

Promises



December 2008, issue 298

A monthly newsletter published and distributed by New Hampshire Intergroup.

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 January 11, 2009. **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.*

Gratitude

This past month or two has been a challenging time for me. If I had not constantly turned to my Higher Power asking for help, asking for willingness...I don't know where I would be today. Not feeling like going to a meeting...and I would get a call from an OA friend who needed a ride to the meeting. Standing in front of the refrigerator and the phone would ring and it would be an OA friend reaching out. A few times I would be thinking about someone and they would call!! I would go to a meeting (kicking and screaming) and then hear exactly what I needed to hear. I am sooo grateful to this program and to all of my OA sisters and brothers and to HP for always hearing me, for giving me what I need and for answering me...even when I am not asking!

Anonymous

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

Facing the Holidays

I have received at least 10 invitations for holiday open house events. It's nice to know people enjoy my company and want to invite me. However, it is overwhelming to think of all that food spread on tables, looking so tantalizing.

I must remember that just because the rest of the world seems to eat with reckless abandon (it's the holidays; I deserve it!), that doesn't give me the green light to change my food plan by even a morsel. And I need to remember this is not a punishment. Keeping the same food plan during holidays, just like any other time, is one of the greatest gifts I can give myself and those around me.

I know that if I start playing in the holiday goodies, I will end up back where I started with my face in a candy dish and my soul full of shame. This can only bring misery. I don't know about you, but to me that sounds like a pretty sad way to spend the holidays.

This year I choose to do the following: stick with my food plan, attend meetings, talk to my sponsor and other recovering compulsive overeaters, and use the tools and Steps to help me through this holiday period without picking up that first compulsive bite.

This program gives me more than I could ever ask for on a wish list-inner peace, hope and unconditional love.

Edited and reprinted from Calling newsletter, South Central PA Intergroup, December 2004

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.

Heard in the Rooms

At the Region 6 Convention

Only Three Fears

1. Losing what you have.
2. Not getting what you want.
3. People's opinion of you.

" [Before OA] I was afraid of living, afraid of life."

"Binge foods set up the phenomena of craving. If I wasn't eating them, I wasn't craving them."

"I just couldn't get clean (until I put the binge food down)."

Straight from the Big Book, "blocking the sunlight of the spirit."

"God doesn't need a co-pilot."

F Fully
R Rely
O on
G God

"(In OA) I gave up the illusion of control; I never had any control to begin with."

*So many workshops, so hard to choose.
My favorites: Keep It Simple and Hungry
Eyes: It's Not My Food"*

Patricia

And More...

**Little sound bites from Discovery 2008
Convention in Plymouth, Ma.**

They may not have been delivered this way but this is how I heard them.

Start sooner than later, you'll get to the good stuff sooner.

OA = Other Attitude

I've only gotten a little piece of what OA has to offer because I've only been here 17 years.

OA is like a beacon calling us back when we go beyond the safe harbor.

I'm twelve steps away from my next bite.

Thanks to all who did service at the Convention, without you I would have been sitting in an empty hotel with no one to see and hear share their experience, strength and hope with me.

Lisa

November 2008 Financials

Year to Date INCOME	\$6486.97
Year to Date EXPENSES	\$4658.85
Net Balance	\$1828.12

Donations for November 2008

Nashua Tue 5:30 PM	85.00
Hollis Sun 5 PM	45.00
Hopkinton Thu 7 PM	24.80
Concord Mon 5 PM	81.70
Wolfeboro Sat 8:30 AM	36.00

TOTAL **\$272.50**

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!



Working my program is a
gift I give myself!!
Happy Holidays!

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.