

# Promises



***A monthly newsletter published and distributed by New Hampshire Intergroup May 2008, issue 293***

## **COMING EVENTS...**

Visit [www.oanewhampshire.org](http://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 June 1, 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**

## **Thank you for your service!**

I just wanted to give a great big THANK YOU to all those "behind the scenes" people who give service to OA and NHI but don't necessarily attend the Sunday business meetings.

When you see a newcomer at your meeting, it's probably because of the people who answer the phones throughout the week. They offer support to people calling in for information about OA and OA meetings: Brenda from Rochester; Joane, Diane, Jane and Judy from Manchester; June from Londonderry and Andy from Hampstead. Or it could be that they've gotten the information from Joyce, from Manchester, who collects the mail from our Post Office box and distributes it to the appropriate people and answers requests for information. Thanks to them all. They've done their job, now do yours and make those newcomers feel welcomed.

I also want to thank those who are on the Flyer sub-committee. They have made it possible for us to streamline the process of correcting and approving the flyers NHI distributes for our special events. They insure that our flyers are informative and do not violate the Traditions. Without them we would be using precious time at NHI meetings to review drafts of flyers. Thanks to Beth M., Jill M., Jon M., Nathan W., Lisa D., Peggie M., Sherill M., Barbara S., and Diane P.  
Your trusted servant  
Lisa D.

Opinions expressed are not the opinions of NHI or OA as a whole. Articles and notices must be submitted by the 20<sup>th</sup> of the month. Articles may be submitted by e-mail to [maryconstance@yahoo.com](mailto: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.

## Why Do Service?

Service is an interesting phenomenon. How many of us have done so much service in the past, as our nurturing, care-giving, over-extended and people-pleasing selves (addicting out of our addictions??)? And then we hit program, learned to let go and let God, and start to take care of ourselves – which in many instances involves saying “no,” instead of “yes.”

The astonishing thing about the fellowship, however, is how freeing it is to now say “yes.” What a rejuvenation – and it has to do with letting go of expectations, and of having to pay back. Now I WANT to pay back! I have received so much from OA, starting with the “freedom from obsession” over food. I was able to totally give over the issue to my Higher Power – what a gift! - and there is no question about whether or not to do service – if my calendar is not already booked I say “yes.”

I am a sponsor – that was first on MY sponsor’s list of things to do! – and literature person (I bounce in and out of that one still) and now the treasurer for my home meeting, and now a sporadic, dragged-in-kicking-and-screaming Intergroup Rep (I don’t understand my mission here yet, so hence the kicking-and-screaming). This service is imperfect so far – I have made 2 meetings out of 4, but one meeting I got to worked out perfectly. There were too many things happening at the same time, and all of a sudden my whole schedule rearranged itself so I could get to all, including the NHI meeting, with no overlaps! And that’s the blessing of service in OA – the serendipity of my Higher Power, who arranges things if they are supposed to happen that way. All I have to do is say, “yes, please,” and relinquish the control, and things happen. And that why I need to do service!

Janice W.

*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.aa.org/lifeline\\_mag.html](http://www.aa.org/lifeline_mag.html).

## March 2008 Financials

Year to Date INCOME	\$1656.95
Year to Date EXPENSES	\$1711.15
Net Balance	(-54.20)

## Donations for March 2008

Alton Bay Thu 5:30 PM	30.00
Brattleboro Wed 6 PM	12.00
Brattleboro Mon 6 PM	240.00
Hopkinton Thu 7 PM	27.60
Lebanon Sat 11 AM	90.00
Manchester Mon 5 PM	32.40
Nashua Mon 7 PM	25.00
<b>TOTAL</b>	<b>\$457.00</b>

## Meeting List Update

**New Hampshire Intergroup welcomes a new Overeaters Anonymous Meeting** starting on Tuesday, June 3, 2008. This meeting is a speaker/discussion meeting focusing on recovery from relapse.

### Recovering from Relapse Speaker/Discussion

**Tuesdays 6:00-6:45 pm**  
**Monadnock Community Hospital**  
**452 Old Street Road**  
**Peterborough, NH**  
**Conference room #3**  
**Handicapped-accessible**

**Followed by Easy Does It OA Meeting**  
**7:00-8:30 pm**

## The Language of OA Recovery

A program of action.  
A program of attraction rather than promotion.  
Abstinence is a choice.  
Acceptance is the answer to all my problems today.  
Act as if  
Anger may identify a problem, but it will never solve one.  
Attitude+Gratitude=Recovery  
Awareness, acceptance, action.  
“Big Books” that are falling apart usually belong to people who aren’t!  
Bring the body and the mind will follow.  
Came to believe.  
Carry the message.  
Clean up your side of the street.  
Denial is not a river in Egypt.  
Don’t compare your inside with someone else’s outside.  
**DON’T LEAVE BEFORE THE MIRACLE HAPPENS!**

