



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 April 5, 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**

The Social Factor

Selecting foods that are key to my recovery from compulsive overeating is a challenge. The social factor of eating has caused me much grief, anxiety and failure. Once again I have found abstinence and the ability, through this program, to choose not to eat those foods that trigger a compulsion to eat more than is healthy. Last night I was able to enjoy a social outing to a restaurant to celebrate a friend's birthday. I was able to do what I needed to do for myself due to several changes I have made within myself. The first change was a desire not to talk to others about my eating problems. I decided to stop trying to get them to understand. At this particular restaurant I found myself faced with an extremely challenging menu. I refrained from the usual groan, and the sharing with others that there was nothing on the menu I could eat.

I also acknowledged that this may not be the ultimate meal I was hoping to enjoy, since eating out is a real treat. I had to let that go and stop my black and white thinking. Thinking which doesn't allow me to realize that there will be another meal out, this is not my last meal. Two weeks of abstinence did help with the ability to place the importance of enjoying the people over the enjoyment of the meal. I continued to keep the ball in my court with regards to what I was going to eat. I told the waitress what I had hoped to find on the menu and she was able to guide me to a selection that was close to what I needed. In a pleasant manner I asked about how the food was prepared and thanked her for the information. The meal that came included items I did not want to eat. I ate around them providing no excuses to my dinner companions, therefore keeping the focus off of my plate. Because I was not filling up with foods that trigger a craving, I was able to stay engaged and interested in the conversation, which in turn slowed down my eating. When the meal was done, I was pleasantly satisfied. Dessert was offered and I politely took a dessert menu and commented on a few of the choices. I kept to myself that a cup of coffee would be my only choice. I ordered the coffee without a hint of disappointment. I ordered it with the satisfaction that it was what I truly wanted. I did not want to ruin a wonderful evening with the fogginess and insanity that one bite would promise. That type of sincerity rings true and it always amazes me how it keeps conversation about my "plate" at bay. Thank you OA for accepting me as I grow and learn about my addiction, and how to live outside of compulsive overeating.

Recovering One Day at a Time

HELP!

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

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.aa.org/lifeline_mag.html.

March 2009 Financials

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

Donations for October 2008

Concord Sun 1 pm	12.00
Nashua Sat 8:30 am	45.00
Concord Mon 5:30 pm	128.14
Franklin Sat 10:30 am	60.00

TOTAL **\$245.14**

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!

Tools and Steps

If you were afraid to climb a set of stairs, what could you do? If your legs were hurt and could not climb steps, what might you try? Maybe you would need some TOOLS to help you up the STEPS! Perhaps you would use a block of wood to help you reach the 1st step... or how about a springboard to help you get up there?

Tools leading up to Steps... is that why we have tools in OA? Yes, I think so. For example – it's hard to start the steps alone – so why not get a **SPONSOR** to help you get started, to get going.

OK, my sponsor wants to help me take **Step One**. One way my sponsor did this was to have me **WRITE**. She had me write a history of my compulsive eating beginning with the first time I could remember food-related events. Then she gave me 9 more questions on **Step One** – one a day for 10 days... that really helped me 'chew on' **Step One** for a while and then know what it meant to TAKE **Step One**.

She and I kept the questions going for **Steps 2 and 3**. After 30 days, she gave me a series of questions to help me take **Step 4**.

But I could not do all this alone! I had to go to **MEETINGS** or I would not have understood that or how much I needed a **sponsor**! (After all I was pretty self-sufficient and smart, wasn't I?)

And then that darn (blessed!) **sponsor** had the nerve to ask me to make 3 **PHONE CALLS** a day!! Geeeee! Weirdly, these calls made me – after 4 years of hanging out and not being sure if I was one of y'all – feel like a *part* of OA. Turned out you guys had lives! Who knew you had pets, kids, hobbies,

ideas, yes, lives? I had thought that all of you just stayed at home with the curtains drawn eating 24/7! (I had heard a qualification of a woman who had lived like that and assumed that all of us did – or all of YOU did... I only binged once a week or so...) Yes, **phone calls** CHANGED ME! Changed my relationship with the whole fellowship. Hallelujah!

LITERATURE? Ahh, my sponsor again. She had me read chapters from the *Big Book* and the *12 and 12* every night while I was doing those first 30 questions that helped me take the **first 3 steps**... Nowadays, I even know which passages will make me cry when we read them at a meeting... "We may meet some of you as we trudge the road of happy destiny..." Ahhh, so many beautiful words – telling me the truth about myself and the fact that I have a disease, not a weak, flawed will!

FOOD PLAN – do you think I could have gotten this far without one? Nope, that was the second thing my sponsor did after telling me about the 30 questions that would help me take the **first 3 steps** – or did that come first? I remember she used to say – "give me the food first to get that over with so we can get to your writing which is what's really important".... ..

ANONYMITY – does that REALLY affect my life, my abstinence, my step taking? Oh, only in that AA would have died its first year if we hadn't had it, I am convinced! And then there would have been no OA!

SERVICE – Keeps me connected so that I keep hearing about others taking the steps and that sometimes rubs off on me! How much fun is it to tell someone good news? To tell someone that they don't have to die! To tell someone that they are not crazy, lazy, weak-willed, messed up, unreachable, irreparable – to tell them that they can make it, that there is help, that they are not alone, that they can tell you how bad it was or wasn't and you will listen.

Hmmmm... I'm too lazy to see if I remembered all the tools – so if I forgot one, you can do the service of letting me know! 8 tools, 12 steps, right? Or 7 tools? Maybe when we come up with new technologies we'll have 12 tools and 12 steps! Hey, how come email is not a tool? It should be! Anyway, thank God for the tools that lead us to the steps!

Lots of love, Judith



Always to extend the heart and hand to all who share my compulsion...for this I am responsible.

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.