

Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
May 2006, ISSUE #273

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 June 4, 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.

FOUR YEARS, MY FRIEND

LONG AGO I MISSED YOU
YET YOU STILL RESIDE WITHIN,
PART OF EACH PRECIOUS MOMENT
WHEN RECOVERY DID BEGIN.

LONG AGO I MISSED YOU
BUT NOW YOU LEAD THE WAY,
PART OF EACH DECISION,
PART OF MY SPIRIT'S DAY.

LONG AGO I MISSED YOU
AND TODAY I HURT AGAIN.
IT IS PART OF THE ACCEPTANCE



a.m. Derry

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.

If You're Feeling NUTS: Is it because you're
Not Using The Steps?

NEW MEETINGS

SUNDAY

Hanover 6 PM (Lit) 49675

United Church Of Christ
40 N. College St., 1 Blk N Of Dartmouth
Green; 4th Floor
Matthew 298-6719

THURSDAY

Plymouth 7 PM (St V) 49218

Community Life Center
39 Danforth Brook Rd.
Donna 744-9801

CHANGES TO EXISTING MEETINGS

Amherst Saturday 7:30 am (Sp) 47049

Moved from Nashua to Amherst

Christ's Church of Amherst
55 Merrimack Rd
Bob W. 485-2240

Derry Thursday 10:30 am (St T) 40908

June 1st - changing to a Step/Traditions meeting

Marion Gerrish Community Center
39 West Broadway (Route 102)
Nancy S. 890-8994

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.

Vegetables and Vacation

My family and I recently went on vacation. It was one of those traveling vacations, a different hotel every night as we took in the sites along the way. Planning for an abstinent vacation can be stressful and full of unknowns. Thankfully, I did the prerequisite things. I let the people in my home group know I was going, and I shared my apprehensions. I went home from that meeting loaded with program thoughts, ideas and most of all the conviction to plan as much as I could. Prior to the meeting I was filling my mind with my fears, and my car with much, too much, food. My OA friends kindly reminded me that God was going with me on this trip. Immediately, my anxiety diminished.

I reviewed what my plan of eating was and began to plan ways of keeping to that plan while away. I packed what I could and firmly reminded myself that there were plenty of grocery stores along the way and ice machines at every hotel to replenish the cooler. Much to my delight, and surprise, all but one hotel room we rented, and they were all basic, budget rooms, had a refrigerator, a microwave and a coffee maker. These items seem to be coming the standard. After growing tired of restaurant food, and the limited options of cooked vegetables they provide, we made the decision to have a meal in our room. My second delight was to discover that now available, in the frozen food section, are microwavable bags of vegetables. And I mean just vegetables, no other ingredients listed!

I learned so much about the ease with which staying abstinent on vacation can be achieved. I first had to be willing to plan and then the options were plentiful. Stopping at a grocery store for a yogurt and some fresh fruit is much easier, and less expensive, than a restaurant. It is particularly great when you need to get going early. Continental breakfasts at hotels were also a great help in that they, many times, supplemented my meal and provided my family with some favorites they enjoy.

I truly felt happy, joyous and free, something I have never felt on vacation, before now!

Diane L., Hopkinton

Thank You!

As people continue to rotate out of their service positions, I'd like to thank Jane B. for the service she's provided as the Designated Downloader for the past year. She has brought many interesting items to our attention, which are available on the WSO website. It is a wonderful way for NHI to stay current of what is going on at World Service Office and to pass that information onto our meetings. Dorothy M. will be taking over that service position, as well as presenting herself for a second term as WSBC and Region 6 delegate for elections in June. I'm truly grateful to both of them for their willingness to serve NHI and OA in New Hampshire. If you are interested in "reaping the benefits of Service", I invite you to contact me.

Your Trusted Servant
Lisa D., NHI Chairman

Back To Basics

Saturday, June 3, 2006

9A.M. - 12 Noon

St Joseph Church

Main Street

Belmont, N.H.

All Welcome!

For more information:

Look for the flyer at meetings, or
Call Charlotte at 603-276-6055(directions),
or Pam at 603-424-6349(program).

NHI Prudent Reserve

The NH Intergroup recently passed a Prudent Reserve for the 2006 Intergroup Budget. It was decided that we needed to keep three thousand dollars in a fund to pay for the basic Intergroup expenses for the year. These expenses include PO Box, Insurance (which covers all NH Intergroup meetings), Rent, Telephone, Treasurer, Secretary, Chairman, Promises, Administrative, Website, Meeting Lists. The remaining expenses are important, but they will be supported if the money is available after Prudent Reserve expenses are met. Your group rep. should have copies of the budgets. Please feel free to ask to see them. It's interesting to see our revenue versus expenses. You can also attend a NH Intergroup meeting to hear more about the budget process.

Yours In Service,
Nathan W.,
NH Intergroup Treasurer

MARCH 2006 FINANCIALS:

INCOME	\$387.78
EXPENSES.....	\$341.35
WORKING CAPITAL.....	\$7,749.94

GROUP DONATIONS:AMOUNT

Concord Sun Traditions.....	21.50
Concord Fri Noon.....	32.00
Concord Tue Noon.....	20.00
Lebanon Tue PM.....	60.00
Nashua Mon AM.....	40.10
Concord Mon PM.....	77.81
Belmont Thu PM.....	60.00
Nashua Mon PM.....	25.00
Unity Day.....	38.00
TOTAL DONATION.....	\$373.78

For OA Information Call
1-800-201-8720