

Promises



A monthly newsletter published and distributed by New Hampshire Intergroup. October 2008, issue 296

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 November 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.*

Starting the New Year in a New Way with the Steps

Annual Winter Retreat

Friday, January 2-Sunday, January 4, 2009

Barbara Harris Conference Center

Greenfield, NH

For more information call

Jeri at 603-774-1040

HELP!

We need a few (or more) writers for the Promises. Please consider sharing your gift of recovery to others by sending your share to the Promises Editor. Please email mary@campallennh.org or mail to NH Intergroup, Promises Editor PO Box 1363, Derry, NH 03038

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 mary@campallennh.org. Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.

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.

Back to Basics – September 21, 2008

There is nothing like a Sunday drive on a sunny, beautiful Fall day. Even better, when the drive takes you to a Back to Basics Workshop, and you get to spend the afternoon with people just like yourself.

So, in the comfortable setting of Hopkinton, NH, I listened to a panel of four speakers share their experience, strength, and hope on four topics: **The Tools, a Plan of Eating, Steps 1 to 3, and Recovering from Relapse.**

After the panel, each speaker led a discussion group on his/her particular topic. In the discussion groups, OA members asked for suggestions and received input on the various ways to work this Program.

Some of the reminders I heard:

- If you do nothing else, **pray for the willingness** - whether it is the willingness to work the Program, or the willingness to believe that there is a Power greater than yourself, or the willingness to trust and surrender to "this simple program."
- To work the Steps, start with Step 0 – put the food down.
- We must put the food down. The Big Book reminds us that: We have to be "separated from our substance" for healing. "There is nothing worse than a head full of Program and a belly full of food."
- Working the Program is not a chore when it leads us to Freedom from compulsive overeating.
- Just as we need boundaries with the food, we need boundaries with other parts of our life – exercise, relationships, etc.
- Using food to deal with life's ups and downs is **NOT** an option.
- At mealtime, pray to HP "Please let this meal be **enough.**"
- Writing down your food each day can be as simple as using sticky notes on the refrigerator.
- Ask yourself "Do I **WANT** this Program? Am I willing to work the Program? Do I have the desire – even a weak desire is a place to start!"

I would like to thank the Back to Basics Committee, the Hopkinton meeting, and New Hampshire Intergroup for providing this opportunity to "renew and reaffirm" my recovery!

Nancy S

Walk the Walk

Step Twelve: *Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.*

In Step Twelve of the OA 12 & 12, I learned that each step has a principle associated with it, and these are the principles that I try to practice in all my affairs as I live in the twelfth step and try to "walk the walk". The principle associated with Step Twelve is "Service", because carrying the message of recovery is what service is all about. I am doing service when I share at a meeting, when I raise my hand to volunteer, and when I put away chairs after the meeting. These are all ways to help carry the message, either directly or indirectly. I am even doing service when I raise my hand and someone else is given the opportunity, because I am practicing the principle of "Willingness" (Step Six).

When I first came to OA, I rarely raised my hand to volunteer for anything. I was content to let others do the work, especially if it was for "extra credit". I tried to make do with as little effort as possible. The times when I did volunteer, it was because someone else was volunteering and I wanted to go along with them or try to boost my self-esteem in some way. I was also afraid I wouldn't do "it" perfectly, whatever "it" was.

At that time, I attended a meeting on Tuesday nights, and on the first Tuesday of the month there was one member who was never there. She went to another kind of meeting that day called an "intergroup meeting". I couldn't imagine the possibility of going somewhere else instead of the OA meeting, which I had grown to love and cherish. Intergroup was where they did all these magical things like create special events for Unity Day and I.D.E.A. Day, plan sharathons, and put out newsletters and meeting lists, all of which I attended or read to help my recovery. Those "special" people who attended intergroup meetings were truly practicing Step Twelve and carrying the message of recovery.

Time passed and I stayed in OA, which in itself is a miracle, and the principle of "Perseverance" (Step Ten) comes to mind. I don't know when, but one night I said "yes" to service when a fellow OA member for the "n-th" time invited me to attend an Intergroup meeting. I am grateful that she practiced the principle of "Perseverance" also. I came as a "guest", which is to say I wasn't representing a meeting. I couldn't vote, but I could still ask questions and participate in other ways. At the end of the

meeting there was a bit of logical shuffling done and I had become an intergroup representative! I was so confused, having never attended a similar type of meeting, but slowly things began to make more and more sense, and I was encouraged to keep asking questions. I have been given many opportunities to practice the principles of the program over the years by showing up and raising my hand at Intergroup meetings, and I have grown on the inside in ways that have helped me to live my life both inside and outside the rooms.

The expression that "Higher Power doesn't choose the qualified, but rather qualifies the chosen" is so very true, and I have practiced the principles of "Faith" (Step Three) and "Courage" (Step Four) "Who'd have thought that I would ever <<insert your favorite miracle here>>" is a sentence I can complete many times over today through the miracle of Overeaters Anonymous and the principle of "Service".

Anonymous

September 2008 Financials

Year to Date INCOME	\$4728.77
Year to Date EXPENSES	\$3878.99
Net Balance	(849.78)

Donations for July, August and September 2008

July

Amherst Sat 7:30 am	105.00
Concord Mon 5:30 pm	109.88
Nashua Mon 7 pm	25.00
Derry Tues 7 pm	48.86
Manchester Thurs 6:45 pm	68.67
Concord Sat 7:30 am	70.80
Nashua Sat 8:30 am	41.38
Hopkinton Thurs 7 pm	37.57

August

Nashua Mon 7 pm	25.00
Amherst Sat 7:30 am	85.50
Manchester Mon 5 pm	30.30
Hollis Sun 5 pm	90.00
Derry Sat 10 am	35.58
Amherst Wed 5:30 pm	60.00

September

Nashua Mon 9:30 am	29.34
Nashua Sat 8:30 am	46.72
Nashua Mon 7 pm	25.00
Concord Mon 5:30 pm	123.30
E. Derry Tue 7 pm	45.38
Hopkinton Thu 7 pm	24.00
Hopkinton Thu 7 pm	19.50

TOTAL **\$1146.78**

Your donations support the many services provided by NH Intergroup to members, including meeting lists, the Promises, and insurance coverage for meetings. Come to a NH Intergroup meeting and witness your donations in action. Thank you for your generosity!