

Promises



A monthly newsletter published and distributed by New Hampshire Intergroup March 2008, Issue 291

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 April 6, 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.



This symbol, the Mayflower, will serve as a reminder to the fellowship of Overeaters Anonymous that we are able to "Discover" Recovery. South Coastal Mass Intergroup and Region 6 invite you to join us at this special celebration of recovery . . . in this very special and historic location . . . Plymouth.

Join us in Plymouth, Massachusetts and
"Discover" your Recovery.
HOTEL SPACE IS LIMITED. Register EARLY.
All Reservations must be made by September
24, 2008, or rooms may not be guaranteed.
Information available on NHI's website.
www.oanewhampshire.org

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.

Service Answered Questions That I Didn't Know I Had

Service has been very important to my recovery. My first service job in OA was as treasurer of my home group. I did not want to take the job. But the person who started the meeting said that she could no longer handle all the responsibilities of the group and that someone needed to step forward to help. So, with "sweaty palms", I volunteered to be treasurer.

I was afraid to take on the position for two reasons. One, I was afraid that I would not be able to handle the position. And two, I didn't want to feel obligated to go, to show up at our meeting every week.

As it turned out, I felt fairly comfortable and competent with the job after only a few weeks. And, at the same time, I realized that I was already showing up at the meeting almost every week anyway. So that wasn't a problem either.

So, the question that I had before I started the treasurer's job boiled down to:

1. Will I be able to do this job?

Fortunately, the answer turned out to be "yes".

What I didn't realize was that this service position would answer several questions that I was not aware that I had.

Those "new" questions were:

1. How can I feel more involved with the group and less like an outsider?
2. How can I feel more involved with life in general?
3. How can I feel more connected with myself and the world around me?
4. How can I improve my self-esteem?
5. How can I feel more self-supporting, rather than feeling like I am relying on other people for my OA program?

These questions could all be answered. And the answer in OA was:

By doing service.

Until I took this service position I didn't know that I wanted to feel more involved with the group and with life in general. I didn't know that this job would help improve my self-esteem. I didn't know that this job would help me feel more self-supporting and less reliant on other people,....etc., etc.

Then, the next service position that I was able to do was as group representative.

This new position answered all the same questions above with a very similar answer:

By doing more service.

I would like to say that service has been a great addition to my recovery/life. But even more than that, it has become an integral part of my life. When I get more involved with service I become more involved with my own life.

And I sometimes get answers to questions that I didn't know I had.

Alan B.

UNITY DAY – 2008

On February 23, 2008, speakers from four Intergroups shared their experience, strength, and hope on unity and Tradition 1: ***Our common welfare should come first; personal recovery depends upon OA unity.***

Some of the reminders and suggestions were:

"To keep my eyes on my own plate, and not on the plates of others."

"To get on my knees in the morning and ask for ONE day of abstinence."

"Try to apply 'unity' to all aspects of my life: sponsorship, my family, my friendships, etc."

"To be credible, we need to consistently work Program."

"Diversity is fine, but division means the end – the end of a meeting. When there is disagreement in Program, rely on the group conscience."

"To accept my Program, I need to accept yours! We need to accept multiple philosophies."

"Unity is having respect for others' food plans and what is working for someone else, and not to find fault with what others are doing."

"Before Program, we had favorite foods, but when we ran out of our favorites, we turned to other foods. In Program, we have our favorite meetings and our favorite phone calls. But when our favorites are not available, we turn to other meetings and other phone calls."

"The magic is in these rooms – the magic of willingness. We hang out at meetings, and hope the willingness and magic rubs off on us."

I would like to thank the Unity Day Committee for providing this opportunity to "renew and reaffirm" my recovery!

Nancy S.

January 2008 Financials

Year to Date INCOME	\$778.45
Year to Date EXPENSES	\$1069.56
Net Balance	(-291.11)

Donations for January 2008

Belmont Thu 5:30 p.m.	60.00
Bedford Wed 5:30 p.m.	138.00
Peterborough Tue 7 p.m.	180.00
Derry Tue 7 p.m.	41.00
Manchester Thu 6:45 p.m.	49.18
Hopkinton Thu 7p.m.	40.50
Keene Thu 7 p.m.	194.77
Nashua Tue 5:30 p.m.	75.00

TOTAL **\$778.45**

Meeting List Changes

Thursday, 6:00PM
Conway Village Congregational Church
Main Street, Conway, NH
Contact: Andrea
Phone: 603-447-2113
Note: The little brown church
in the conference room, downstairs.

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.