

Promises

April 2009, issue 302



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 May 3, 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.*

Back to Basics Workshop

Saturday, May 2, 9-12
Cheshire Medical Center
Auditoriums A & B
580 Court Street
Keene, NH 03431

For info call Debbie 603-532-8223

Hosted by Keene Thurs Night Meeting
Sponsored by NH Intergroup

See oanewhampshire.org or intergroup rep for
more info



Spring Sharathon

Energize Your Steps:

Working the Tools and Traditions

Saturday, May 30 at 8:30-2:30

Bethany Covenant Church
One Covenant Way
Bedford, NH

Call Debi G. at 603-647-6607 for more info

I am grateful for

abstinence
beauty
caring
desire
energy
fun
gratitude
humility
inspiration
joy
kindness
love
me
nice
optimism
positive-ness
quiet
roses
sensible-ness
tea
understanding
virtue
wellness
xylophone
zen

I don't know how this Japanese meditation is done yet I am grateful that I am grateful and that I meditate each day as it brings me calmness and direction.

Your friend in recovery
NH



happy joyous and free!!

I KNOW I AM IN RELAPSE WHEN MY THOUGHTS ARE ...

- I am 'burned out' with Program and need a break
- I don't need a sponsor
- I don't need to ask for help
- I feel deprived
- I am a failure
- I am hopeless - what difference does it make anyway?
- I forget who is in charge
- I focus on problems and not the solution
- I am not willing to accept the consequences of my actions

I KNOW I AM IN RELAPSE WHEN OTHERS SEE ME ...

- Watching too much TV
- Playing lots of computer games
- Staying up late at night
- Withholding affection and intimacy
- Isolating
- Substituting foods not on my food plan
- Stop planning meals and not writing food down
- Looking for "treats"
- Being a "no show" at meetings
- Showing up late to meetings
- Being restless - start looking for new job, house, foods, etc.
- Worrying, being impatient and indecisive
- On the "pity pot"
- Irritated and blaming others for my unhappiness
- Unable to set boundaries
- Controlling because I am out of control
- Rationalizing and being dishonest
- Being ungrateful
- Not putting recovery first
- Not being responsible for my own recovery!

(Adapted from the Pinellas, Florida, Traditions Intergroup)

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.

March 2009 Financials

Year to Date INCOME	\$2189.80
Year to Date EXPENSES	\$1808.14
Delegate Fund Transfer	\$ 271.61
Net Balance	\$ 668.43

Donations for October 2008

Concord Sun 1 pm	6.50
Brattleboro Wed 6 pm	30.00
Hopkinton Thu 7 pm	60.00
Lebanon Sat 11 am	144.00
Bedford Wed 5:30 pm	50.51
Nashua Tue 5:30 pm	92.45
Concord Sat 7:30 am	85.80
Hopkinton Thu 7 pm	42.00
Hollis Sun 5 pm	120.00
Manchester Mon 5:30	97.04
Keene Tue 4:45 pm	110.00
Manchester Tue 5:30 pm	265.03

TOTAL \$1,103.33

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!

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



There is no finer way to treat people than to accept them as they are.
August 7, For Today

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.