

# Promises



January 2009, issue 299

A monthly newsletter published and distributed by New Hampshire Intergroup.

## 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 February 1, 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.*

**Watch for Sharathon and Back to Basics Workshops coming this Spring. Talk to your intergroup rep or check the website at [www.oanewhampshire.org](http://www.oanewhampshire.org)**

## December 2008 Financials

Year to Date INCOME	\$6858.60
Year to Date EXPENSES	\$4992.56
Net Balance	\$1886.04

### Donations for December 2008

Concord, Sun 1 PM	5.00
Peterborough 7 PM	123.00
Nashua Sat, 8:30 AM	52.95
Derry Tues, 7 PM	102.36
Manchester Mon, 5:15 PM	88.32

**TOTAL \$371.63**

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!

## Heard at the Retreat

"I will find relief in meetings but not recovery there."

"I don't live in a toolbox." (answers in the Steps).

"Feeling pretty squirrely around food."

"Stop digging my grave with my fork."

"Coincidence is God acting anonymously."

"To hear God's message is very difficult for me."

~~~~~  
One way to use the tool of writing is to do this. Every night write:

5 gratitudes, 5 things I did well  
5 things I could have done better

~~~~~  
Stay away from BLT's

**Bites Licks Tastes**

## Steps Shorthand

Steps 1,2,3	Give Up
Steps 4,5,6	Fess Up
Steps 7,8,9	Clean Up
Steps 10,11,12	Grow Up

~~~~~  
*Submitted by Pat, Concord*

Nothing tastes as good  
as  
abstinence feels.

~~~~~  
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.

# Thy Will Be Done

Being willing...how smooth things can go.  
Meditation turning my day over and saying  
Thy will be done, Thy will be done, Thy will  
be done! HP gave me the courage to make 3  
phone calls:

The first to human services once each day  
this week; the second, I phoned to get the  
results from my 2<sup>nd</sup> mammogram and now  
waiting for the phone call results and lastly:  
being willing and comfortable to discuss  
getting oil changed because car will be  
driving to Georgia, conversation went well  
and I had very little anxiety. HP is awesome!  
With the gift of abstinence many gifts follow.

*Your friend in recovery  
Diane*

## What Keeps Us in the Food, Robbing us of Joy and Energy?

***I will put down the binge food tomorrow.***  
Caution: it may take years for 'tomorrow'  
to come.

***I can't go back to that meeting and face  
those people.***

OA is the "lighthouse that is here for our  
when you are ready to return to shore."  
Ask your Higher Power to help you walk  
through the door.

***People don't like me because I am  
overweight.***

Are you sure that it is not your  
dishonesty, anger, fear, and resentments  
getting in the way?

***I'm in control of the food, people, and  
things in my life.***

What a powerful illusion!

**SHAME**

Should Have Mastered Everything-also  
known as perfection.

***Believing I'm Not Good Enough***  
BINGE

***Thinking I am "too smart" for this  
Program.***

Lack of humility, childishness,  
grandiosity, and over-sensitivity.

***Stress, loss, sickness.***

Unfortunately, compulsive eating "does  
not heal the sick or raise the dead."

***Resentments.***

Sometimes I resent someone because  
they were right!

***Blaming others for my compulsive eating.***  
It is nobody's fault. It just is.

***Self-hate.***

I need to let others in Program love me,  
until I can love and forgive myself.

Simple suggestion for how to do a daily 10<sup>th</sup>  
Step: write about the 4 Gs

1. What was the Goal (or goals) for the  
day?
2. What was Good about the day?
3. What were the Glitches?
4. What are you Grateful for?

*Based on speakers I heard at the Region 6 Convention  
Nancy S.*

## **HP is Coming to You!**

To the tune of *Santa Claus is coming to Town*

Chorus:

Oh, you better not pout. It's ok to cry  
Let every one shout, We're telling you why,  
H-P is coming to you.  
Oh, You're making a list, making amends,  
Admitting you're licked, HP is your friend.  
H-P is coming to you.

Verse:

1) He notices your service- Your willingness and Joy.  
He is your strength and hope and peace – With your  
sponsor don't be coy.  
Oh peace is at hand- let go of that food!  
You're gonna find out you're in a good mood.  
HP is coming to you!  
You give your li-st a way and feel so free, and shout for  
joy, so humbly.  
H-P is coming to you.  
2) When you embrace the 3<sup>rd</sup> step and take the 4<sup>th</sup> step  
too  
Your life gets so much better and you find the re-al you!  
Oh you better not pout- its ok to cry, let everyone shout.  
We're telling you why. HP is coming to You.  
3) Take daily in-ven-to-ry  
And pray and meditate  
Then give it all away  
So-o others don't take the cake.

Oh – you better not pout, it's ok to cry, let everyone  
shout, we're telling you why:  
HP is coming to you.  
HP is coming to you!

*Written by and performed at the December NHI Meeting  
by Judith R. and Eileen B*