

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



Still Brrrrrr.

Twelve Stepping

Principle of the Month is Willingness

Step 6: Were entirely ready to have God remove all these defects of character.

Read page 46 (February 15) in Voices of Recovery

Questions

1. What footwork towards abstinence have you been willing to do and have accomplished?
2. What do you need to ask God (HP) for the willingness to do in order to help you achieve/maintain abstinence today?

Upcoming Events

OA Unity Day falls on February 28th this year.

Unity Day is a day to celebrate the connection of all members and groups of OA to one another.

It occurs on the last Saturday in February in even years and the last Sunday in odd years at 11:30. Take a moment of silence to express gratitude for the OA Program.

Watch for a flyer very soon regarding a F2F celebration at the Newton-Wellesley Hospital in Newton on that day.

New Booklet: Sponsorship in OA

Deciding to become a sponsor is a significant step in every recovery journey, and nothing strengthens our Fellowship like the decision of one OA member to become a sponsor to one or more sponsees. Sponsorship is important service!

To provide the best guidance possible to all OA sponsors, a new booklet, Sponsorship in OA (215), is now available to expand our understanding of sponsorship. This 32-page booklet covers numerous topics and brings them to life through real testimonials from OA sponsors. Appendices include thirty questions to ask the newcomer and a complete guide to sponsoring through each of the Twelve Steps of OA.

Find Sponsorship in OA on sale for US \$12.00 at bookstore.oa.org and in the following e-book formats. OA receives a royalty share for e-book purchases made through these third-party vendors (links open to external websites):

- [Amazon Kindle](#)
- [Apple Books](#)
- [Barnes and Noble Nook](#)

Sponsorship in OA is Conference-approved literature adopted by World Service Business Conference 2025, and it combines and replaces both A Guide for Sponsors (#200) and Sponsoring Through the Twelve Steps (#220). Thank you to all OA members who contributed to the development of this valuable resource.

Service Opportunity

If your sponsor is like all of mine have been, service is not optional for my recovery. There is a wonderful opportunity to do service for the New Hampshire Intergroup's Ways and Means Committee. Now that there is a Chair for this Committee, we are busy sewing book covers for some of our literature (and we do have a lot of literature now). The money made by selling these beautiful book covers goes directly to our Delegates Fund, which makes it possible for NHI (which represents all of us) to send representatives to the Region 6 Assembly twice a year and to the World Service Business Conference once a year. Without these funds, we cannot be properly represented at the region and world levels.

That being said, if anyone who enjoys sewing would like to do this service, please contact the current Chair (that's me!)

at bethm0320@gmail.com. Patterns are available, along with some fabric. I am looking forward to having more OAers on our Committee so that we can have a plethora of covers to take to the Convention in October.

Beth M

Ways & Means Chair

December/2025 7th Tradition Donations

Derry Tues Zoom 7PM	45144	\$78.00
Nashua Mon Zoom 7PM	40655	\$105.00
Nashua Mon Zoom 7PM	40655	\$48.00
Peterboro Sun Zoom 6:00PM	46277	\$94.00
Peterboro Tues Zoom 6:00PM	50231	\$94.00
Virtual Thurs 10AM	801222	\$107.50
Virtual Fri 5:30PM	800147	\$102.50
Virtual Sat 7:30AM	800519	\$70.00
Individual donation		\$25.00
Reps/NHI Business Mtg		\$85.00

Save \$5

**The Twelve Steps and
Twelve Traditions Workbook Bundle
available now at the OA.org bookstore.**

Heard in the rooms or zoom

Some acronyms;

HALT: Have A Laugh Today

NOW: No Opportunity Wasted

Heard at a meeting:

The words printed in our OA and AA literature never change. I'm the one who changes when I read the literature. That's why the words seem different; I'm seeing them with different eyes.

I am the same distance today from a compulsive bite as I was yesterday. The length of my arm hasn't changed.

Don't pick up the bat.

Keep your head where your feet are.

The elevator is broken, take the steps.



And love yourself!

PLEASE NOTE: Articles included in the Promises newsletter are based on OA members' individual experiences and are not representative of NHI or OA as a whole. Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.



Please submit writings or other information to the Promises Newsletter Editor by the 15th of each month at nhipromises@oanewhampshire.org