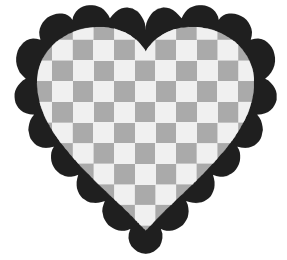


Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
FEBRUARY 2007, ISSUE #280

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 March 4, 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.



Today...a New Beginning

Spring Sharathon

Sponsored by New Hampshire Intergroup

Hosted by the Manchester Meetings

Date: March 24, 2007

Time: 8:30 -2:30

8:30-9:00 Registration

9:00-2:30 Workshops and Keynote Speakers

Place: Ste. Marie's Church

133 WAYNE STREET, MANCHESTER N.H. 03102

Enter on the right when facing the church. Follow signs to the meeting space in the basement. Accessible, elevator available.

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Suggested donation of \$4.00
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For more information call:
Peg 603.203.4784 or Catherine 603.471.0605

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.

Thank You!

Once again, I have been amazed by peoples' willingness to step up and do service for NHI. Megan M., who represented the Amherst Wednesday night meeting, until recently, has done a tremendous service by consolidating job descriptions for the officers and committee chairperson. We now have definitive job descriptions for officers and service positions at NHI. To quote from Concept 10 "Clarity" of the 12 Concepts of Service: "Such description allows members considering service positions to understand explicitly what is expected of them. In addition, by carefully defining service authority, groups can avoid problems arising from misunderstood job responsibilities and multiple people doing the same or similar tasks. ... When we clearly define job responsibilities we assure that necessary tasks are accomplished and that conflicts related to specific duties are avoided." This is an extraordinary tool for the NHI Chairperson because there is a lot of time spent in orienting people in these very fluid service positions. I am grateful beyond words for the service Megan has provided NHI and me personally.....thank you, thank you, Megan.

Your trusted servant,
Lisa D.

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.

How It WorksIt doesn't change!

In an old Lifeline I read,..."I do a set of recovery tasks every day." That was a reminder to this seasoned long timer that *How It Works* (Big Book, p. 58) doesn't change. Early in program I learned that a sponsor keeps me honest and doing service keeps me abstinent. Using the tools helps me work the Steps, which is how I earn a daily reprieve. When I choose to skip my recovery work (and it is a choice) it shows in my stinking thinking, in my negative attitude, and eventually on my hips.

- Anonymous



Manchester, Thursday Night Meeting, Error in NH Sunday News

Please note and correct the error with regard to meeting room and time as we are having newcomers sitting in the wrong room and coming late for the meeting.

The corrected information for the Thursday night meeting at Elliot Hospital is: **6:45 - 8 pm in Conference Room A.**

Thank you!

Part I of a Four Part Series: **Awareness, Acceptance, Action** is a repeating Trilogy found in the steps.

Steps 1 -3 Give Up

Step 1 - After years of struggling alone with food, I finally became **AWARE** that my life was unmanageable and admitted my powerlessness over food.

Step 2 - **ACCEPTANCE** of my powerlessness enabled me to believe that a Higher Power could restore me to sanity.

Step 3 - I took **ACTION** when I turned my will and life over to the care of this Higher Power.

Just For Today...

When I first entered OA rooms in April of 2006, I was desperate. I had reached the point of eating so much sugar that I was slowly believing that the only way I could continue to eat as much as I wanted, was to then purge. Never had the thought of purging ever entered my mind before that day...and I knew I was in trouble and needed help beyond my own abilities. The neon lights were flashing and the cry I heard was HELP!

I heard that if I stopped eating sugar and flour, the craving would go away. And I remember thinking...I'll never be able to eat these kinds of foods again? I couldn't see how that would be possible...after all I lived in this body for 60 years and knew I wasn't capable of this discipline. The next words I learned have become the most important OA words to save my life..."just for today" it is possible if I was willing to let go and let God do it through me "just for today"!

Just for today - not magical words for sure BUT definitely life-giving and life-enabling words without a doubt. With my Higher Power I can handle anything 'just for today' - what hope these words are to my whole body, mind and soul. I now know from personal experience that whatever it is life throws my way, I have the strength, hope, Higher Power and program that will enable me to live abstinently 'just for today'! Yesterday is gone and I haven't a clue if I'll be given tomorrow...but just for today, through the grace of my HP, I'm abstinent!

PD-Concord



DECEMBER 2006 FINANCIALS

Year to Date INCOME	\$7,999.00
Year to Date EXPENSES.....	\$5,331.93
Net Balance.....	\$1,185.09

<u>GROUP DONATIONS:</u>	<u>AMOUNT</u>
Nashua Sat AM.....	54.29
Nashua Mon AM.....	39.00
Concord Sun Traditions.....	24.00
Hopkinton Thu PM.....	30.00
Derry Tue PM.....	29.60
Lebanon Sat AM.....	80.65

TOTAL DONATION.....	\$257.54
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