

Overeaters Anonymous  
New Hampshire Intergroup's  
Twelfth Step Within Committee



**Are you in the Rooms but not  
“Working” the Program?**

**Have you been Slipping?**

**Are you in Relapse?**

Try reading, writing and discussing the 30 questions in  
“*Been Slippin’ and Slidin’*,” an article from the  
Twelfth Step Within Handbook, page 19.

The article is online at [www.oa.org/pdf/SlippinSlidin30Qs.pdf](http://www.oa.org/pdf/SlippinSlidin30Qs.pdf)  
or ask your Intergroup representative; they will have the  
handbook in their Intergroup binder.

**You are not alone anymore.  
Connect with someone to discuss one question,  
one day at a time.**

**FOR MORE INFORMATION CALL:  
Elaine Z. 603-329-7822 / Peggie M. 603-434-0771**

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