

PROMISES

A MONTHLY NEWSLETTER PUBLISHED AND DISTRIBUTED BY NEW HAMPSHIRE INTERGROUP
January 2008, Issue #289

COMING EVENTS

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 February 3, 2008. No meetings are held in July and August. For information on all coming events check our website at

www.oanewhampshire.org

All are welcome and service opportunities are available.

New Hampshire Intergroup
P.O. Box 1363 Derry, NH 03038

24 hour answering service:603.434.7578

OA Celebrates 48th Birthday

On January 19, 1960, the first Overeaters Anonymous meeting was held in Los Angeles, California. Now 48 years old, OA is a worldwide fellowship. Some 6500 groups in 75 countries provide ongoing support for members through weekly OA meetings.

**HAPPY BIRTHDAY OA,
your looking good for 48!!**

Unity Day

Saturday, February 23, 2008 from 1-4 p.m.
Grace Episcopal Church
106 Lowell Street
Manchester, NH

See Flyer or www.oanewhampshire.org for details.

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February at 2:30 p.m. EST OA members pause to reaffirm the strength inherent in OA's unity.

New Book Available!

Seeking the Spiritual Path

More than 70 stories of Spiritual discovery compiled for Lifeline magazine. Explores such topics as the search for a Higher Power, spiritual experiences before and during the program, tools for spiritual growth, and the perspective of agnostics and atheists. Buy it at your local meeting or at www.oa.org.

Why do Service?

I came into OA almost 19 years ago and have had many ups and downs in both life and my program. One thing I discovered is that in order for this program to work in my life I need to feel passionate about OA.

I have a busy life: family, work, church, volunteering etc. etc. How do I bring yet one more thing into an already busy life AND feel passionate about it?? What my Higher Power has revealed to me is that I have to stay connected: to OA friends, to meetings, to literature, to writing, and especially to service. Service keeps me showing up for OA and for life. It takes me away from the refrigerator and off the couch. It keeps my hands and mind busy, doing good for others and myself!

If you are new to OA or a longtimer struggling with your program, get away from the fridge and get off the couch! Do some service, it keeps you connected...and with the connection and OA friendships, come passion for the OA way of life. And with passion comes success. Its what my Higher Power wants for me...

MC, NH 2008

A life of sane and happy usefulness is what we are promised as the result of working the Twelve Steps. Service helps fulfill that promise.

DONATIONS

Your donations support the many services provided by NH Intergroup to members, including meeting lists, the Promises, and insurance coverage for meetings. Come to a NH Intergroup meeting and witness your donations in action. Thank you for your generosity!

Donations for November 2007

Derry Thu 10a.m.	78.00
Amherst Sat 7:30 a.m.	389.40
Belmont Thu 5L30 p.m.	60.00
Manchester Thu 6:45 p.m.	118.19
Nashua Mon 9:30 a.m.	119.96
Nashua Tues 5:30 p.m.	60.00
Hollis Sun 5 p.m.	30.00
Concord Mon 5:30 p.m.	89.63
Nashua Mon 7 p.m.	25.00
Hanover Sun 6:15 p.m.	60.00
TOTAL	\$1030.18

Service Is Its Own Reward

List 5 ways you plan to be of service in 2008:

1. _____
2. _____
3. _____
4. _____
5. _____

Wishing you a Safe and Peaceful 2008!

Wants and Needs

Whenever I talked to my sponsor, I said over and over, "I need to do this and I need to do that." But I struggled with the things I said I needed to do.

Then my sponsor suggested I replace "need" with "want." I tried it. "I want to write my food plan for the week, I want to do my daily reading and meditate about it, I want to go for a walk

today ..."

This changed my feelings about everything. The word "want" makes it a choice; the word "need" makes it something I must do, something I have to do, something someone else is telling me to do. If I want to do it, then I am okay with it. It's my choice and no one else's.

My choice — it is empowering. Try it!

— From the June 2007 Lifeline, Edited and reprinted from Out of the Cocoon newsletter, Milwaukee Area Intergroup, May/June 2006

OOPS...

Closing Remarks

At the close of the meeting the leader announced: "We will close with a moment of silent medication and the Serenity Prayer." We ended the meeting with a good laugh!

MW, Pennsylvania

My Friend Anna

Reading aloud embarrassed me
I could not say anonymity.
I put an "m" where an "n" should be
And it cam out "amonimity"!

But I found an imaginary friend
Who brought the problem to an end
This Friend, Ann, said to me
"Just call me Anna Nimity!"

MH, California



**I put my hand
in yours...**

Opinions expressed are not the opinions of NHI or OA as a whole. Articles may be submitted by email to maryconstance@yahoo.com. Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.