

Promises



A monthly newsletter published and distributed by New Hampshire Intergroup February 2008, Issue 290

COMING EVENTS...

Visit www.oanewhampshire.org
for details of 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 March 2, 2008. No meetings are held in July and August. Visitors are always welcome. For more information please contact:

**P.O. Box 1363
Derry, NH 03038**

24 hour answering service: 603.434.7578 or
Toll Free @ 1-800-201-8720

This newsletter is made possible through your generous donations.
Thank you for carrying the message.
OA Groups and NHI need your support

Unity Day

**Saturday, February 23, 2008
from 1-4 p.m.**

**Grace Episcopal Church
106 Lowell Street
Manchester, NH**

See flyer or NHI website for more information.

Meeting Changes

Wednesday 5:30 p.m. Amherst
The format will change from a Step/Tradition meeting to a Voices of Recovery meeting as of 2/13/08.

Opinions expressed are not the opinions of NHI or OA as a whole. Articles and notices must be submitted by the 20th of the month. Articles may be submitted by e-mail 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.

THOUGHTS ABOUT SERVICE

“Service is slimming.” “Service is not optional.”
“Service will *keep* me abstinent; it doesn’t *get* me abstinent.” “Don’t let service replace recovery activities; keep a balance.”

Those are just four of the phrases I’ve been hearing about service in OA for the past 20 years. The first one I heard at a meeting, when I was doing service for myself by attending. The second one I heard at a Sharathon, when I was doing service by speaking on one of the tools. The third one I heard at the Region 6 Assembly last fall, when I was doing service by attending Assembly as a representative for New Hampshire Intergroup. And the last one I heard at the World Service Convention this past August, when I was doing service for the World Service Office and myself.

My recovery has blossomed immensely since I began getting out of myself and doing service – at the group level, the intergroup level, the region level and two years ago, at the world level. Am I special that I’m doing service at these levels? No, I’m just another bozo on the bus who keeps wanting more, more, more! So instead of turning to the food for more, I’ve turned to more service.

After being around OA for 13 years, I finally learned at a retreat that I had to do some *work* to experience the wonderful recovery I thought would just come to me if I sat in the rooms and listened. A month after that retreat I attended my first intergroup meeting in 11 years. NHI needed a new *promises* editor and somehow, my hand went up to volunteer. I stepped into service above the group level and saw my recovery become stronger. Yes, I had set up chairs, carried the “beverage bin” for a meeting, been a secretary & treasurer for a couple meetings, carried the literature suitcase, been a contact person, etc. But at some point, I don’t know when, it just wasn’t enough. I felt my recovery stagnating and that is a red flag for me. Once my recovery stagnates, the next move is backwards and that is one place I definitely don’t want to go!

I was the *promises* editor for a little over a year. Then I volunteered for the Mailing Coordinator’s position and did that for about a year. At that time, New Hampshire Intergroup was electing new Region 6 reps and somehow my hand flew up for that position. I was voted in as an alternate and didn’t actually attend Assembly for a few years. Once I did, I was hooked. To see recovery working at the regional level was fascinating. I made new OA

friends, learned how others from around the region worked their programs and became aware of how other intergroups supported their individual meetings. A very important fact I learned is that we here in New Hampshire have a wonderfully active Intergroup. We are very blessed.

Of course, after attending the Region 6 Assembly in Albany, NY, twice a year, I was eager to travel to New Mexico for the World Service Business Conference. I was elected to that position in June 2004. I have attended the Conference twice and have been blown away both times. To see a roomful (approx. 200+) of OAers working abstinently to attend to the business of OA leaves me speechless. Every one in the rooms is there to put the health of OA first in their lives, leaving personal agendas and personalities outside of the rooms. That helps my recovery by teaching me to focus on the message and not the messenger, principles not personalities.

What does all this "service" mean for my recovery? It means that I continue to reinforce my recovery every time I get out of myself. And I get out of myself every time I do service. Yes, I've had my moments as a "service junkie" and my recovery has suffered. I now think, write and pray before I say "yes" to a new service activity. It's all about balance . . . that three-legged stool. I am so very grateful and blessed to be able to do these services and to know that my ego has nothing to do with any of it. I am just a trusted servant.

Beth M., Nashua, NH

And More Thoughts...

Service snuck up on me. I have learned going to a meeting is service. Then, I learned other things are service: setting up the room, sharing, listening, getting a sponsor, becoming a sponsor, leading a meeting, literature person, treasurer, now I am a NHI Rep. I didn't think in a million years I would do this. Seems my HP knows what I need, better than I do.

Service as a NHI rep has helped me see how OA works on more than just the meeting level. Once a month, for 1 and 1/2 hours about 25 OAers get together to learn what OA has to offer us to bring back to our groups, so we can help spread the word of OA. We have committees that report how they have done for the month; we find out if service positions need to be filled; when will Sharathons be scheduled?; and how will we earn money to send our delegates to Region 6 and WSO conventions. (So, they can come to us with the most current news for OA.) We discover who is coordinating the answering service line when someone calls NH OA. We have a mailing coordinator to send out intergroup info to meetings that don't make the monthly meeting. We have a Promises editor, Back to Basics, Ways and Means, PI, Website, plus

9 more committees etc, etc. As a Rep I get to vote. It is an honor. And mind boggling to realize I count. In a nutshell, realizing I count is what OA has done for me. I invite you to the monthly intergroup meeting as a guest, to see what happens at an NH Intergroup business meeting. Remember, we take turns at these positions. So, I'm planting a seed for you to consider becoming a NH Intergroup Rep. (plant, plant, plant) and you will make new OA friends!!!!

I also invite you to do service *of any kind*.

They say service is slimming. Thank you for your time. Thanks for the service of reading the Promises today.

Barbara, a compulsive overeater

Heard at the OA Retreat, January 18-20,2008

Stop telling God how big your storm is...Start telling your storm how big your God is!

Food is just dead stuff on a plate.

If it's my idea it's really complicated, if it's God's idea it's simple.

December 2007 Financials

Year to Date INCOME	\$7465.57
Year to Date EXPENSES	\$7841.25
Net Balance	(-375.68)

Donations for December 2007

Derry, Sat. 10 a.m.	48.00
Amherst, Sat. 7:30 a.m.	86.40
Alton, Thurs. 5:30 p.m.	30.00
Nashua, Mon. 7:00 p.m.	25.00
Nashua, Sat. 8:30 a.m.	58.87
Keene Tue 4:45 p.m.	60.00
Salem Fri 5:30 p.m.	50.00
Derry Mon, 6:30 p.m.	35.40
TOTAL	\$393.67

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