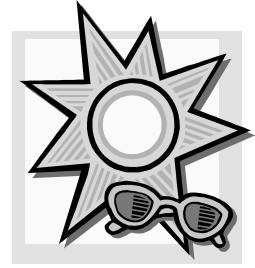


Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
June 2006, ISSUE #274

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 September 10, 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.

Sharathon
Saturday, June 24, 2006
United Methodist Church
154 Main Street
Nashua, New Hampshire
9:00A.M.-3:30 P.M.

Pam T. 603-424-6349 or Janice W. 603-883-8853

It's been a busy year!

As TRADITION FIVE and the SERVICE tool both state: to carry the message to the compulsive overeater who still suffers is the primary purpose of our fellowship. This is the only reason New Hampshire Intergroup exists....to carry the OA message.

I am in awe of all those who take the OA responsibility pledge personally "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible". It is because of the efforts of these individuals that NHI has been able to do all it has since September 2005.

We have held two of the three Back to Basics Workshops

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.

and one of the three Sharathons which have been planned for the year. Both provide us with an opportunity to hear the OA message in addition to hearing it at our meetings. Our annual Retreat, held in January, was a wonderful success and the 2007 Retreat planning is well under way.

We continue to publish a meeting list which is updated 3 times a year and keeps members and newcomers informed of meeting locations throughout the state of New Hampshire and some of Vermont. Our newsletter, Promises, is published to keep us informed of upcoming events and provides a forum for members to share their experience, strength and hope. Nearly 150 calls were received by the Answering Service, giving us the opportunity to plant many "seeds" of recovery when responding to these calls with meeting lists and OA literature.

Our participation in the tri-Intergroup event celebrating Tradition 1 at UNITY DAY, in February, and the Service and Traditions Workshop planned for October celebrate our recovering TOGETHER, unified through diversity. Our public information work, via our website and the public information night reaches the general public with messages of recovery. The Traveling Hopefuls have visited several meetings to share their experience, strength, and hope....which is an important part of staying abstinent.

We have spent much time in discussion and prayer about the budget and have established a prudent reserve that assures us the ability to continue to carry the message, however limited, should our donations not meet our projections. Our insurance coverage has been increased, and thus a significant increase is reflected in our insurance expense. We continue to monitor our financial health closely.

Our attempt to carry the message to those who still suffer, in the halls, is met by the Designated Downloader information from World Service Office that is distributed at NHI meetings. This information, as well as flyers and pertinent business that transpires at NHI, is also sent to those meetings unable to send a rep to NHI. Ways and Means has made it possible, with their approximate \$1000.00 donation, for us to send delegates to World Service Business Conference and Region 6 Assemblies,

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.

making our Intergroup more knowledgeable and stronger. Having experienced the benefits of attending these business meetings, we've made a donation to the Delegate Support Program to assist other Intergroups in sending delegates to WSBC.

Oh, and did I mention that we hosted a Region 6 Convention that was attended by over 700 people...no small feat.

The shared understanding, among the officers and representatives at NHI, that we are here as trusted servants and that we hold "service" positions...to be of service... is reflected in the harmony and respect that is demonstrated at NHI meetings. This shared understanding is surpassed only by the understanding that we are here to "carry the message". We hope to continue our many initiatives and hope that you join us in doing "what you can, when you can" in carrying the OA message. I wish you a happy, joyous and free summer and look forward to seeing you next September.

Your trusted servant,
Lisa D., NHI chairman

Exercise

When I came into program in October 2002, I was desperate for a way out of the insane lifestyle that I had been living for over a year. I spent 1-2 hours a day, 5 or 6 days a week exercising – either lifting weights with a personal trainer, riding my bike down the Charles River and back again, or on the stair climber. I wanted to shape my body into a "perfect", head-turning, lean, muscular, powerful creation. I ate in such a way that I only had enough energy for my workouts and I was exhausted for life. For the most part, the food that I chose was very "healthy" and I avoided foods that had fat in them. I drank coffee and other caffeinated beverages so that I could keep up with a fast pace of living. I found that if I let myself have a food that was considered "fun", I had a hard time limiting myself to just that one item. It led to more and more. It is possible that I was finally giving my body the energy that it needed, but, I did not now how much was enough and how to stop. I would feel disappointed with myself for "losing control" and eating more than I had planned. I developed a cycle of taking stool softeners after an event like that and literally run to bed before the extremely full feeling set in. I would fall asleep as fast as I could to avoid feeling just how full I really felt.

In the morning, I would wake and still feel the remorse at how I had let myself down the night before. I would go in the bathroom and hope that some of the food that I ate would be released from my body but, usually I was constipated and very uncomfortable in what I felt was a "stuffed sausage" of a body. I would dress in gym clothing that covered my bloated body and make my way three doors down from my apartment to the gym. There I would lift weights, look in the mirror, and vow to get control of my food again and stay at the gym until I had burned off the food that I ate the night before. Returning home, I would have full intentions of being in control of my food and have a "sensible" lunch. But, the exhaustion and emotional stress of this cycle would usually lead me back to eating more than I intended and the shame and disappointment that I felt was

overwhelming. I felt isolated and alone with my problem.

When I found OA, I was looking for a way out of this lifestyle. I was not overweight and not underweight according to my doctors but, my period had ceased and my hormonal levels were lower than they should be. My doctor recommended that I reduce the amount of exercise I did and to "relax" a bit about my strict food ideas. I had a difficult time taking the advice of people that I judged to be overweight or out of shape. I could not see their advice as trustworthy and I didn't know how to "relax" around food. I wanted more direction than that. I wanted to know what to eat and when to eat if from someone that I trusted. The challenge was trusting someone because I feared that they would make me fat if I followed their advice.

When I found my first sponsor on October 8, 2002, I had a willingness for the first time to reduce my exercise to the amount my doctors suggested (3x per week for 45 minutes) and to try the food plan that my sponsor and I agreed on that day.

I have been abstinent since this day – meaning that I do not eat more OR LESS than what my food plan directs me to and I do not exercise more or less than my exercise plan directs me to. I have a plan for food and exercise that allows me to have enough healthful food for healthy living – without hunger, and an amount of exercise that allows me to have a strong healthy body but, still allow me plenty of time for living life in between. I have learned not to count calories or worry about getting a "good" workout in. I weigh and measure both of these things and do not worry about the fat content of my food or the intensity of my workouts. I follow the plan that is created with the help of my nutritionist, my sponsor, my MD and my HP and I leave the results to my HP. I have not been overweight a single day since I came into program and am awaiting the birth of my first child.

If we are to add exercise to our tools of recovery, I believe we should also include discussion around keeping balance, and not using exercise to undo the damage of a recent binge. I refer to myself as an exercise bulimic because exercise can be just as dangerous to me as compulsive overeating and actually lead me into compulsive eating and compulsive behaviors around food. Exercise for me, because I weigh and measure it like my food, is a tool that allows me to take care of the body I have been blessed with.

Deb from Hampstead, NH

APRIL 2006 FINANCIALS:	
INCOME	\$1,611.80
EXPENSES.....	\$471.06
WORKING CAPITAL.....	\$8,826.62
GROUP DONATIONS:	
Nashua Tue PM.....	60.00
Nashua Mon PM.....	25.00
Hopkinton Thu PM.....	28.90
Derry Wed AM.....	25.00
Derry Thu AM.....	24.00
Region 6 OA.....	1,000.00
TOTAL DONATION.....	\$1,162.90

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