



Promises

February 2009, issue 300

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 March 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

Unity Day

Unity Day for OA is this month. I was reading at a meeting the other day Tradition 1 in the AA, 12 and 12. It reads "Our common welfare should come first; personal recovery depends upon A. A. unity." The reading goes on to say that Unity is our "most cherished quality. Our lives, and the lives of all to come, depend squarely upon it." It is a short read if you have the opportunity to obtain an AA 12 step/ 12 tradition book. It is well worth the effort. It will be great to hear at this event, the stories of unity in OA that have preserved life. How precious. I invite you to spread the word about Unity Day to your groups and gather up all your OA friends and meet in Arlington on February 28th.

Regards,
Eileen, NHI Chairwoman

Unity Day 2009

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 2:30 p.m. (est) OA members pause to reaffirm the strength inherent in OA's unity.

**Saturday, February 28, 2009 from 1-4
(registration begins at 12:30)
Arlington Senior Center
27 Maple St.
Arlington, MA 02476**

Information: Lisa 978-470-1819 or Bernadette 617-584-6555
Suggested Donation: \$5.00

Sponsors: New Hampshire Intergroup, Metro West Intergroup, South Coastal Intergroup, Seacoast Intergroup, North Shore Intergroup and this year's host: Mass Bay Intergroup.

January Sanity

Finally, the October through December craziness is over. Whew! What an ordeal for a compulsive overeater/bulimic/anorexic like me! Gotta get the sweets for Halloween because that's what *everyone* is doing! Gotta eat eat eat on Thanksgiving because I made it *especially* for you! Gotta buy buy buy and eat eat eat on Christmas or everyone will think you don't *love* them! Gotta drink drink drink and eat eat eat on New Year's Eve because 2008 is over and there's a new slate available on January 1, 2009! What are your resolutions *this* year? Lose 10 pounds? Start exercising? Take some classes? Get serious about taking *control* of your life?

Yikes! That's what my life was like before Overeaters Anonymous. So many voices . . . so much insanity. I tried to obey them all. Today, I'm better at

listening, pausing for that intuitive thought and then saying, "Thanks for sharing . . . but that's a lie." How did I get to this point? Overeaters Anonymous. I shudder to think where I'd be without OA.

One of the wonderful benefits of working the program of OA is that I have experienced sanity in the month of January. A few years ago I wrote an article for *promises* and detailed all the tragedies of my life that happened in January, reasons why my life was so unmanageable in January. I now see those "reasons" as "excuses" to eat. In other words, they're lies. Again, how did I get to this point? What made me aware of these lies? And maybe, more importantly, where did I get the desire to change? One of my sponsors has been holding my feet to the fire in the last few months. I don't blame her; I'm not sure I'd be as patient with a sponsee as she has been with me. A very important sentence that I've heard before at OA functions, and that she has repeated to me recently, is "If I want what she has, I *have to* do what she does." It's not a suggestion; it's a *have to*, a darn well better, a *must*. Thus came the desire to change because I want the recovery she has. So, I asked God to show me where, when, and how I practice my character defect of self-dishonesty; show me the lies I tell myself. And guess what? He is! I'm getting what I prayed for; not real happy about it sometimes. Now, I hear the lies I tell myself and ask God to show me the truth in the situation. And He does! What miracles! But it's not all fun and games, folks. This is hard work, the hardest work I've ever done in my life. Being rigorously honest with myself. Speaking my truth in all situations with everyone. Feeling vulnerable, yet beginning to feel the courage of my truths. It is hard work to put myself first, to remember that "Beth" has been my problem, and that she is worthy of recovery.

So how do I plan to stay sane in January? Yes, the same anniversaries of deaths will come and go. Yes, the same junk food will be hanging around. Yes, it will be too cold to feel excited about walking outside. Yes, there will be less daylight and hibernation may want to kick in. Now I realize that all of these are lies I tell myself. I can feel sad for a day; I can walk past the food not on my plan; I can bundle up and walk outside; and I can take a nap. But nowhere does it tell me that any of these "reasons" are reasons to eat compulsively. I just need to do tomorrow what I did today to be abstinent and in recovery. Oh, yeah, I'm attending the NHI retreat this year. What a way to start a January . . . with sanity!

Beth

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.

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

January 2009 Financials

Year to Date INCOME	\$6985.00
Year to Date EXPENSES	\$5666.00
Net Balance	\$1319.00

Donations for October 2008

Brattleboro Fri 1 pm	\$10.00
Brattleboro Wed 6 pm	29.00
Derry Wed 10:30 am	60.00
Derry Thu 10 am	42.79
Derry Sat 10 am	27.38
Manchester Tue 5:30 pm	261.61
Concord Sat 7:30 am	38.55
Keene Thurs 7 pm	60.00
Belmont Thu 5:30 pm	60.00
Amherst Sat 7:30am	83.16
Manchester Thu 6:45pm	57.74
West Ossipee Tue 5:30 pm	60.00
Concord Fri 12 pm	24.50

TOTAL **\$841.33**

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!

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.



**Always to extend
the hand and heart of OA**

**to all who share my
compulsion;
for this I am responsible.**