

# Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP  
MARCH 2006, ISSUE #271

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 April 2, 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.

## A Big PI Night Thank You

The Traveling Hopefuls want to extend a big thank you to those who were willing to "visit", "support", "travel" and "show-up" for the public information night held in Belmont on February 16. A total of twenty five were in attendance. Members traveled from Keene, Peterborough, Franklin, Concord, Alton Bay and Derry to participate and pass on their experience, strength and hope. The message is being carried here in NH thanks to a commitment to service.

### JANUARY 2006 FINANCIALS:

INCOME .....	\$699.45
EXPENSES.....	\$1415.19
WORKING CAPITAL.....	\$15046.96

<u>GROUP DONATIONS:</u> .....	<u>AMOUNT</u>
Manchester Mon PM.....	83.40
Peterborough Tue PM.....	60.00
Derry Thu AM.....	40.00
Nashua Sat 7:30 AM.....	205.05
Derry Wed AM.....	70.00
Hollis Sun PM.....	150.00
<b>TOTAL DONATION.....</b>	<b>\$608.45</b>

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.

## Spring Sharathon

### ***Step into the Miracle***

Hosted by the Hopkinton and Franklin Meetings  
Saturday, April 8, 2006

8:30 – 9:00 Registration  
9:00 – 3:30 Keynote Speaker & Workshops

St. Andrew's Episcopal Church  
(stone church)  
Parish House  
(handicap accessible)  
354 Main Street  
Hopkinton, NH 03229

Suggested donation: \$4.00

Beverages available    Raffle    Literature Table

Bring box lunch or deli/grocery store across the street.

### Please Note:

Only one restaurant in immediate area.

### FOR MORE INFORMATION CALL:

Pat S.            603-746-4931 or  
Dorothy M.    603-746-5086

**Don't leave three minutes before  
the Miracle happens!**

*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).

## How New Hampshire Intergroup “Carries the Message”.....An Alphabetical Look ....

- A – Answering service** – a service that is staffed by volunteer OA members to respond to phone calls from newcomers looking for information about OA.
- B - Back-to-Basics Workshops** – a service that brings speakers and discussion topics to OA members, returnees, and newcomers to focus on what it means to fully “work the program.”
- C - Convention 2005** – thanks to OA members across the state, the message of recovery and hope was carried to over 700 attendees.
- D- Delegates** – OA members who volunteer to represent NHI at the Region 6 Assembly and the World Service Business Conference where policy is set and program literature is developed.
- E- Eight hundred (800)** – our phone number that enables newcomers to contact OA without worrying about making a toll call.
- F - Financial reports** - developed by the Treasurer each month to monitor our expenses and donations.
- G- Group Conscience** – at NHI meetings, group members come together in mutual trust to arrive at a group decision, not one individual's personal triumph .
- H- Traveling Hopefuls** – members of OA who carry their experience, strength and hope to meetings across the state of NH.
- I - Insurance** – a service that enables meetings in New Hampshire to meet and be in compliance with liability protection .
- J- July** and August - no monthly meetings!
- K - Keep Coming Back** – Group Reps return each month to vote on matters affecting OA, to bring information, flyers, and newsletters back to their home meetings, and to participate on Committees engaged in service activities..
- L – Literature** – as a Group Rep, I hear about new pamphlets such as “OA Members Come in All Sizes.”
- M – Meeting Lists, monthly mailings, minutes of NHI meetings** – more ways to carry the message!
- N – Newsletter** – issues of the *Promises* keep OA members informed and provides opportunities for OA members to practice the tool of writing.
- O – Officers** - our trusted servants (Chair, Vice-Chair, Secretary, Treasurer, Parliamentarian).
- P - Parliamentary Procedure** – do I have a second for that motion?
- Q – Questions and Answers** – as a Group Rep, it is so comforting to ask questions and receive a range of answers from OA members representing different meetings in NH.
- R - Retreats** – a service that provides OA members with a weekend of Program focused on topics such as The Steps, Meditation, etc.
- S – Sharathons** – NHI sponsored events that provide multiple mini-meetings on different topics in one day.
- T – Twelfth Step** (12<sup>th</sup> Step) – on display at each meeting: carrying the message to compulsive overeaters and practicing these principles in all our affairs.
- U - Unity Day**, February 25<sup>th</sup> – collaboration with the North Shore Intergroup (Mass.) and the Seacoast Intergroup (Maine) that brings together speakers to discuss and promote unity with diversity.

- V – Votes and a Voice** – Group Reps vote on policies affecting NH Intergroup, and they are encouraged to voice their opinions on motions.
- W – Website** [www.oanewhampshire.org](http://www.oanewhampshire.org) – a valuable resource for Group reps and other OA members.
- X – eXempt** organization – NHI qualifies under the 501(c) 3 IRS guidelines as a non-profit organization.
- Y – Yes** - “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”
- Z - Zzzzzz** – that is so much service, I am exhausted just thinking about it!

Nancy S.

### Thank You

I'd like to take this opportunity to thank Pat S, chair of Sharathon/Retreat committee and her committee members Beth M. and Rita B for the work they've put into the last two years of wonderful retreats and sharathons. They are all rotating out of this service and giving an opportunity to others to benefit from doing service. Sally D. from Peterborough has volunteered to serve as Chair along with committee members Mary M and Jeri M. Without a chair and committee there are NO retreats or sharathons...so thank you so much, to you all for saying “YES...to you all. If anyone is interested in “reaping the benefits of Service”, I invite you to contact me.

Your Trusted Servant  
Lisa D., NHI Chairman

**New Tuesday PM Meeting  
5:30 at Brookside Congregational Church, 2013  
Elm Street, Manchester—Speaker/Discussion**

### For Today, January 19, 2006

#### In response to the reading:

After a yearlong “break” from program I had forgotten how it felt to be accepted unconditionally. I had forgotten how it felt to enter a room and know that I don't have to be the best at anything to be recognized. I don't have to gossip or judge someone in order to be part of the “in crowd”.

“You are not alone anymore. Welcome to Overeaters Anonymous. Welcome Home!” How wonderful to hear those words again. How wonderful to be able to walk into a meeting, share some of my most shameful moments and in return get nods, hugs and understanding.

I truly am one of the chosen ones. My Higher Power chose my friends in recovery and myself to be the ones blessed with that kind of world. How lucky are we to be a part of a world where we are allowed to be ourselves, where we are accepted exactly as we are.

My Higher Power loves each of us equally. And this program and my home meeting are a work of that Higher Power. This is “where I can begin to change”.

E.B. Wolfeboro

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