

Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
JANUARY 2007, ISSUE #279

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.

Celebrate OA Unity Day

Saturday, February 24, 2007

1 PM - 4 PM

UNH Campus

400 Commercial Street

Manchester, NH

Handicap Accessible. Suggested \$5 donation
Look for more information at your local meeting or on the website at www.oanewhampshire.org.

Step One

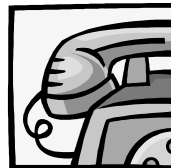
**We admitted we were powerless over food,
that our lives had become unmanageable.**

“Under the lash of alcoholism (compulsive overeating), we are driven to AA (OA), and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.”

**NEW! Promises Bonus Page
on our Website!**

**Go to www.oanewhampshire.org.
And read about How to Restore Luster to
Your Program, How to Stay Abstinent
Despite Worldly Clamors, Things Heard at
the 2006 Region 6 Convention and more!**

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.



Hello.....?

"Hello? Is Stephanie there?" She said.

"This is," I replied.

"Hi. My name is ---. I'm a member of OA. We haven't met, I don't think. I got your number from the meeting list. I'm calling because I don't want to eat."

This was the beginning of a phone call I received last summer. The memory of the hour-long conversation that followed remains for me one of the most meaningful exchanges I've ever experienced. Her willingness to reach out, my willingness to reach back, and our ability to connect at such a deep level is the miracle of abstinence. It's the joy of fellowship. It's also the promise of service.

Being available for others in their time of need is a gift. Being clear enough to respond is a gift. Daily practice of my program-allows me to have these gifts and to pass them on.

Thank you for being part of my recovery!

Stephanie H.

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.

Memories of Mary Ann K.

I think we met five years ago in 2001 at a Nashua meeting. Little did I know that I would get to watch you grow in program. Little did I know that your life would be a symbol of the service slogan ***“do what you can, when you can.”***

Mary Ann, you touched many of us at the daytime meetings in Derry, Manchester, and Nashua, and at Intergroup in Concord.

You shared with gut-level honesty the challenges you faced physically, emotionally, and spiritually. One of your many contributions was increasing our awareness of the need for using accessible facilities for Retreats and Sharathons.

You gave service on so many levels: chaired NHI’s Answering Service Committee, helped update the NHI Meeting list, mailed NHI packets, started the Wednesday Big Book meeting in Derry, served as a Rep, and volunteered as the phone contact for meetings.

You shared your tears with us, your great laugh, and your love for Eric. In learning to take care of yourself, you had a newfound appreciation for bubble baths and for trying to stay in the moment.

You loved the Big Book and the **For Today** book. You were always eager to share your enthusiasm for OA. You called it home. You were so conscientious about making amends. One of our last conversations was discussing the reading on page 53 of the **For Today** book on impatience and perfection.

You did not need this Program, you **wanted** this Program. You worked the Steps and the Tools to the best of your ability, and you really lived ***“one day at a time.”***

I trust that you are enjoying peace and serenity now without worrying about whether you have enough oxygen. I hope that the **Promises** have been fulfilled for you.

I know that you are there in spirit to join us as we close each meeting with: “Keep coming back and give a lot of love. It works, if you work it, and you’re worth it.” And we add your signature ending: ***“Cha, cha, cha.”***

May you rest in peace, Mary Ann.

Nancy S.



The Day After....



I am so glad the holidays are over. I love to see the holiday’s come, but I also love to see them go as well. I find for me that the time after a holiday can be very dangerous. When times are busy I am fine. I am not one to sit around and I have a hard time relaxing and taking down time for myself. When the rush of the holidays is over it is then that I need to focus my program even more.

My program schedule changed during the holidays. Some days I got to sleep in a little longer. I also had days off from work so I was not preparing and packing my food up ahead of time. I can’t believe how quickly my attitude can change when my routine changes. I know now why there are disciplines in this program. Flying by the seat of my pants does not work for this compulsive overeater. When I finally did have to go back to work, I found that morning that I didn’t feel like making my food ahead of time. I didn’t feel like chopping those vegetables. I didn’t feel like taking my sponsee calls. Thanks to OA I have learned a few things about myself and realize today it does not matter what I feel, it matters what I do. It matters to me today that I do the next right thing no matter what is going on in my life.

I am still ready to surrender today to a power greater than myself. Once I said step one, two and three on my knees to my HP I knew I was safe from this disease once again. I am grateful to be abstinent through the holidays. It is because of OA and my HP that I get to live one day at a time in recovery.

JB

NOVEMBER 2006 FINANCIALS

Year to Date INCOME	\$7,416.12
Year to Date EXPENSES.....	\$4,779.32
Net Balance.....	\$1,267.21

GROUP DONATIONS:..... AMOUNT

Hopkinton Thu PM.....	49.00
Derry Sat AM.....	38.20
Keene Thu PM.....	190.00
Nashua Tue PM.....	163.80
Bedford Wed. PM.....	42.25
Manchester Tue PM.....	112.80
Manchester Thu PM.....	83.54
Derry Mon PM.....	28.64
Concord Mon PM.....	138.89
Manchester Tue PM.....	40.00
TOTAL DONATION.....	\$883.12