

# Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP  
November 2006, ISSUE #277

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 December 3, 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](http://www.oanewhampshire.org)**

This newsletter is made possible through your generous donations. Thank you for your donations. Thank you for carrying the message.

OA groups and NHI need your support.

**Don't Hibernate  
OA Retreat 2007!  
Working the 12 Steps  
with  
People, Places and Things**



**January 19-21, 2007  
Holiday Inn Concord, NH**

**Registration deadline is November 30, 2006.  
Scholarships available.**

**Single - \$170  
Double - \$235**

**Complete information available online at  
[www.oanewhampshire.org](http://www.oanewhampshire.org)**

**Contact Jeri M. at 603-746-3660 or via e-mail at  
[rumills@comcast.net](mailto:rumills@comcast.net) for further information.**

*Opinions expressed are not the opinions of NHI or OA as a whole. Articles and notices must be submitted by the 25<sup>th</sup> of the month. Articles may be submitted by e-mail to [promises@oanewhampshire.org](mailto: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.*

## **“RETREATING to Recovery” Reflections from one member on last year’s retreat.**

Well, let me be the first to tell you that I have been VERY resistive to the thought of having a retreat in a hotel .....what *about the great ambience we’ve had at the previous retreat houses?* First there was The Commons in Peterborough, with the wonderful fireplace, then the Oblate House, in Hudson, with their cocoon-like private rooms and then, my personal favorite (because I picked it when I was on the retreat/sharathon committee) the Joseph House in Manchester, where you had to go to bed with every piece of clothes you brought to the retreat because it was so “cool” in the bedrooms, but the house was soooo intimate. Nothing could possibly compare to those wonderful experiences. Then our numbers outgrew the retreat facilities, our nutritional needs are so specific, and we have become more sensitive to the handicap needs of our members that nothing was suitable but a hotel. So, in 2005, for a variety of reasons...one of them being that I didn’t like the idea of a retreat in a hotel....I didn’t attend. In 2006, the topic of the retreat “**Prayer and meditation/ step 2 and 11**” was so appealing I just had to sign up (attraction rather than promotion seems to apply here, as it often does in OA) I’m so glad God spoke to me as loudly as he did (he often doesn’t make his will know so clearly).

So, off I went on Friday with “hardly” any expectations...just hoping to stay open and teachable. My God took care of all the details through a hardworking retreat/sharathon committee: a gifted retreat leader, a comfortable and “safe-feeling” meeting room, beautifully presented meals (which, for some reason, is important to me), wonderful diversity in the retreatants and a delightful roommate.

The benefits to me were varied and numerous, some are very personal and some I’d like to share here. The ex-

*continued*

*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](http://www.oa.org/lifeline_mag.html).

posure to people who do things differently than I do is so beneficial and makes me more convinced that this program can work for *anyone* who will **work it**, no matter how they **work it**. Retreating from all distractions is so soothing to me and gives me a concentrated version of the Twelve Steps and the Twelve Traditions. Whether it is in “one-to-one” conversations or in the general sessions, I benefit from the retreat leader’s experience, strength and hope, as well as the experience of all attending. And what better way to take care of myself than to have someone else make my bed, clean my bathroom and make my meals.

I also realize that others benefit by my attending retreats, too. First of all, my increased awareness hopefully makes me a little easier to be with. I always share tidbits of information and insight I get with the people I sponsor. (Sometimes, writing assignments for sponsees and for me come out of retreats) The meetings I attend will no doubt get bits and pieces when I share or pitch.

So, thank you to God, the committee, the retreat leader, the people who attended, and the staff at the hotel for adding to the quality of my recovery journey. See you in January 2007, by the grace of God.

One Grateful compulsive overeater

### **THANK YOU**

I’d like to take this opportunity to thank Lucille E. and Pam T. who are the outgoing Back To Basics Co-Chairs for their efforts and hard work, for the past 2 years. They have each brought their special gifts to this committee and have continued the work of “Carrying the message”... even beyond the New Hampshire border. NHI recently received a thank you note from Indiana. The person writing to thank Intergroup for sponsoring Back to Basics workshops had moved to Indiana and had brought the concept to her intergroup. They held a VERY successful workshop which invigorated existing members and drew newcomers. So thank you Lucille and Pam for watering the seed that was planted a few years ago with the introduction of Back to Basics. Karen M. will be taking up the gauntlet and I’m sure she has wonderful plans for the workshops. Thank you, Karen.

I’m also grateful to Jill M. from Carlisle, MA who has volunteered to take on the Mailing Coordinator service position. Jill comes to us with experience in a neighboring intergroup and I’m sure will graciously share her that experience in her new capacity

I inadvertently neglected to thank Dorothy M., whose term ended in June, for her service as Region 6 and WSBC delegate. Dorothy has served on various committees during 2004 and 2005 and was one of the delegates at the World Service Business Conference in 2005. All of these are extensive commitments as they involve committee work above the intergroup level as well as the service she gave at NHI. Thank you, Dorothy.

Your Trusted Servant  
Lisa D., NHI Chairman



## **Fall Sharathon Celebrating I.D.E.A.**



**Saturday, Nov 11, 8:30-2:30**

**All Saints Church**

**51 Concord St.**

**Peterborough, NH**

Contact Deb R. 924-7645

Or Sally D 924-6847

### **New Financial Statement**

Note that the financials look a little different this month. Going forward, the year to date totals for income and expense will be reported as well as the net balance. This is to help members better understand the current financial health of NHI.

Previously reported numbers were only a snapshot of the present month with no indication of where the cumulative budget stood for the year. Hopefully this new report will help groups to better understand how NHI is doing financially for the entire year.

All previously reported information is still available from your NHI rep. They will be happy to provide any information you need.

#### **SEPTEMBER 2006 FINANCIALS**

Year to Date INCOME .....	\$5,779.21
Year to Date EXPENSES.....	\$3955.41
Net Balance.....	\$1823.80

#### **GROUP DONATIONS:.....AMOUNT**

Concord Fri Noon.....	29.00
Peterborough Tue PM.....	120.00
Nashua Mon 7PM.....	25.00
Derry Sat AM.....	53.76
Concord Tue Noon.....	30.00
Wolfeboro Sat AM.....	32.40
Alton Bay Thu PM.....	25.00
<b>TOTAL DONATION.....</b>	<b>\$315.16</b>

### **Getting to Know Our Officers**

Meet Peggy M., Region 6 Delegate

As one of the Region 6 Delegates I will be attending the fall and spring Region 6 Assemblies in New York. My duties are to help make decisions on business motions, work on committees and act as a liaison between NHI and Region 6 to carry the OA message of recovery to all. On my journey in the OA recovery program I have had opportunities to do service in many small ways first, working to higher levels of service.

These service positions have strengthened my program beyond my wildest dreams. Thank you to all who have offered this gift to me today.