

# Promises



A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP  
May 2007, ISSUE #283 Bonus Page

## Bonus Pages

### Meeting Starter Kits



In my service as Chair, I'm often emailed requests on how to start a meeting. Last year, New Hampshire Intergroup voted to purchase **Meeting Starter Kits** so that we could respond immediately to those requests. We wanted to provide the information as quickly as possible and expedite the meeting registration process. It is the same starter kit available through World Service Business Office. The kit includes Suggested Meeting Format; *OA Handbook for Members, Groups and Intergroups*; Group Registration Forms, Suggestions for getting started and many more items. In registering the meeting with WSO, the group is listed on their meeting list. If the meeting chooses to be affiliated with New Hampshire Intergroup, we list the meeting on our meeting list and website, once they have received their meeting registration number from WSO.

By submitting this registration form, the meeting is agreeing to comply with Tradition Three and OA Bylaws, Subpart B, Article V-  
**OVEREATERS ANONYMOUS GROUPS**  
Section 1- definition

- a). 1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of OA.
2. All who have a desire to stop eating compulsively are welcome in the group.
3. No member is required to practice any ac-

tions in order to remain a member or to have a voice (share at a meeting)

4. As a group, they have no affiliation other than OA.

Section 2- composition

a). A group may be formed by two (2) or more persons meeting together as set forth in Article V, Section 1.

If you know of someone looking to start a meeting, please have them contact NHI and we'll be glad to send them a **Meeting Starter Kit**.

Your trusted servant,  
Lisa D., NHI Chair

### Growing Through Service

As the new B2B chair, putting together the Concord B2B was a challenge. Many of my character defects surfaced. Fear was at the top followed by perfection. I questioned every decision I made throughout the planning. Was the flyer "correct"? Did I ask the "right" people to speak? Would they say the "right" thing?



As April 15<sup>th</sup> approached, I practiced many of the slogans of OA. **Keep it Simple**. I couldn't plan or predict every detail of the event so I needed to fo-

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from NH, ME, MA, VT only

cus on what was right in front of me. **Let Go and Let God.** I reached out to many people searching for speakers. I got numerous declines. I arrived on Sunday with only three of the four speakers confirmed. I trusted my Higher Power would provide the additional speaker. **One Day At A Time.** I received many phone calls the day prior to the event asking if the weather was going to affect the workshop. I turned the attendance over to God. I believed in flexibility – we would adjust the format or schedule of the day as needed. I needed to plan and prepare but not live in the future.

I learned a great deal from this B2B. I heard so much from the panel of speakers and those that shared. I also gained many invaluable lessons from the planning alone. I learned...

- I have the ability to successfully plan event.
- People are willing to do service if I ask.
- I am still willing to do the footwork even after rejection.

There are people who care about me – my sponsor rearranged her schedule to show up and support me.

The message I walked away with is I am where I belong – in OA. Keep coming back.



## Thank You from Pat S.

“Thank you, my OA family, for all of your thoughts, prayers, emails, notes, cards and telephone calls during my mom’s recent illness and ultimate passing. Words cannot express the gratitude I feel for your support. It was a privilege being able to care for my mom during her final journey and for my two brothers and I to be with her when she passed. I know that without God, this blessed program and my OA family, the challenges over the past few months would have been overwhelming. Thank you, again, for your kindness and your support.



Blessings, Pat S.”

## You’re Invited

The Thursday Night Sunset Group at St. Joseph Church in Belmont, N.H. are looking forward to welcoming everyone to the Saturday, June 9<sup>th</sup> Sharathon. We have a wonderful meeting area and it is handicap accessible and we hope to fill our rooms with lots of special OA members on that day.

### Let Go, Let God

1. Living in the past paralyzes the present and bankrupts the future.
2. Victory in the past gives courage for the present and hope for the future. Keep coming back!
3. Courage is fear that sought Higher Power.
4. Delay is not denial, so keep on praying.
5. Higher Power is food for the soul.
6. Much prayer. Much power.  
Little prayer, little power.  
No prayer, no power.
7. On honesty - it is better to face the hard truth than to live a soft lie.
8. It is better to look ahead and prepare than to look back and despair.
9. You can’t put your defects behind you till you are willing to face them. Work the steps.
10. Happiness depends on happenings, but joy depends on abstinence and Higher Power.



### What I Want From Now On

1. A slower pace = Keep It Simple
2. A more centered existence = Meetings + Service
3. Feelings of happiness to be found in the moments  
I come home to myself = Serenity  
JMB  
(Forever hopeful)