

Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
December 2006, ISSUE #278

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 January 7, 2007. 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.

OA groups and NHI need your support.

Sharing on RELAPSE

Here are some quotes heard by one member in the **Relapse** workshops at the Sharathon.

- "I worked my way to the back of the room and out the back door."
- "Without flour and sugar, I'm available to be present with what's going on in the moment."
- "Don't eat no matter what; no matter what, don't eat."
- "My life is about life...wonderful things. Life left and food was in its place."
- "The food is the last to go."
- "Fear and trust cannot co-exist for me."
- "When I'm not in recovery, the negative emotions are the worst thing for me."

NEW! Promises Bonus Page on the Website!
Check it out at www.oanewhampshire.org.

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.

New Meeting!
Big Book Discussion Meeting
Concord, NH
Saturdays, 7:30AM - 8:30 AM
East Congregational Church
51 Mountain Road
1/2 mile from Exit 16, off Route 93

Holiday Help

You've heard this a hundred times before, but I'm going to tell you again. I am a GRATEFUL compulsive overeater.

Grateful because this holiday season I can:

1. Focus on people instead of what they're serving for "THE meal"...like it's the last one I'll ever have.
2. Remember to put my FOR TODAY book on my dining room chair to remind me as I sit at the dinner table that I am a compulsive overeater and I have a program that gives me daily reprieve from compulsive overeating.
3. Acknowledge that without God, abstinence and serenity are not possible for me.
4. Know that the busier I get with "the season", the more I need quiet time.
5. Acknowledge and accept my imperfections and ask for help.
6. Do a reality check with the expectations I put on myself.
7. Rejoice in the fellowship that supports my abstinence and my three-fold health.

Anonymous

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.

Gratitude

This was written during a great struggle to surrender in my first four months of abstinence. What I learned during my struggle was that God did not merely wish to use me as an empty vessel to carry of the work of the world - that he wished that I have faith in myself. My thanks to my sponsor, who suggested a gratitude list from "A" to "Z".

Gratitudes- "A" to "Z"

1. Abstinence- physical-the bedrock of recovery.
2. Benign neglect- leaving the garden of my soul alone, so it will rest.
3. Continuity-willing to call my sponsor every day-fair or foul.
4. Desperation-the gift of desperation
5. Effort-grateful for all my efforts thus far.
6. Fortitude-courage in bearing pain or trouble
7. Grace-mercy in the face of self-destruction
8. Humility-and the pain that brings it about.
9. Integrity-starts with abstinence-not stealing food or spending unwisely.
10. Justice-faith that god will do what's best for me and the world.
11. Kindness-of Tom-my partner, my sponsor, and the world.
12. Limitations-know my limits. I'm Powerless, and therefore need boundaries around my food.
13. Merit-that god gives us abstinence because he loves us, not because of merit.
14. Nonplussed-accept that I'm completely puzzled.
15. Opine-able to communicate or express what I'm experiencing.
16. Passionate-about what I believe in, especially O.A.
17. Quiet-moments of stillness.
18. Repose-actually tranquil at times.
19. Satisfy-mostly happy with my meals.
20. Stoical-calm and uncomplaining-my true nature in abstinence.
21. Tender-softness of the heart towards others and myself, a felt compassion.
22. Understanding-God the Bless the understanding of others in this fellowship!
23. Vitality-necessity for growth-result of growth.
24. Willingness-abstinence under any and all conditions.

25. X-Chromosomes-w/o which none of us would be here!

26. Yesterday-IS yesterday.

Zeal-hearty and persistent effort, One Day at a Time.

Thanks for letting me share!
Sheila B. from Keene

Getting to Know Our Officers

Meet Eileen, World Service Representative

The World Service Representative position placed me in the role of reviewing all proposals submitted to World Service for consideration for changes in bylaws, business motions and election of Trustees. Work and review begin in September for the World Service Business Conference in May the following year in Albuquerque, NM. Delegates attend with preparation to attend the Credentials Report, conference Rules and Agenda adoption of the new Business motions and bylaws motions. Reports of the Officers and Region Trustees are presented. Business meetings address, discuss and vote on all that is presented over several days. Committees meet including Professional Outreach, Twelfth-Step-within, Literature and Public Information to network and develop an agenda for the work of the year. World Service maintains web contact in order to related information from various committees to all regions. I attended the Professional Outreach which in the past was listed as HIPM. I have a network of people registering what is working in their areas for Professional Outreach.

Look on the new Promises Bonus Page on the New Hampshire OA website (www.oanewhampshire.org) for a form letter that can be helpful for individuals to address to their health care practitioners.

OCTOBER 2006 FINANCIALS

Year to Date INCOME	\$6,296.00
Year to Date EXPENSES.....	\$4,369.70
Net Balance.....	\$1,823.80

<u>GROUP DONATIONS:</u>	<u>AMOUNT</u>
Amherst Sat AM.....	127.42
Amherst Sat AM.....	245.37
Hopkinton Thu PM.....	34.00
Nashua Mon 7PM.....	25.00
Derry Thu AM.....	65.00
Derry Wed AM.....	20.00
TOTAL DONATION.....	\$516.79