

Promises



A monthly newsletter published and distributed by New Hampshire Intergroup June 2008, Issue 294

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 September 7, 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.*

Back to Basics Workshop

'We all find balance in the basics'

Sunday, September 21st 1-4

Registration begins at 12:30

Saint Andrews Episcopal Church

354 Main Street, Hopkinton

Speaker Panel, Group Discussion

Watch for flyers at your meetings!

Call Jeri for information at 603-774-1040



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. October 24-26, 2008

Starting the New Year in a New Way with the Steps NH Intergroup

Invites you to the Annual Winter Retreat
Friday, January 2-Sunday, January 4, 2009
Barbara Harris Conference Center
Greenfield, NH

Single: \$260 (only 7 available)

Double: \$190 (30 spaces available)

For more information call

Jeri at 603-774-1040

Applications available at your meeting and on the website

Selfish Service?

It seems to me that just a few people do most of the service in Overeaters Anonymous. I'm not sure why, but it is what it is. I used to get upset over this. But I finally realized those of us who can do, do what we can. Asking why people don't give more service is a useless question. I'm just glad about those who are willing to do even a little. I speak only for myself. I take every opportunity to give service because I believe this is one of the cornerstones of my recovery. In a way, giving service is a selfish act. I need my recovery, and my recovery is tied directly to the health of my meetings. Any service I give, from leading the meeting to setting up the meeting room or being meeting secretary, ensures my meetings will continue. I can't do this alone, so I encourage others to give service with me. Together we ensure that our meetings are healthy, growth-filled, loving and safe environments.

Joel, Florida

Reprinted from March/April 2007 Lifeline

OA CONTEST!!

OA needs a new slogan to educate and encourage members to give what they can!

BE CREATIVE...your idea may be the one selected!

WIN...a subscription to Lifeline!

BE IN PRINT...all over the world!

Send your ideas to sarmstrong@oa.org or mail to Sarah Armstrong, PO Box 44020, Rio Rancho, NM 87174-4020

By June 30, 2008.

The Board of Trustees and Region Chairs will select the slogan in August 2008

Principles, Not Problems

Page 147 of the OA "Twelve and Twelve" states, "These Twelve-Steps and Twelve-Traditions principles, rather than our problems, should be the focus of every OA meeting." If newcomers don't hear the message of how this program works, how will they find the hope they need?

Meetings are not group therapy, where we invite members to talk about feelings and frustrations. Carrying the message means we share what we have learned in OA — to get through our daily lives without picking up food, no matter what! We take the problem to our sponsor and take the solution to our meeting.

"Tradition Five reminds us that our recovery doesn't come from simply discussing our problems with each other. It is in the OA message — in our Steps and Traditions — that we find solutions to our problems" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, pp. 146-147).

Penny E, New Jersey USA
May 2008 Lifeline

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.

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.

HELPFUL OA SAYINGS

Switching from one compulsion
to another is like switching seats
on the Titanic.

"Resentment is when I didn't get my way yesterday.
Anger is when I don't get my way today. Fear is when
I don't think I'll get my way tomorrow."

You don't have a problem.
You have a solution you don't like.

My life is none of my business.
I just show up every morning
and report for duty.

We earn today's abstinence today.
We can't stay abstinent on meetings we
attended last year,
12th Step calls we did last year,
Steps we worked last year.
We cannot keep what we have
based on what we
gave away last year.

Once I admit that I
cannot manage my own life (Step One),
I relinquish the
right to try to manage someone else's

God loves me where I'm at,
but "he" loves me too much
to leave me there.

April 2008 Financials

Year to Date INCOME	\$3201.34
Year to Date EXPENSES	\$2740.49
Net Balance	(460.85)

Donations for April 2008

Derry Sat 10 am	34.63
Hopkinton Thu 7 PM	19.00
Keene Thu 7 pm	84.15
Nashua Mon 7 pm	25.00
Nashua Thu 5:30 pm	152.00
Nashua Tue 5:30 pm	126.00
Nashua Sat 8:30 am	126.73
Peterborough Tue 7 pm	150.00
TOTAL	\$717.51

**HAVE A HAPPY SUMMER!
SEE YOU IN SEPTEMBER!**