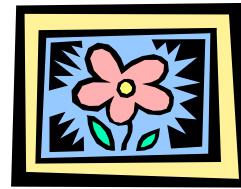


Promises



A monthly newsletter published and distributed by New Hampshire Intergroup April 2008, issue 292

COMING EVENTS...

Visit www.oanewhampshire.org
for information on all 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 May 4, 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.*

Freedom-A Spring Sharathon

Sponsored by NHI, Hosted by the 5 Derry NH Meetings

Date and Time: **Saturday, May 31, 2008**
8:30-2:30

Place: **First Parish Congregational Church**
47 East Derry Road, East Derry, NH

For more info:

Andy M 603.434.7053~Elaine Z 603.329.7822



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.

October 24-26, 2008

Trading the Whip for the Flashlight

While I was eating compulsively, I knew I was less than. I knew I didn't measure up with family, friends, colleagues, parents, neighbors, etc. Somehow I missed that class, "How to Live a Normal Life". I spent so much time and energy comparing my insides to everybody else's outsides. I spent a lot of time with my emotional whip in my hand, believing that if I whipped myself hard and long enough, I would change. I felt so alone. What was WRONG with me?!

THANK GOD for the OA program. For the past five years I have learned so many things. One of which is that I am not alone. I walk this earth with over 6 Billion other people, each with our own journey, our own gifts, talents, challenges, opportunities fears, and dreams. As I continue to turn my will and my life over to the care of God as I understand Him, I find freedom from self abuse. HP has helped me trade my whip for His flashlight. This flashlight only shines with love and compassion. I don't compare myself to others nearly as much as I used to. I know that my flashlight shines on my path, for me. With this light, I am able to see who I am and what I do from a loving, gentle perspective. I don't want to whip myself anymore. When I feel like something is not quite right, I bring it to my Higher Power and fellow recovering OAers. I am able to look more clearly at a situation and myself with that loving, gentle light. I have begun to feel like part of the human race, no more/no less than anyone else. I am not, nor will I ever be perfect. If I just do the next right thing, confidently leaving all the results to HP, I become the person God intends me to be. It is a life-long journey. With God by my side and the 12 steps to guide me, I am living a more serene life.

Peri S. Groton, MA

**If you're too busy to go to OA meetings,
you're busier than God wants you to be.**

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.

A Thank You from the Chair

Well my dears...I've been terribly remiss in thanking people who have recently stepped up to new service positions. I guess I'm just so busy being grateful that I've forgotten to say thank you.

Beth M. took on Chair position of the Ways and Means committee, in January. In case some of you don't know what the Ways and Means committee does...it is the "fundraising" arm of New Hampshire Intergroup. The majority of our monies come from donations from groups, but the Ways and Means committee supports our delegates who attend Region 6 Assemblies in Albany, NY and the once a year trip to Albuquerque N. M. for the World Service Business Conference. It sounds like Beth is getting lots of help with the book covers, that are ever popular, as well as new items: angels, jewelry, bookmarks, buttons...etc. Thank you Beth for sharing your newly found talents.

Mike K., from Milford, has also stepped up to chair the Back to Basics workshop scheduled for fall of this year. These workshops have been valuable and popular events in the past and I'm sure will continue to fill a need in our OA community. Mike is a relative newcomer to program and has jumped into service with both feet. Thanks to him for his willingness to be part of the solution.

Judith R. who comes from Brattleboro, VT has volunteered to chair the Public Information committee. This is an exciting time to be doing this kind of work, since World Service Office has embarked on a Public Awareness Campaign for OA. Judith's enthusiasm is contagious...so be careful, you may become infected with a desire to join the Public Information Committee if you come in contact with her.

I know that Beth, Mike, and Judy would love to hear from anyone interested in joining their committee....so STEP RIGHT UP....and thanks again, to all three of you and your committee members for your service.

Your trusted servant,
Lisa D.

February 2008 Financials

Year to Date INCOME	\$1199.95
Year to Date EXPENSES	\$1380.23
Net Balance	(-180.28)

Donations for February 2008

Nashua, Sat 8:30 AM	54.08
Concord Sat, 7:30 AM	72.70
Derry Wed 10:30 AM	110.00
Amherst, Sat 7:30 AM	100.25
Concord, Mon 5:30 PM	33.47
Derry, Sat 10:00 AM	51.00

TOTAL **\$421.50**

Meeting List Change

Monday, 5:00 Manchester Meeting at Brookside Congregational Church has a new starting and ending time: the meeting will begin at 5:15 PM and end at 6:15 PM. From 5:00 to 5:15 will be a **Newcomer's Meeting**.

All are welcome at both meetings
Brookside is at 2013 North Elm Street, Manchester. Entrance is in the back, up the ramp, in the door and up the stairs to the second floor. No meetings when Monday is a holiday.

A few OA Acronyms

DENIAL: Don't Even Notice I Am Lying
ACTION: Any Change To Improve Our Nature
HOPE: Happy Our Program Exists!

SERVICE OPPORTUNITY!!

NHI is looking for a chair for the Telephone Answering Service Committee. Call Mary at 603.487.3163 if interested!

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.