

# Promises



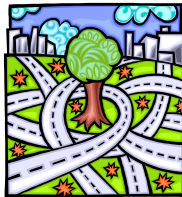
MARCH 11!

A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP  
March 2007, ISSUE #281 Bonus Page

## Bonus Page

### New Paths

OA has opened up so many new paths in my life. I've found my high power, the fellowship and love of other OA members, who have given me the strength and courage to live each day one day at a time.



You can keep telling yourself 'one day,' but why waste time when that day could be today? So many precious gifts are too close to give up now. There are steps in OA which you too could be taking to move closer to your goals.

With faith and Love from your higher power, the unity of OA, the steps will bring you peace, joy and sanity.

Grateful for everyday.  
Regina F.

### Dear God,

Help me to Let Go and Let God with the man relationship in my daughter's life. Help me God to accept, help me not to dissect. Help me God to observe, not to wonder if there is a wrong motive. Help me God to be happy for my daughter, to be happy for her sons to have a male figure in their life to show that men treat women with respect.

DAFP in Manchester

*Opinions expressed are not the opinions of NHI or OA as a whole. Articles and notices must be submitted by the 25<sup>th</sup> of the month. Articles may be submitted by e-mail to [promises@oanewhampshire.org](mailto:promises@oanewhampshire.org). Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.*

### The Tool of Literature

In the past three months, I have been finding more and more answers in OA Literature. One of my favorite pieces right now is the **Lifeline Sampler** – a selection of articles from *Lifeline* magazine. Using the index, I have been looking up articles that address the challenges I am facing. Here are some of the treasures I found:

“Why is it that I never seem to make it? I try so hard but I always fall short of my goal. Maybe that was it: **my goal**. ... Unexpectedly, the words “my goal” popped into my mind...I envisioned a glass two-thirds full. Suddenly I realized that I fail because I think I fail...Instead of being aware of my accomplishments I always focus on the empty third of the glass.”

Another treasure has been helping with the elusive concept of how do I turn my will and life over to the care of God:

By saying “OK, God, this one [problem, challenge, etc.] is all yours. Turning problems over in this way strengthens my confidence in myself as well as my trust in God.”

Nancy S.

New Hampshire OA  
Toll Free Telephone Number  
1-(800) 201-8720  
from NH, ME, MA, VT only