

# Promises

A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP  
JUNE 2007, ISSUE #284

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 Sept 9, 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.

## My Higher Power is No Longer Hoarse

My HP is no longer hoarse because He doesn't have to shout over all the noise in my head anymore. We're both pretty grateful for that! After five months of showing up to meetings and dabbling here and there with sponsors, food plans and the tools; I finally "got it." I finally surrendered to my Higher Power and asked for help. I was finally scared enough of my out of control eating to let someone else take care of it (and me).

Boy, does it feel good.

All of the reading I've done over these months in the Big Book, and in other literature finally makes sense to both my (very stubborn) head and heart. My writing has ceased to be whiny and petulant, and has instead become powered by gratitude and surrender. I found a sponsor with whom I connect, and who connects with me; we can talk about re-

*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.*

covery, not just food...though she did help me to define a food plan that supports my way of life, and keeps me out of the binges. I, Amanda, actually use the telephone (with a lot of prodding from good ole HP) to listen to and connect with others. I do service by volunteering to help at meetings, rather than sitting like a lump in a chair. I go with grace, gratitude, and happy anticipation to meetings and love what I hear there. I cherish and respect the anonymity that lives within the walls of all the rooms around our great state that house the recovery, hope, understanding, and power of OA meetings.

None of this happened before I gave over my will to HP. Now, we chat all the time, and He is thrilled that he doesn't have to shout, shove, or use other extreme tactics to get me to listen. He is gentle and caring, full of humor and wisdom, and in my corner every step of the way. He is removing my shortcomings, and helping me to find a happy, sane, and purposeful life. I still have food thoughts, and am struggling to break bad habits, but I know that I can lean into Him for help and guidance. He has whisked circular thinking right out of my brain, and has suggested an alternate behavior time and time again. He does all of this with a voice that is no longer hoarse from shouting because now, I am always listening.

Amanda B., Manchester, NH

## World Service Convention

**August 30 - September 2, 2007**

**Register Now!**

[http://www.oa.org/ws\\_convention.html](http://www.oa.org/ws_convention.html)

*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).

## Step into Summer with Serenity

Sponsored by New Hampshire Intergroup of  
Overeaters Anonymous  
Hosted by Belmont and Franklin Meetings

**Date: Saturday, June 9, 2007**

Time: 8:30-2:30

8:30 Registration

9:00-2:30 workshops and keynote speaker

Place: St. Joseph Church in Belmont  
96 Main Street

*Handicapped Accessible*

Suggested donation of \$4.00

Water, Coffee and Tea will be offered.

Lunch: Brown bag or restaurants in the area  
(1-6 miles away). Microwave is available.

## Living the Program Through Service

While writing, phone calls and working my steps are vital to my recovery, it is for nothing if I do not apply what I am learning to real life. Service provides the opportunity to do things for others, and to put myself aside in this great big world. It is a humbling experience which keeps me right sized and out of isolation. Service is asking what needs to be done, getting help to do it, and joining others to humbly make a difference for my fellow sufferers. You don't need to be an expert to do it, it is about being willing to help and willing to ask for help. "I put my hand in yours and together we can do what we could never do alone."

Anonymous

## Thank You!

I'd like to take this opportunity to thank Betty D. for the service she has given at NHI. Betty has picked up the mail at our Derry PO Box and has distributed to the appropriate recipients in a timely manner. It is one of those services that doesn't get much recognition but keeps the wheels at NHI working properly. She has rotated out of this service after an *extended* period of time. Joyce S., who is no stranger to doing service behind the scenes at NHI is now doing that service. A heartfelt thanks to them both!!!

If anyone is interested in "reaping the benefits of Service", I invite you to contact me.

Your Trusted Servant  
Lisa D., NHI Chairman

## Service Positions Available

### PROMISES EDITOR

Responsibilities include, but not limited to:

Receive articles from members via OA email address and mailing coordinator.

Contact NHI Treasurer and NHI Chair monthly to get financials and important information for each newsletter.

Layout newsletter using a computer.

Attend, distribute and report to NHI monthly meeting.

Should have:

Working knowledge of Microsoft Word or Publisher, and email.

There are no abstinence requirements for this service position.

### MAILING COORDINATOR

Responsibilities include, but not limited to:

Attending NHI meetings monthly, except July and August

Make copies of items distributed at Intergroup meeting and mail to those meetings that did not have a rep present at most recent meeting.

Update World Service Office with correct meeting information as necessary.

Prepare and copy new meeting list three times annually (February, June, and October)

Should have:

Working knowledge of Microsoft Word, Microsoft Excel, and Adobe Acrobat and email.

There are no abstinence requirements for this service position.

Those interested in either of these service positions may contact Lisa, the NHI Chair at [oanhchair@oanewhampshire.org](mailto:oanhchair@oanewhampshire.org)

### APRIL 2007 FINANCIALS

Year to Date INCOME .....	\$1,916.07
Year to Date EXPENSES.....	\$3,041.58
Net Balance.....	(\$1,125.51)

<b>GROUP DONATIONS:</b> .....	<b>AMOUNT</b>
Manchester Thu 6:45.....	39.40
Hollis Sun 5PM.....	30.00
Franklin Sat 10:30 AM.....	60.00

<b>TOTAL DONATION.....</b>	<b>\$129.40</b>
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