

Promises

A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
October 2006, ISSUE #276

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 November 5, 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)

New Meeting Time

Keene

Now Tuesday Night at 4:30

New Meeting Time and Place

Ossipee

Now 5-6 PM at the Ossipee Valley Bible
Church/ Advent Christian
Plus a 6-7 PM Bag Lunch

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.

Lights in my life and trust in a higher power

At age 59, I came into OA 2 years and 2 days after, Roger, my husband of 35 years, died. I believe in a Higher Power and had asked for his help all along the way. I believe that my HP, whom I choose to call God, places people and events in your life for a reason. Though I was devastated by his death, I knew I had what I needed to survive and God would continue to provide what I needed when I needed it.

One of the small lights in my life at that time was Kathe. She was someone I had employed to do a small job on an annual basis for 3 or 4 years before Roger's death. I had met her shortly after she had done program and never really knew her as a heavy person. When we saw each other every year, we would talk. She offered me a part time seasonal employment opportunity. At the time I said no.

Fast forward to 2003. After Roger died, I had several people in my life who were helping me cope with life. One of them suggested that I take it slowly and not make life-altering decisions immediately. His take on the process – figure out what you wanted to do but didn't when Roger was alive. I do believe that conversation was inspired by a higher power. There was that employment opportunity from several years ago. The ease at which I made the decision, lead me to believe that my HP inspired it.

My weight had slowly crept up over most of my

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.

35 years of marriage. Toward the end I had lost 20 lbs and put 10 back on. After Roger's death I had lost 20 lbs again and put 10 back on. Fast-forward another 2 years. I had thought that after the job was done in the spring of 2005, I'd look into OA. I had known about it for years - had even tried losing a little weight with portion control. Of course it came right back on when I stopped watching my portions.

My job was just about done for a second year. We were working late and both of us had left for "meetings" and came back. She knew what I was doing but I didn't know what she did. HP put the words in my mouth and HP allowed Kathe to let go of her anonymity and talk to me. I was at a meeting the following week and haven't left.

I truly believe that my HP directed me to Kathe years before program. I'm sure that isn't the only reason she is in my life and I'm in hers. But I know that it is more than a coincidence. I thank my God for her in my life.

Barbara, Hancock

Upcoming Events

Relationships & Recovery Workshop

Oct 7, Hopkinton

Fall Sharathon Celebrating I.D.E.A.

Nov 11, Peterborough

People, Places and Things Retreat

Jan 19-21, Concord

Look for flyers at your meeting, or go to www.oanewhampshire.org for more info.

Getting to Know Our Officers

Meet Nancy S., NHI Secretary

The bylaws call for me to compile the minutes of all NHI meetings and to distribute copies of the minutes to each NHI representative and/or meeting in New Hampshire.

I have been a member of OA for 20 years, and over the years I've been a representative for the Derry Thursday morning meeting as well as Mailing Coordinator, Secretary for the 2005 R6 Convention, and NHI Secretary in the 90s.

Heard at the Region 6 Assembly in
Albany, NY, on Sept. 16:
*Service cannot **get** me abstinent.*
*Service **keeps** me abstinent."*

JUNE 2006 FINANCIALS

INCOME	\$437.61
EXPENSES.....	\$322.75
WORKING CAPITAL.....	\$8,329.35

GROUP DONATIONS:AMOUNT

Alton Bay Sat AM.....	45.00
Hopkinton Thu PM.....	17.65
Nashua Mon PM.....	25.00
Peterborough Tue PM.....	90.00
Concord Fri Noon.....	32.50
Nashua Sat 8:30 AM.....	135.61
TOTAL DONATION.....	\$345.76

JULY 2006 FINANCIALS

INCOME	\$489.45
EXPENSES.....	\$143.45
WORKING CAPITAL.....	\$8769.85

GROUP DONATIONS:AMOUNT

Hanover Sun PM.....	30.00
Nashua Tue PM.....	60.00
Derry Thu AM.....	30.00
Concord Tue Noon.....	10.00
Keene Tue PM.....	150.00
Manchester Tue PM.....	55.20
Nashua Mon PM.....	25.00
Bedford Wed PM.....	49.00
Hopkinton Thu PM.....	32.25
Derry Wed AM.....	48.00
TOTAL DONATION.....	\$489.45

AUGUST 2006 FINANCIALS

INCOME	\$708.64
EXPENSES.....	\$116.23
WORKING CAPITAL.....	\$9,342.94

GROUP DONATIONS:AMOUNT

Manchester Thu PM.....	93.66
Concord Fri Noon.....	41.10
Manchester Mon PM.....	78.00
Keene Thu PM.....	111.18
Derry Mon PM.....	60.00
Hollis Sun PM.....	100.00
Belmont Thu PM.....	60.00
Nashua Mon AM.....	63.38
Nashua Mon PM.....	25.00
Concord Mon PM.....	76.32
TOTAL DONATION.....	\$708.64

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