

Promises

A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
September 2006, ISSUE #275

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 October 1, 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.

New Meetings

Claremont,

Wednesday Night 5:30

Nashua

Friday Night 6:00 Young People Meeting
(Teens to Young Adults)

Closed Meetings

Alton Bay

Monday Night

Upcoming Events

Back To Basics

Sept. 23, Hollis

Relationships & Recovery Workshop

Oct 7, Hopkinton

Fall Sharathon Celebrating I.D.E.A.

Nov 11, Peterborough

Look for flyers and meeting lists at your meeting, or go to www.oanewhampshire.org for more information.

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.

THINGS TO DO BEFORE YOU TAKE THAT FIRST COMPULSIVE BITE

- A** **ASK** for help; **ACCEPT** some person, place or thing, make an **AMEND**.
- B** **BUY** flowers for yourself, read the **BIG BOOK**.
- C** **CALL** someone; **CLEAN** something; **CHANGE** the things you can.
- D** **DUST** something; **DEAD-HEAD** the plants; make a **DUMP** trip.
- E** **EMAIL** someone in program; get some **EXERCISE** no matter how small the activity.
- F** **FILE** nails or paperwork; **FLOSS** teeth; schedule a **FACIAL**.
- G** **GO** to a meeting; make a **GRATITUDE** list.
- H** Make contact with your **HIGHER POWER**; schedule a **HAIRCUT**.
- I** Look for **INSPIRATION** around you.
- J** Remember you are on a **JOURNEY**.
- K** Get down on your **KNEES**.
- L** **LIGHT** a candle; **LISTEN** to a favorite CD; fold **LAUNDRY**.
- M** **MAKE** a bed; **MOW** the lawn; **MEDITATE**.
- N** Take a **NAP**; call a **NEWCOMER**.
- O** Do something for **OTHERS**.
- P** **PRUNE** bushes; **PRAY**; make a **POWERLESS** list.
- Q** Be **QUIET** and listen for guidance.
- R** **RAKE** leaves; **READ** our literature; **REACH-OUT** to another person.
- S** Call your **SPONSOR**; take a **SHOWER**; do some **SERVICE**.
- T** **TURN** it over; use the **TELEPHONE**; focus on **TODAY**.
- U** **USE** the "tools"; buy some new **UNDERWEAR**.
- V** **VACUUM** a room or the car; take your daily **VITAMIN**.
- W** **WATER** plants; **WEED** out old clothes; **WRITE**; take a **WALK**
- X** Anything e**XTRA** you need to do?
- Y** Do some **YARD WORK**
- Z** **Zzzzzz** – has the compulsion been lifted?

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.

Personal Recovery

This past month I've had several opportunities to:

- face painful realities
- walk through my fears
- speak my truths

Each time I experience waves of feelings, many of them negative, some of them raw. Once I chose to gently confront someone. These new behaviors and resultant feelings are *way* outside my comfort zone, but I had the clarity of abstinence to support me.

Every time I take personal responsibility for my decisions and choices, I build **spiritual muscle**. My program is stronger than it was a year ago and so is my recovery.

I'm grateful to my Higher Power for guidance and direction in my life and for the courage to act on it.

Nonny

IT'S NOT TOO LATE!

OA Region 6 Convention

October 27-29 2006

Catskill, NY

Deadline to reserve a room is Sept. 21. Don't delay!

Go to <http://www.nassauoa.org/r6c/index.mv?screen=home> for complete information.

Getting to Know Our Officers

Meet Diane P., Region 6 Alternate

My position is the same as a Region 6 Representative.

1. Represent NHI regarding business at Region 6 Assemblies
2. Provide a written report to NHI regarding the business that transpired at the Region 6 Assembly.

I additionally take responsibility to stay abstinent, enjoy the now, be NHI Telephone Coordinator, be a meeting literature person, surrender all to H.P. and to be grateful.

Diane P., Manchester

Thank You

As we begin a new year at New Hampshire Intergroup, new officers were elected at the June meeting and are taking on their responsibilities this month. Nancy S. from Windham was elected secretary; Beth M. from Nashua, Jon M. from Center Barnstead, Eileen C. from Lebanon, Peggie M. from Derry were elected Region 6 Delegates; Diane P, from Manchester elected Region 6 Alternate; Beth, Eileen were elected WSO delegates and Jon as the WSO Alternate. I'd like to thank them for stepping up to service. I know you'll join me in supporting them in whatever way you can.

I'd like to take this opportunity to thank the outgoing Secretary, Tori H. and outgoing Region 6 and WSO Delegate Howard B. Tori finished the previous secretary's term and continued to serve NHI for two consecutive terms of 2 years each, totaling 5 years of service. She has "survived" three Chairpersons and has served us all valiantly. I'm truly grateful for her perseverance and her willingness to accommodate the needs of NHI through our growth spurts. Thank you, Tori!

Howard served as Region 6 representative since 2002 and WSBC delegate at the Conference in 2003, 2004 and 2005. In his tenure as Region 6 Representative he served on the Public Information and Newsletter/Website committee. As a Delegate at World Service Business Conferences, he participated in the Public Information, HIPM, bylaws committees and the "extremely hardworking" and late night sessions of the reference subcommittees. His work on these committees has benefited NHI greatly and makes us a stronger and more knowledgeable intergroup. He has given up vacation time to attend WSBC which are several days long and very far from home. I'm so grateful for his enthusiasm, selfless attitude and his quick grasp of issues. Howard, thank you.

We wish you both well as continue on your path of recovery and service.

Your trusted Servant,
Lisa D., NHI Chair

MAY 2006 FINANCIALS

INCOME	\$1090.84
EXPENSES.....	\$421.10
WORKING CAPITAL.....	\$9,816.16

GROUP DONATIONS:	AMOUNT
Derry Sat AM.....	59.89
Concord Fri Noon.....	65.00
Nashua Sat 7:30 AM.....	540.00
Franklin Sat AM.....	84.00
Concord Tue Noon.....	22.00
Keene Thu PM.....	150.00
Concord Mon PM.....	55.93
Derry Tue PM.....	89.02
Nashua Mon PM.....	25.00
TOTAL DONATION.....	\$1090.84

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