



## 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 December 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.*

## Starting the New Year in a New Way with the Steps

Annual Winter Retreat

January 2-4, 2009

Barbara Harris Conference Center  
Greenfield, NH

For more information call  
Jeri at 603-774-1040

## Gratitude

I am so grateful for the service I am able to do in OA. I've been a meeting key person, group treasurer, sponsor, NH Intergroup rep and treasurer, and spoken at many meetings over the years. All of these forms of service have helped me in my recovery. I realize that I am doing God's work by being of service to people in OA as well as outside of OA when I do various forms of service. I look forward to be of service in various forms in the future. I never thought before OA that I could be so helpful to others. I now realize that I help myself by helping others. I want to express my deep appreciation to others before me for their service and look forward to seeing other newer members of OA do service to continue the tradition of twelfth step work.

## RETREATING to Recovery

Well, let me be the first to tell you that I have been VERY resistive to the thought of having a retreat in a hotel .....what *about the great ambience we've had at the previous retreat houses?* First there was The Commons in Peterborough, with the wonderful fireplace, then the Oblate House, in Hudson, with their cocoon-like private rooms and then, my personal favorite the Joseph House in Manchester, where you had to go to bed with every piece of clothes you brought to the retreat because it was so "cool" in the bedrooms, but the house was soooo intimate. Nothing could possibly compare to those wonderful experiences. Then our numbers outgrew the retreat facilities, our nutritional needs are so specific, and we have become more sensitive to the handicap needs of our members that nothing was suitable but a hotel. For a variety of reasons, I didn't attend. The following year, the topic of the retreat "**Prayer and Meditation/ step 2 and 11**" was so appealing I just had to sign up (attraction rather than promotion seems to apply here, as it often does in OA) I'm so glad God spoke to me as loudly as he did (he often doesn't make his will know so clearly).

So, off I went on that Friday with "hardly" any expectations...just hoping to stay open and teachable. My God took care of all the details through a hardworking retreat/sharathon committee: a gifted retreat leader, a comfortable and "safe-feeling" meeting room, beautifully presented meals (which, for some reason, is important to me), wonderful diversity in the retreatants and a delightful roommate.

The exposure to people who do things differently than I do is so beneficial and makes me more convinced that this program can work for *anyone* who will **work it**, no matter how they **work it**. Retreating from all distractions is so soothing to me and gives me a concentrated version of the Twelve Steps and the Twelve Traditions. Whether it is in "one-to-one" conversations or in the general sessions, I benefit from the retreat leader's experience, strength and hope, as well as the experience of all attending. And what better way to take care of myself than to have someone else make my bed, clean my bathroom and make my meals.

I also realize that others benefit by my attending retreats, too. First of all, my increased

awareness hopefully makes me a little easier to be with. I always share tidbits of information and insight I get with the people I sponsor. (Sometimes, writing assignments for sponsees and for me come out of retreats) The meetings I attend will no doubt get bits and pieces when I share or pitch.

So, thank you to God, the committee, the retreat leader, the people who attended, and the staff at the hotel for adding to the quality of my recovery journey. See you next year, by the grace of God.

*One Grateful compulsive overeater*

(This was written several retreats ago...but is very timely.)

### October 2008 Financials

Year to Date INCOME	\$6046.09
Year to Date EXPENSES	\$4494.13
Net Balance	\$1551.96

### Donations for October 2008

Derry Thu 10am	32.39
Derry Sat 10am	42.90
Manchester Tue 5:30pm	372.47
Bedford Wed 5:30pm	356.11
Concord Sat 7:30am	37.71
Keene Tue 4:45pm	120.00
Amherst Wed 5:30pm	44.80
Belmont Thu 5:30pm	60.00
Franklin Sat 10:30am	75.00
Amherst Sat 7:30am	118.20
Manchester Thu 6:45pm	57.74

**TOTAL \$1317.32**

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!

### **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](mailto: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 20<sup>th</sup> of the month. Articles may be submitted by e-mail to [mary@campallennh.org](mailto: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](http://www.oa.org/lifeline_mag.html).

## The Hummingbirds

I'd been waiting for the hummingbirds to visit my yard. I'd been waiting since the summer before when I planted bee balm and put out red petunias and other flowering plants known to attract them. My neighbors had hummingbirds that summer but they never arrived in my yard.

I'd planted more hummer- friendly flowering plants but still not one of those flitting creatures had appeared. I stood in the kitchen and looked out my kitchen window many times a day, focused on the hummingbird corner of my yard. (*Much like I use to stand in my kitchen and focus on food in the cupboard and refrigerator.*) I had considered praying to ask HP to send hummingbirds because I wanted/needed them. I wanted them because I thought seeing them will make me feel better (As I use to think junk food would make me feel better). I had been sad that summer dealing with the imminent death of a dear friend. But through reading the literature and listening in meetings I knew it wasn't all about what I wanted. Even when I do the footwork, the results aren't always what I want/expect them to be.

So I learned to expand my focus as I looked out my kitchen window and I looked beyond the hummingbird corner. I looked at my whole backyard. That week I'd seen a plump adolescent robin drying himself in the sun after a dip in the birdbath, first one wing stretched out, then the other. No, the hummingbirds had not found my yard, but the robin had found safe haven there, as had the stately flicker and the cheerful catbird (a favorite from my childhood.) The squirrels, chipmunks and woodchuck had been there, too. That summer, instead of feeling disappointed in not getting what I wanted, I was grateful that God had blessed me with the lessons of Patience and Acceptance. I was slowly being released from the bondage of self. Along with those lessons He has provided a myriad of gifts to entertain and comfort me as only his furry and feathered wild creatures could.

I got to practice more lessons the following summer; Perseverance and Hope. The flower catalog arrived and there were many more flowers I could plant the next summer to attract those elusive hummingbirds. As a footnote, they never showed up, but the Monarchs visited in droves!! Thank you Higher Power.

*JS Manchester*

