

Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
APRIL 2006, ISSUE #272

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 May 7, 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.

When I first came to program my abstinence came relatively easily to me. I was blessed with freedom from food after 6 months in program and the weight came off quickly. Within a year I was at my goal weight and I had learned the true meaning of a Higher Power and his abilities in my life if I let him.

I still, however, struggled with the slogans and understanding their meanings. I had learned the meaning of *“act as if”* and was able to ultimately learn of my HP and believe and trust in him, however, having gotten abstinent so quickly I hadn't experienced some of the same anguish that so many members do.

This past year, after consulting with my sponsor, my “spiritual guide”, and my Higher Power I made a decision to go back to school. I knew that this would take quiet a toll on my life both in and out of program. But I also knew that with my HP beside me that I would be able to make it.

Before entering into this year-long, full time,

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.

intensive program a number of members asked me what my plan was, how I would make it, my answer was that I truly didn't know. Now I know the meaning of the slogan *“if you fail to plan you plan to fail”*. Without my meetings and my daily contact with my sponsor and HP I fell back into my old habits.

“Easing God Out” (EGO) truly didn't make any sense to me, until I thought that I could handle this without him. I thought that I had the ability to take care of this “food” problem without the help of my HP, and although I made it for nearly 9 months I, eventually, fell right back into my old ways of eating. I believed that I had done this for “so long” that I could keep that food in check; my EGO was out of control.

I had always heard in the rooms *“I know that I have another relapse in me, but I don't know if I have another recovery”*. Today, I understand that. I know that tomorrow I can binge but I am not sure that I can be abstinent and I know that I cannot do it alone.

I am relearning to *“let go and let God”* because in my heart I know that *“I can't, God can”* now I need to let God. *“First things first”*, my recovery, my program and my abstinence. I know that without these I am the person I used to be, the one who ate herself to 245 lbs and was angry with the world. I know that today I need to pray for the *“willingness to be willing”*, to *“keep it simple”* and to, most importantly, take it *“one day at a time”*

E.B. Wolfeboro

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.

Thank You

It seems every month I'm thanking *someone* for *something*...that's because I'm truly grateful for all the people who do service for New Hampshire Intergroup, and OA in New Hampshire. This month, I'd like to thank Nancy S. who has been Mailing Coordinator for the last two years. She is rotating out of this position and affording someone else the benefits of doing service in OA. She has added her strengths and talents to this position and I'm so appreciative of the quality of work she has done for NHI. Cheryl V. is taking over the duties of producing the meeting list as well as mailing materials to meetings that don't send a rep to the monthly meetings of New Hampshire Intergroup. Cheryl has really got this service thing down pat!!! She holds a service position at every meeting she attends. If this position were not filled, **there would be no meeting list**...so thank you to you both. If anyone is interested in "reaping the benefits of Service", I invite you to contact me.

Your Trusted Servant
Lisa D., NHI Chairman

Ask-It Basket at WWW.OA.ORG

Q. What are the Step Principles, and where can I read more about them?

A: Step Twelve refers to the principles of the program: "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." Our book, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, asks a similar question on page 103 and answers it by aligning a principle with each Step.

Step One teaches us the principle of honesty. In Step Two we learn hope, and in Step Three we learn faith. Steps Four and Five teach us courage and integrity, Step Six teaches us willingness, Step Seven teaches humility, and Steps Eight and Nine teach self-discipline and love. In working Step Ten, we learn perseverance and in Step Eleven, spiritual awareness. Service is the underlying principle of Step Twelve. The book goes on to say that those who work the Steps "have embarked on a lifelong journey of spiritual growth" and use "the great spiritual principles embodied in the twelve steps as the map to guide our way" (p. 106).

— Members of the Board of Trustees provide answers to these questions

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

FEBRUARY 2006 FINANCIALS:

INCOME	\$517.26
EXPENSES.....	\$567.89
WORKING CAPITAL.....	\$7345.71

GROUP DONATIONS:	AMOUNT
Lebanon Sat AM.....	35.00
Lebanon Sun.....	15.00
Derry Sat AM.....	51.70
Concord Fri Noon.....	48.00
Nashua Sat 8:30 AM.....	78.57
Manchester Thu PM.....	18.09
Concord Tue Noon.....	45.00
Nashua Mon PM.....	25.00
Salem Fri PM.....	20.00
Hopkinton Thu PM.....	35.10
Franklin Sat AM.....	145.80
TOTAL DONATION.....	\$517.26

For OA Information Call
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