

# Promises

May 2009, Issue 303



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 June 7, 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.*

## 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**

## To the Care of God

Making decisions has never been easy for me. I used to agonize over them, trying to weigh all the options, analyzing the good points and bad, trying to second guess what the popular choice would be, and going along with it to keep the peace and avoid rejection. Not a very good way to choose something, is it? I was so afraid to make the wrong decision, that I wouldn't make any at all.

Decisions are coming much easier today because the process is different. I'm not so hung up on the

outcome anymore because I know that things will work out to my ultimate benefit if I include God in the decision. When faced with a challenge, I must remember to PAUSE, and ask God for direction. As long as I let God lead me, I can relax and know that the outcome will happen in God's time.

Turning myself over to the care of God brings to me a vision of being very small and being held in His hands, giving away all my cares, worries, anxieties, and being loved and supported. It means totally giving my will to God and allowing Him to do whatever He wants with me, leading me where I am supposed to go.

And this brings up a huge issue of trust for me. I never trusted that anyone or anything would be there for me, especially if I showed any vulnerability. One of my biggest lifetime fears is that I'd reach out, show my need, ask for help, and no one would be there. Or care enough to help. This fear is so ingrained that I rarely asked for help. Not me! I was self reliant, self-sufficient. Today I do ask for help because I know that God truly loves me- I can really feel it- and the help is always there if I ask. I now have the ability to ask other people for help too. My life depends on it, my abstinence depends on it, and my self-love depends on it. And if one person isn't able to help, I will ask another. My expectations are different today. I don't expect that any one person can be everything I need. What freedom this is! I have learned so much in OA, and I am so glad that I stuck around until the miracle happened, because it is happening, on a daily basis.

*Dee P.*

*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](http://www.oa.org/lifeline_mag.html).

## From the Chair

I am feeling the fullness of my life in so many ways. Every time I look out into nature, more is being revealed with blossoms so abundant. This must be the best year yet. I want to hold the moments but in just a short time the lovely cilla and snowdrops were gone and now the daffodils, forsythia, quince, blue and white violets and hyacinths dazzle my eyes. This seems to be happening in all areas of my life. I am

grateful for all this abundance but it requires that I let go so that I can savor what is in front of me now.

This weekend I will wrap myself in this fellowship of OA. On Saturday in Keene we have the opportunity to reach out to the still suffering compulsive Overeater and strengthen our own program with a renewal in "Back to Basics". Thank you Keene for hosting this program.

For Sunday Intergroup we will hear tales from Albany and Region 6 Representatives, collect the prioritized goals for our next year, hear progress on our 30<sup>th</sup> anniversary party, hear about web site updates and share fellowship in the spirit of this 12<sup>th</sup> step work.

I request consideration for the Treasurer service position. All service positions must rotate. Some day it will be your turn. Please ask your higher power if this is a service that you should consider at this time. This position will be elected and awarded at the June meeting.

*Best Regards*  
*Eileen Baker Chairwoman for NHI*

### April 2009 Financials

Year to Date INCOME	\$2755.89
Year to Date EXPENSES	\$2083.55
Delegate Fund Transfer	\$ 413.13
Net Balance	\$ 259.21

### Donations for October 2008

Concord Sun 1 pm	5.00
Brattleboro Mon 6 pm	43.00
Bedford Wed 5:30 pm	182.73
Nashua Sat 8:30 am	48.15
Manchester Thurs 6:45	76.67
Amherst Wed 5:30 pm	36.15
Derry Sat 10 am	68.19
Derry Thurs 10 am	106.20

**TOTAL** **\$566.09**

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!

## What is New Hampshire Intergroup?

New Hampshire Intergroup (NHI) is a service body for Overeaters Anonymous. Our primary purpose is to carry the message – to help the still suffering compulsive overeater through the Twelve Step recovery program of Overeaters Anonymous.

NHI seeks to serve the groups by providing services that are beyond the scope or ability of an individual group.

Such services are:

- Provides insurance to NHI member meetings registered with World Service Office (WSO)
- Coordinates, prints, and distributes meeting lists.
- Maintains an answering service.
- Publishes the *PROMISES*, our monthly newsletter.
- Sponsors sharathons, retreats, workshops, and special events.
- Answers mail and phone inquiries about OA.
- Informs healthcare and other professionals about OA.
- Carries the OA message to compulsive overeaters who don't yet know about the program.
- Provides information about out-of-town meetings to members when they travel.
- Provides information about meetings to visiting out-of-town OA members.
- Provides links between local OA and the regional and national levels of OA where policy is set and where literature is developed.
- Contributes regularly to WSO and Region 6.

### **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](mailto:mary@campallennh.org) or mail to NH Intergroup, Promises Editor PO Box 1363, Derry, NH 03038

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.



***Abstinence from compulsive overeating is a state of mind, not a diet.***

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