

# Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP  
JANUARY 2006, ISSUE #269

New Hampshire Intergroup (NHI) monthly meetings are held the first Sunday of the month at 2 p.m. preceded by a Tradition meeting at 1 p.m. The NHI Business Meeting is held at the New Hampshire Odd Fellows Home at Presidential Oaks, 200 Pleasant Street, Concord, NH. The next meeting is February 5, 2006. No NHI meetings are held in July or August. Visitors are always welcome. For more information, please contact:

**P.O. BOX 1363, DERRY, NH 03038-6363**  
**24-HOUR ANSWERING SERVICE: 603-434-7578 or**  
**Toll Free @1-800-201-8720**  
**www.oanewhampshire.org**

This newsletter is made possible through your generous donations. Thank you for your donations. Thank you for carrying the message.

The first time I entered the halls of OA I had expectations...low expectations. I was desperate, full of despair, hopeless, beyond even my own knowing. I had tried it all...weight loss programs, resolutions, cabbage soup diets, nothing worked. I'd lose ten, gain twenty, getting bigger every year... not willing to buy the next size. Oh, the pain.

But...there was hope!!! Hope in the men and women who had come before me. The men and women who let me sit in the meetings crying tears of shame, and finally tears of HOPE! These people, one day at a time, could do what I could never do. I wanted what they had. I asked them what they did. And some how by God's Grace that was enough willingness to begin this journey of recovery. This journey that has brought me places I would never have dreamed possible. Freedom, freedom from bondage of self, a new way of living!!! Really living my life.

I am grateful, that one day, I crept in the halls ... desperate, lonely, afraid...to find love and understanding beyond my wildest dreams.

**Grateful**

*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.*

## Sally's Story

I was a single 200+ pound semi recluse who spent the weekends going on benders with food, mostly sugar and flour, and not answering the door or the telephone. I came to OA in 1974 and never left. I got abstinent back to back in 1977 and having been eating three weighed and measured meals with nothing in between since that time. In abstinence I met someone and recently celebrated 25 years of marriage. I changed careers and have a Ph.D. and am teaching in a university. Every morning finds me at the Wellness Center at 5:30 AM. My health is excellent and I have maintained at least an 80 lb weight loss. My food has stayed the same and I go to 3 to 4 meetings a week and am active in OA. OA has saved my life and given me a life worth saving and I hope to be able to pass it on.

**Sally D.**

## HEARD AT THE 2005 CONVENTION

I have been thanking my Higher Power for the 2005 Convention each day. I am also grateful to my sponsor for "calling me" on my ability to stall and procrastinate purchasing CDs from the Convention sessions that I was not able to attend. I kept waiting to poll everyone I know for session recommendations before I "invest" in any CDs. There is no escaping obsessive/compulsive behavior - I had to order Convention CDs *perfectly* !!

So with a two-week, out-of-town Christmas vacation looming, I was led to place a less-than-perfect order. I have been counting my blessings ever since.

So far, I have heard concrete tips and techniques, and inspiration on all three-levels of recovery. Some of the highlights for me have been:

**10<sup>th</sup> step** – My sponsor and I have been working on this step, and I am always in search of techniques to help me "know" whether I have practiced this Step or not. On one of the CDs, I heard a simple technique to help me review my day - the "vowel method" or AEIOU. The speaker reviews her day this way:

The **A** – had she been **Abstinent**?

The **E** – had she practiced some form of **Exercise / Physical Movement**?

(continued on back)

*Lifeline*, OA's international magazine, serves as an indispensable "meeting-on-the-go." *Lifeline* is available in two versions: a 30-page, printed magazine and an electronic online magazine, called *e-Lifeline*. Both contain the same content. See your group *Lifeline* representative or [www.oa.org/lifeline\\_mag.html](http://www.oa.org/lifeline_mag.html).

The **I** – had she taken some action to care for “**I**” the self?

The **O** – had she provided some service for **Others**?

The **U** – as a result of being abstinent, moving her body, taking care of herself, and providing service to others, had she **Uncovered** something about herself?

For now, if I am at a loss as to whether I have reviewed my day, I can use that simple technique as a starting point.

- **Emotional Recovery** – I have been working on healing relationships with people in my life who have been verbally abusive towards me. There is a well-traveled path I follow to avoid verbal confrontation. Some people in my life are known for yelling, and I tend to cringe in fear when I see the pattern developing. On one of the Convention CDs I heard something that has helped me to “face” that fear. A speaker shared how people in her life have used yelling or raising their voice in anger as a way to claim “power” in a situation and “control” of the situation. BINGO! Their behavior was unacceptable, but I was learning [yet again] that it was not about me! They were struggling to exert power in order to control because they knew no other skill or technique. What may appear to be a simple revelation has helped me to see that I was not a “bad girl.”

- **Acceptance** – At this point in my life, I am learning to cope with two aging parents in frail health. I was so grateful to hear two speakers on the Convention CDs share their experience, strength, and hope in facing similar challenges. What I heard over-and-over again was that truth I am always ready to ignore – I need to take care of myself before I can be there for others. Taking care of myself in this situation means nurturing my recovery on all three levels. Abstinence comes first especially in the face of sadness, frustration, and loss. Acknowledging my emotions and not denying them are also keys to accepting this fact of my life right now. Taking this entire chapter of my life to my Higher Power is an absolute necessity. I ask to be shown what is the “next right thing” to do. I do not have to like it, but I do need to do it.

Thanks to the speakers at the Convention who were willing to be taped, I have been able to find more peace and compassion in my heart now, and less fear and self-hatred.

A Grateful N.S.

**NOVEMBER 2005 FINANCIALS:**

INCOME .....\$7,839.00  
EXPENSES.....\$7,309.00  
WORKING CAPITAL.....\$6926.89

**GROUP DONATIONS:..... AMOUNT**

Hampstead Sun AM.....100.00  
Nashua Thu AM.....20.00  
Alton Bay Thu PM.....80.00  
Manchester Wed PM.....51.00  
Nashua Mon PM.....25.00  
Concord Fri Noon.....32.00  
Derry Tue PM.....55.15  
Amherst Wed PM.....54.00  
**TOTAL DONATION.....\$417.15**

## Thank you, New Hampshire Intergroup

Thank you, New Hampshire Intergroup, for all that you do for NH OA groups and members. NHI services have flourished considerably since the founding meeting of NHI in July 1979. Sometimes I take Intergroup, its committees and the folks who give service for granted. I have come to “expect” a monthly newsletter, a current meeting list, periodic sharathons and retreats, etc. and don’t necessarily think about the human resources and finances it takes to provide these services. So, I would like to take this opportunity to express my gratitude and acknowledge some of those services provided and all the committees who make them possible:

- Umbrella liability insurance that covers all NHI functions and NHI OA meetings that are registered with the World Service Office. (NHI Treasury).
- The monthly Promises newsletter (Newsletter Editor/Committee)
- Meeting list updated semi-annually (NHI Mailing Coordinator)
- NHI Speakers list (NHI officers)
- NHI website (Webmaster)
- The 800 number hotline (Answering Service Committee)
- At least 3 sharathons a year (Retreat/Sharathon Committee)
- The yearly retreat (Retreat/Sharathon Committee)
- Scholarship fund for the retreat (NHI Treasury and NH groups)
- 3 Back-to-Basics workshops (BTB Committee)
- 2005 Sponsorship workshop (Strategic Planning)
- 2005 R6 Convention in our own back yard (Everyone!)
- Voice in OA policy (R6 and WSBC delegates)

I realize these services require committed people and committed finances (the liability insurance premium alone costs about \$900 a year). So, I try to remember this each time the 7<sup>th</sup> Tradition is taken at my meetings and when my home meeting holds its monthly business meeting. We do not have a large meeting, but I am grateful that my home group contributes regularly not only with committed funds, but also with committed representatives who attend the monthly NHI business meeting, serve on committees and hold NHI office positions.

Thank you also to all NHI meetings who provide the funds and representatives that allows Intergroup to continue to carry the message of OA recovery. These and future services would not be available without our combined contributions and service. You are the “wind beneath the wings” of NHI. Bless you and thank you for your continued support.

A Grateful NH OA Member

**WORLD SERVICE CONVENTION**  
August 29-September 1, 2007—Lowe’s Philadelphia

**For OA Information Call**  
**1-800-201-8720**