

Promises

May 2015

Issue 363

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This newsletter is made possible by your generous contributions.*

From the Promises Newsletter Committee

Please join us in thanking the previous Promise's Newsletter Chair. This volunteer resigned in April after spearheading many issues of the newsletter that were packed with courage, strength, and hope. Her commitment to this service has been so valued and will not be forgotten!



Going forward the current chair has elected to create a committee to help provide this wonderful service to our OA meetings in NH. At the time of this newsletter, the committee currently has 2 members, but welcomes others who would like to participate – either through their help in gathering articles, suggesting program-approved topics for upcoming issues, and even writing their own brief article based on their personal insight into the Steps, Traditions and tools.

To learn more about how you can contribute to The Promises, please send an email to oanhpromises@oanewhampshire.org. To submit an article for publication, you can send an email to that same address or send your submission into the committee via USPS: Promises Newsletter, c/o New Hampshire Intergroup, PO Box 1363, Derry, NH 03038-6363.

Deadline date for submission to the June edition of the Promises newsletter is May 30th. If the deadline has passed, you can still submit your article and it will be included in the next issue.

We're Making Some Tweaks

In the coming months, you may notice some small changes to The Promises. It will still be packed full with messages of courage, strength, and hope, but you will notice some other subtle changes like how we've moved our donation contributions to the second page. We'll also be including more information about OA events at the group, intergroup, region and WSO level.



Sharings

(Continued from April 2015 Promise's Newsletter)
Heard at Freedom Isn't Free: A Walk through the Steps Workshop, August 2014

Step 10 – Perseverance

- The Big Book's "Hidden" Promises on pages 84 - 85 come from doing Step 10; these are the "Physical" Promises.
- How do we hold on to the miracle of recovery? We have to continue to take personal inventory
- Ask yourself "How is it living with me today?"
- This is a daily discipline.

Step 11 – Spiritual Awareness

- How do we learn our Higher Power's will? The Big Book makes suggestions on pages 86-88 and the 'Just for Today' card provides examples:
 - Practicing daily quiet time
 - Planning our day and planning our food
 - Writing a daily Gratitude list
 - Focusing on the priorities for the day
 - Composing personal Affirmations

Step 12 – Service

- There are 3 parts to this Step:
 - A spiritual awakening as THE result of these Steps
 - Carrying the message ... because there is a solution!
 - Practicing these principles in all our affairs
- To sustain abstinence, one must do service; Page 89 of the Big Book: If we don't help others, we will lose what we have.

2015 March Donations

7TH TRADITION DONATIONS

Group Name & Number	Amount
Salem, Friday PM (36417).....	\$ 43.68
Wilder, VT, Wednesday AM (47976)	\$ 68.70
Hollis, Sunday PM (46146)	\$ 60.00
Peterborough, Tuesday PM (50231).....	\$ 219.00
NHI (9190).....	\$ 30.00
<i>Total Donations</i>	<i>\$ 421.68</i>

NHI RETREAT SCHOLARSHIP FUND DONATIONS

Donor	Amount
Anonymous Donors.....	\$ 110.00
New London Meeting (Closing)*	\$ 50.00
<i>Total Donations</i>	<i>\$ 160.00</i>

* This OA group no longer holds meetings.



OA Phone Meetings: The Basics

Can't make it to an in-person meeting? You're not alone! Be it a lack of meetings in your area or finding yourself housebound - be it due to temporary or permanent circumstances - you can still find the courage, hope and strength you need during OA phone meetings.

Similar to in-person meetings, these meetings follow a script and are focused on a specific topic. To join a meeting, all you need to do is dial into a specific phone number and provide a PIN number to join the call, both which are provided in a meeting's listing on the OA website. And with 246 meetings registered with World Service, there are many options to choose from!

Calls are not toll-free, and there is a meeting contact identified if you have questions about the meeting itself. You will need to follow some simple prompts to mute and unmute your phone if you choose to participate by reading or sharing your experience. And though it can seem confusing or daunting the first time you try one of these meetings, just as in in-person meetings, there are many wonderful and welcoming OAs on the calls who are available to help you.

To locate a phone meeting, go to World Service's website and select meetings from the main menu. From the dropdown menu that opens, click "Find a Meeting" link. On the page that opens, click on the "Telephone Meeting" tab, select your time zone, and click the "Search" button. If you would like to be more specific in your search, you can click the "Advanced Search" button which will allow you to narrow down the list by day of the week, time of day, special topic, language and special focus.

Again, calls into telephone meetings are NOT toll-free; long-distance charges may apply. Consult your telephone carrier/plan for details.



OA has some program-packed events coming up! Be sure to mark the dates on your calendar for those you're interested in.

2015 Region 6 Convention

Reach Out for Recovery

October 23rd – 26th

Hartford, CT

Details: oaregion6.org/2015/

NH Intergroup Meeting

June 7th @ 2PM

Concord, NH

Details: OANewHampshire.org

Steps 4 – 9 Workshop

June 14th @ 1PM

Portsmouth, NH

* Registration required *

Details: www.seacoastoa.wordpress.com

For more information about additional OA events in our region, please visit oaregion6.org.