

Promises

A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
SEPTEMBER 2007, ISSUE #285

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 October 14, 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.

What Service Does for Me

Doing service is healing for me. It gets me out of isolation. Service not only is helping others, it is also doing service to myself. It challenges my demons of insecurity, low self-esteem, and fear of failure. I can put them behind me. Providing transportation, setting up chairs, leading meetings and holding the key is moving forward in my recovery. I may not have a computer, or even a cell phone, but I've learned the simplest service is valuable for recovery. Working twelve steps, using tools and reaching out to God has helped me overcome defects I have carried most of my life. In this past year I've learned it is never too late. In what are now my golden years, becoming an OA member and reaching out to God, I'm living beyond my wildest dreams!

JMB

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.

NHI Fall Sharathon
Saturday, October 13, 2007

Cheshire Medical Center
Keene, NH

8:30 AM—2:30 PM

Look for a flyer at your meeting, or go to
www.oanewhampshire.org

Mark Your Calendars!

The OA Region 6 2008 Convention

has been scheduled for

October 24-26, 2008

In Plymouth, MA

Look for flyers and more details in the coming months.

Come Celebrate 20 Years in Hopkinton!

All are invited to join the Hopkinton Thursday night meeting as we celebrate 20 years in existence, on Thursday September 13, 2007. In lieu of our regular step meeting, we have invited a speaker to share their story. There will be time for discussion as well. The meeting begins at 7 PM and concludes at 8:30 PM. Those who would like to enjoy more fellowship are invited to pack a dinner and to come as early as 6 PM. Contact Diane @ 746-3173 with any questions.

Hope you can join us for this special day!

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.

Has Your Group Held an Inventory?

Several years ago, a group that I attended participated in a group inventory. We set aside about 10 minutes, at the end of the meeting, and used that time to discuss questions that were printed on a sheet of paper. The questions all pertained to how our particular group functioned, including whether we started meetings on time, if group members mentioned their "statistics" (weight loss amounts, lengths of abstinence, etc.), whether the group was welcoming toward newcomers, if the group was mindful of the Traditions, and if there were abstinence requirements for sharing. There were also questions for individual members to take into consideration regarding their level of participation, including sponsorship and other service, level of attentiveness and general conduct inside and outside of meetings regarding gossip.

This inventory process served to shed light on issues that heretofore had perhaps not even been considered. Just as in the Fourth Step inventory, we discovered things about our group and ourselves that we wanted to change. As we shared our thoughts we identified areas where we could improve and even implement new solutions after discussion in our business meetings. The result was a stronger OA group and strengthened recovery for the individual members.

Group inventories can be held any number of ways, including: devoting an entire meeting to the process, using half the meeting for the inventory, having an extra meeting at someone's house, or any way that fits your group. There are several group inventory guides available. One of the simplest is in the "Twelfth Step Within" booklet that every Group Representative has in his or her Group Rep binder. The Twelfth Step Within Committee has copies of several different inventories that can be sent to you at your request. If you would like more information about group inventories or copies of some of the various inventories, please contact Peggie at 603-434-0771, or Mary at maryshortnh@comcast.net.

Yours in Recovery,
Mary S.

My Story

Attending my first OA meeting one year ago, I had no idea what the program was about other than helping compulsive eaters. I felt I didn't need 12 steps and tools. I only wanted to lose the weight.

After a few meetings and hearing success stories from other members, I thought maybe, "I'll try the OA way." I had tried my way many times, even to the point of having to be hospitalized for depleting my body. I would only come back home with a pyramid food plan and more depressed at regaining all my weight, plus more.

Since committing to work the OA program of recovery, I'm on my way to becoming a healthier me. I attend meetings, read lots of OA literature, make some calls, journal, do service and follow a food plan of three weighed and measured meals with no flour or sugar daily.

The tool of service is helping my emotional health as I had been isolating for many years. Having been controlled and emotionally abused, I felt I had nothing to offer. I had been made to believe I didn't matter. I believed all the negatives as I had made so many poor choices in the past. Now, in OA recovery, I've put myself in God's hands. I'm on my way to a better life. I'm experiencing joy and happiness in what are now my golden years.

Thank you God and OA. It's never too late. I will survive, and accept God's will, not mine.

JMB, NH

MAY 2007 FINANCIALS

Year to Date INCOME	\$3,069.72
Year to Date EXPENSES.....	\$3,073.90
Net Balance.....	(\$678.96)

GROUP DONATIONS:	AMOUNT
Hopkinton Thu 7 PM.....	34.00
Nashua Sat 8:30 AM.....	170.10
Belmont Thu 5:30 PM.....	60.00
Derry Wed 10:30 AM.....	47.00
Derry Thu 10:30 AM.....	21.00
Brattleboro VT Wed 6 PM.....	101.00
Salem Fri 5:30 PM.....	100.00
Derry Tue 7 PM.....	50.00
Nashua Sat 8:30 AM.....	150.01
Peterborough Tue 7 PM.....	96.00

TOTAL DONATION.....	\$829.11
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