

Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
FEBRUARY 2006, ISSUE #270

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.

OA Public Information Night

The Traveling Hopefuls are on the road again!

Next stop: Belmont NH

Scheduled speakers.

Thursday, February 16

(Snow date: Feb. 23)

5:30 P.M.

St. Joseph Church

96 Main Street

Call Charlotte at 267-6055 for directions.

All are welcome!

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"If nothing changes, NOTHING changes."
.....

Opinions expressed are not the opinions of NHI or OA as a whole. Articles and notices must be submitted by the 25th of the month. Articles may be submitted by e-mail to 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.

Thank You!

I'd like to take this opportunity to thank Mary S. who is the outgoing Promises Editor for all the time, talent, and hard work she has given New Hampshire Intergroup in this service position. Mary will also be vacating her Region 6 delegate position. She has served NHI in several positions and we are truly grateful for the enthusiasm she brings to everything she does. At the same time, I'd like to welcome Diane L. as the new Promises Editor and thank her for her willingness to say "YES ...to service." I know you'll join me in supporting her in any way you can as she continues her journey in service. NHI is truly grateful to be served by these two talented...and willing people. Thank you to you all.

New Hampshire Intergroup will be looking for a volunteer to fill the Region 6 delegate vacancy. I'd love to hear from you with any questions you might have regarding this service. Thank you for putting it in prayer as you contemplate this service.

*Your Trusted Servant
Lisa D., NHI Chairman*

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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.

A Letter From L.A. Intergroup

The L.A. Intergroup Virtual Speakers Bureau

We of the L.A. Intergroup consider ourselves blessed to live in an area where we can hear from so many strong and inspirational program speakers. We wish to share their talks with you. Whether you are struggling in the middle of the night, living in a remote location, or just need a boost, these speakers will help you remember that you are not alone.

These speakers are available on our website at www.oalaintergroup.org, under the 'Speakers' link. These files are in .MP3 format and you can either simply click a link to listen at your computer or Right-Click another link and save the file(s) to your computer for later listening or uploading onto a portable audio device. You can even use these sound files as 'Guest Speakers' at your meetings. Most importantly, these files are totally free and there is no charge in any way for anything related to this site.

Most of the speakers on this site have 20, 30 and even 40 years in the program (the average is 23.5 years). While time in program is not an indicator of recovery, these women and men certainly have a lot to offer. Additionally, most of the speakers have been maintaining a considerable weight loss for most of that time and have worked all 12 steps.

For further information and/or feedback, feel free to contact us at either: 12thstepper@gmail.com

Or:

L.A. Intergroup of Overeaters Anonymous
6404 Wilshire Boulevard
Suite 710
Los Angeles, CA 90048
Office: (323) 653-7652
Fax: (323) 653-7436



P.S. Please feel free to add a link to our Speakers page (www.oalaintergroup.org/speakers) on your website as an aid to your members (it also helps us with our Google ranking)!

"Always to extend the heart and hand of OA to all those who share my compulsion: for this I am responsible."

DECEMBER 2005 FINANCIALS:

INCOME	\$387.26
EXPENSES.....	\$359.50
WORKING CAPITAL.....	\$14,968.57

GROUP DONATIONS:..... AMOUNT

Concord Mon PM.....	76.86
Concord Fri Noon.....	30.00
Nashua Tue PM.....	75.00
Center Ossipee Tue PM.....	10.00
Nashua Fri PM.....	62.65
Concord Tue Noon.....	41.00
Nashua Sat 8:30 AM.....	59.95
Hopkinton Thu PM.....	31.80
TOTAL DONATION.....	\$387.26

Losing Abstinence

This is an idea I heard in OA many years ago and not since. Rigorous honesty tells me I'm maintaining more weight than I need to carry. Now I'm committing to physical recovery. First, I defined a simple plan of eating which I shared with HP and several OA's.

To support my abstinence I use multiple tools of recovery every day.

Actively working the program means:

- Extra meetings, extra calls and extra service.
- Seeking guidance and direction, then acting on it.
- Adding a 20-30 minute written meditation to my busy day.
- Taking a daily 10th Step to keep my slate clean.
- Sharing negative feelings and behaviors with my sponsor.
- Finding serenity in the Steps and Traditions.
- Putting resentments into the God Jar.
- Walking somewhere every day to clear my head.
- Frequent verbal or written expressions of gratitude.
- Acknowledging my resistance by asking out loud, "but are you willing?"

So far, it's working. The scale confirms what my clothes tell me: the numbers are slowly dropping.

-Nony M.

"Resentment is the cup of poison you pour for someone else, BUT you drink it yourself ."

Region 6 CONVENTION

October 27-29, 2006—Center Catskill, NY

Visit www.oaregion6.org
for more information

***** CORRECTION To November Financials *****

NOVEMBER 2005 FINANCIALS:

INCOME	\$1,220.25
EXPENSES.....	\$478.92
WORKING CAPITAL.....	\$7685.33

Group donations were accurate as printed.

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