me with nuggets of gold to bring on my 2 week vacation, that I left for on Sunday, and it continues to carry me as I “trudge the road of happy destiny” in my everyday life. Please allow me to share some of those nuggets with you.

WOW: Woman of Worth....*God is large and in charge....*We were physically changed by a bunch of drunks.....*(THIS [comment] WAS SHARED PREVIOUSLY IN PROMISES, BUT I THOUGHT IT WAS WORTH A REPEAT PERFORMANCE. I have a disease that wants me dead and if it can't have me dead, it will settle for miserable....*I do not waste who I am living in the wish of who I wish I was....*Bless them, change me....*Acceptance: Which story do you tell yourself? This shouldn't be or this could be good....*How do you get to be a longtimer? **Stay abstinent and don't die. (I thought that was very funny.)....*First it gets good, then it gets bad, then it gets good, then it gets real.....*When dealing with addiction, willingness is overrated. PAIN is the motivator.....*I have to stop telling God how big my problems are and I have to start telling my problems how big my God is.*

Now, some of these nuggets are newly found and some are old pieces that CONVENTION provided me the dust cloth to clean them up and use again. Either way, it was great to hear them again...and in rooms FULL of people from all over the world who have accepted “OUR INVITATION TO YOU” and who “KEEP COMING BACK.” ----- Lisa D., grateful compulsive overeater.”

The Power of the “Big Book” in Small Doses:

Each day we speak, my sponsor and I come prepared having read a page in the “Big Book” (BB) of Alcoholics Anonymous, and having written on a particularly resonant passage. One recent sharing in particular is what follows below.

“You are betting, of course, that your changed attitude plus the contents of this book will turn the trick. In some cases it will, and in others it may not. But we think that if you persevere, the percentage of success will gratify you. ...Meanwhile, we are sure a great deal can be accomplished by the use of this book alone.” Taken from the “Big Book,” Alcoholics Anonymous, 4th Edition, 2007, p. 144

The thing about perseverance is that no one tells you for how long you will need to persevere! In the absence of a deadline, I assume that it is in perpetuity and that, as the BB “Promises” say, they are being fulfilled among us, some-times quickly, sometimes slowly. They will always materialize if we work for them.

Slowly is my route, alas (though it was initially fairly quickly in my “pink cloud” stage about seven years ago). Patience has never been my long suit, so perhaps there are multiple life lessons at work here.

I do think that the BB, particularly going through it only one page at a time, is serving to keep my mind focused on program and is contributing greatly to my current blessing of abstinence and reliance on my Higher Power. As I feel better, emerging from a three-year illness (brought on by over-work, another of my addictions) my return to meetings – especially my Saturday morning Home Meeting – is also helping as I hear the experience, strength, and hope of others.

Speaking with my sponsor and my accountability in these conversations is critically important as well, as are writing my thoughts in preparation for these conversations and working the action plans that result. My ability to discuss program with fellow members who have also become close friends not only reinforces my program but – I hope – also acts as service to them.

As a result of just starting with the BB, I have a food plan, a wonderful sponsor, and meetings. I use the tools of telephone, service, literature, writing and action plan. And, of course, I maintain the anonymity of others.

In other words, all the tools are incorporated at some points – painlessly – and all serve to keep me focused on my program and my Higher Power. Maybe the “Big Book” is a magic book after all!

Caroline B., Amherst, NH

Practicing the Principles in My Life

The last line of the twelfth step reads – “to practice these principles in all our affairs.” Twenty years ago when I first came to OA this part of the twelfth step seemed to me to be a lofty goal. What are these principles, and what a tall order to practice them in all my affairs. To do as instructed I had to first become familiar with the principles and only then could I practice them in all my affairs. This was going to be a process and I knew I would need the help and guidance of my sponsor, OA friends and HP. Today, twenty years later, the principles of the Steps enrich my life and enable me to live it sanely. At last I have a guide for living that has shown me the route to becoming the person my Higher Power’s love would like me to be.

The Principles of the Steps are. ...Step 1 – Honesty, Step 2 – Hope, Step 3 – Faith, Step 4 – Courage, Step 5 – Integrity, Step 6 – Willingness, Step 7 – Humility, Step 8 – Self-Discipline, Step 9 – Love, Step 10 – Perseverance, Step 11 – Spiritual Awareness, Step 12 – Service. Each principle so beautiful in its simplicity.

In order to live a life grounded in the Principles of the Steps, what works for me is to continuously study them. Every month I focus on one principle, reflect on it, write and read about it and discuss it with my sponsor and OA friends. For example, if it is April, April is the 4th month of the year, and so I focus on the principle of Step 4 which is courage. I do the same thing for all the other months of the year and all of the other step principles. In this way I am continuously involved in the principles and their meaning continues to evolve for me. There have been times in my life when one principle or another would stand out and just seem to be the one that I needed more than the others, or the one that would help me through a difficult time. The principle of Step 4 has been a key principle for me, courage. I like to think of it as C-onfronting O-ur U-nfortunate R-ealities A-ware of God’s E-mbrace. At other times I have needed the principle of Step 2, Hope, H-old O-nto P-ositive E-nergy. The principle of Step 5 speaks to me daily, integrity. I-ntuitively N-urturing T-ruthfulness E-mbracing G-oodness R-ightness I-n all T-hat Y-you do. And then there is another favorite of mine, humility, the principle of Step 7. I like to think of humility as H-onestly U-nderstanding M-y I-nstincts L-imits I-nsecurities T-riumphs Y-earnings. Of course the principle of Step 3, faith, keeps me centered daily, F-or A-lways I T-rust H-im.

The Principles of the Twelve Steps, Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Self-Discipline, Love, Perseverance, Spiritual Awareness, and Service are the principles that now guide me each and every day, light the way to peace and serenity.

Elaine (no location submitted)



The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.