

# Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP  
MARCH 2007, ISSUE #281

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 April 1, 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](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.

## Change - One Day at a Time

In the last two years my mother, a friend, a cousin, and a former student (Marine) have passed away. Four long time teammates retired or left my school. Two great new professionals have joined the team, and this Science teacher was required to become highly qualified to teach English. My Creator, the twelve steps and the fellowship got me through all these changes.

In 2006 the final blow to my teaching career came as I developed my fifth chronic medical condition - one that requires a food plan that makes gray sheet look like a banquet. I cannot imagine how I would have handled this new challenge in relapse! As a grateful, abstinent retreat, I mourned my old abstinent food plan. I am now accepting the new plan - one day at a time.

And now retirement! Not the easiest thing for a hyperactive person alone in the house all day with an open concept kitchen. Luckily, my sponsor started getting me ready two months ago. Aren't sponsors great! My sponsor can see what is right in front of me before I hit it head on. So at her suggestion, I have listed emotions as they come up and as I reviewed my day. This helped me

*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.*

to decide which tools to use when these feelings rear their ugly heads. And I was lucky enough to attend the January NHI step retreat - spell that m-a-r-a-t-h-o-n. It was spectacular! There I found a second sponsor to help me during the day.

My Creator, my two sponsors and I will use the twelve steps for the new challenging changes coming. Instead of seeing fear, doubt and insecurity before me, I now see more OA meetings, different service opportunities, the opportunity to deepen my understanding of the steps, and blessing of more time with my Creator and his gifts.

A. M. Derry



**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

*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).

# Promises Bonus Page

New Feature!

Check it out at: [www.oanewhampshire.org](http://www.oanewhampshire.org)

## Character Defects

I finally finished my 4<sup>th</sup> step in June 2006. My sponsor and I took a trip to the beach on a hot July afternoon and I finished my 5<sup>th</sup> step. While I had been reading my 4<sup>th</sup> step, she would stop me on occasion to jot down a character defect. When I'd ask why, she's just say, "We'll get to that later." So, when I finished my 5<sup>th</sup> step, she said to take the list of character defects, read them and then read the two paragraphs in the Big Book on steps 6 and 7. Then she told me to move on to steps 8 and 9. How could I be ready to make amends when I still had these character defects to get rid of? That's when she emphasized that steps 6 and 7 are only one paragraph each in the whole Big Book. She told me not to linger and get stuck in 6 and 7. But I *wanted* to linger. It felt comfortable to sit back and try to figure out how I could get rid of these nasty defects. But I want my sponsor has, so I followed her suggestions. I felt I still needed to do something, but she pointed out that it was up to God to remove the defects; I just needed to get out of the way. But I still felt I needed to do some footwork to be willing to let these defects go. After all, I'd had most of them all my life.

And so I began my daily footwork. After my morning readings and journaling, I would slowly read the list of character defects. At first, I'd become angry and depressed as I read the list and chastise myself for being such an awful person. Then, I'd say the 7<sup>th</sup> step prayer. One day, I asked God to pick one of these defects and show me where and how I practiced it. (I should know by now to be careful what I ask for!) That day God picked dishonesty. I believed myself to be a very honest person and didn't have a clue as to where I was being dishonest. I'd gone to a drug store to buy two boxes of my allergy medicine. I didn't realize till I'd gotten in my van that I was only charged for one. I had an appointment I needed to get to, so I didn't have the time to go back into the store. All the way to the appointment, I had a heated discussion in my head as to whether or not I should go back and pay for the second box, i.e. it's a big chain and they can afford it; it was their mistake; it'll take too much gas; I don't have the time. But the recovered part of my brain kept saying that this was dishonesty in action. And I knew that eventually I would eat over it. I returned to the store and paid for the second box. The cashier (a different one from before) thanked me for my honesty. I felt at peace over the situation and best of all I DID NOT eat over it. Amazingly, God had shown me this defect AND what I could do to begin to move away from it.

God has also shown me how I practice pride. Every time the words "what will others think of me if I . . ." come into my head or out of my mouth, that's pride at work. And God has shown me where I am prejudiced. That was a shocker to me,

because I believe I am very open-minded. But it is one that is ingrained in me.

How do I move beyond my character defects? I've asked God to show me the steps I can take to move beyond a particular character defect. Sometimes he leads me to the thesaurus to find the opposite of my defects. Sometimes it's very hard to do the opposite behavior. But each time I do, the next time it's a little easier. I trust that eventually it will be second nature.

In doing all this, I have begun steps 8 and 9. I am making amends to myself by forgiving myself of having these character defects, by acknowledging that I am NOT defined by my character defects, and by practicing the opposite behaviors. Also, I find that when I read the list of defects now, the anger and depression are not there anymore. What a gift! Thank you, God, for the 12 steps of OA and the willingness to do what I need to do to move forward.

Beth M.  
Nashua, NH

## Part II of a Four Part Series:

**Awareness, Acceptance, Action is a repeating Trilogy found in the steps.**

### **Steps 4-6 Clean Up**

**Step 4 - AWARE** of my character defects, I made a searching and fearless moral inventory.

**Step 5 - ACCEPTANCE** of my wrongdoings enabled me to admit to HP, myself, and another the exact nature of my wrongs.

**Step 6 - I took ACTION** when I became entirely ready for HP to remove these defects of character.

### **DECEMBER 2006 FINANCIALS**

Year to Date INCOME .....	\$401.70
Year to Date EXPENSES.....	\$1,323.89
Net Balance.....	\$922.19

<b>GROUP DONATIONS:</b> .....	<b>AMOUNT</b>
Concord Fri Noon.....	31.70
Derry Thu AM.....	67.00
Manchester Tue PM.....	15.00
Derry Wed AM.....	26.00
Amherst Sat AM.....	262.00

<b>TOTAL DONATION.....</b>	<b>\$401.70</b>
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