

Promises

June 2009, Issue 304



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 September 13, 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.

Celebrate NHI's 30th Anniversary!

Saturday, 9/26/09 5:30-11:00

Fellowship, Speakers, and Dancing

**Wesley United Methodist Church 79 Clinton Street
Concord, NH 03301**

For more information

Lisa @ 603-893-9217 or Pat @603-746-4931

Serenity in Stamford

OA Region 6 Convention

October 23-25

Stamford, CT

Our Journey and the 12 Steps Retreat

January 1-3, 2010

Barbara C. Harris Conference Center
Greenfield, NH

Ask intergroup rep for application!

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.

BEING AT THE RIGHT PLACE AT THE RIGHT TIME

"Compulsive eating does not heal the sick or raise the dead."

I heard that statement at the Region 6 Convention last fall, and I realized once again that I was meant to be in that session. I could add another sentence to that statement "Compulsive eating **does not comfort us** when we are dealing with loved ones who are sick or dying." In the past year, I have experienced the loss of a family member and the progressive illness of another. Luckily, I have not turned to the food for comfort. There have been some days when my food was not perfect, but in general, I have been sticking to my disciplines. I know that I received comfort from **meetings** and my **sponsor**. I found reassurance in program **literature**. I expressed my emotions in the tool of **writing**. I was able to focus on **service** and **anonymity** and get outside myself. The routine of following a **plan of eating** and writing down my food kept the structure in place. My weakness was using the **telephone** - always has been!

I have had numerous conversations with my Higher Power about the progressive illness of my family member and this additional emotional pain. There have been plenty of trying days since the diagnosis. I am fortunate that HP and our program of recovery continue to guide me through each day. My family member is truly "living in the moment", so why can't I? When I try to impose my sense of order to our visits, HP shows me who is really in control!

I have had to step back and recognize that I am being taught a new level of patience: "Do what I can when I can." I have to literally let go, trust, set boundaries, and be vigilant when my character defects attempt to creep in to try to "help" the situation. I need to be reminded of the importance of humility.

One of my favorite lines in **Voices of Recovery** states that "My compulsive nature wants to keep my mind occupied with events over which I have no control." I have no control over of the progression of my loved one's disease. I have no control over all the people, places, and situations in my loved one's life. If I were to use compulsive overeating as a 'coping' mechanism, I would simply add to my pain and unhappiness. I need to protect my recovery because my Higher Power and this Program will do for me what I cannot do alone.

I need to take care of myself in order to be there for my family. I cannot let compulsive overeating get in the way of my "usefulness to others" no matter how uncomfortable I am.

Nancy S.

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.

12 Considerations List

I will consider that by not taking that first compulsive bite I will:

1. Not chase food endlessly, right up to bedtime.
2. Continue to feel good, act good and look good.
3. Not gain weight, which will be twice as hard to remove later.
4. Feel light, young, energized and full of breath/life all day and night.
5. Be able and willing to exercise.
6. Not carry the monkey on my back every single minute of the day.
7. Not feel defensive or hostile toward every person I meet.
8. Realize that food never solved a single problem for me.
9. Be able to stay connected with my friends in OA who are also working hard to make it through this day.
10. Preserve this precious day, preserving my miracle and my abstinence.
11. Not risk a full-blown relapse and will not lose all that has been given to me in this program.
12. Be able to wrap myself in love, and have a great day.

Recovering in NH, One Day at a Time

June 2009 Financials

Year to Date INCOME	\$2942.89
Year to Date EXPENSES	\$2344.67
Delegate Fund Transfer	\$ 459.88
Net Balance	\$ 138.34

Donations for May 2009

Concord Sun 1 PM	9.00
Nashua Tue 5:30 PM	78.00
Nashua Thu 5:30 & 7 PM	100.00

TOTAL **\$187.00**

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!



**Don't quit before
the miracle happens...**

“So, is NH Intergroup planning anything for the 30th Anniversary?”

That is how one of my recent phone calls with one of the founding members of New Hampshire Intergroup started. She has moved out of the area and wondered how we were going to commemorate this important anniversary. I must say that I was a little embarrassed not to know that NHI was started 30 years ago. I mean, after all, I have been an Intergroup Chairperson. Once the ego got out of the way, there was room for the little seed that my friend planted to grow.

She certainly knew where to plant her “seed”, because the thought kept coming back to mind...should I bring this to NHI? In what form should I bring it to NHI? What would make it appealing to NHI?...Hum, I decided to turn it over to HP and see what He/She presented.

My attendance at Unity Day, in February, presented me an opportunity to be with some NHI officers and ask them if they thought there was some merit in having an event to mark the occasion. They both loved the idea of some kind of commemoration...so off I went with ideas, phone numbers and email addresses to “water the freshly planted seed”. Of course, HP was going to be the first one on my contact list and would be invited to all face to face and email meetings. Now, as I previously said, I’ve been an NHI Chair and my first two questions, if someone had proposed this to me would be who is going to do the work and how much is this going to cost us. With this in mind, I contacted as many of the past New Hampshire Intergroup Chairpersons as I had contact information for and the NHI 30th Anniversary Event Committee was established. They will also be funding the majority of the event.

The long and short of this little saga is that *NHI is HAVING A PARTY AND WE WANT YOU TO COME!!* We have an evening of fellowship, inspiration and fun planned that will celebrate recovery, abstinence, OA, New Hampshire Intergroup and everything that program has brought to our lives. We will start with a BRING YOUR OWN BROWN BAG DINNER, followed by speakers, and ending with a dance.

You’re welcome to attend some or all parts of the evening. Call people you haven’t seen in meetings in a while and *invite them to come!* Call past sponsees and sponsors and *invite them to come!* Take out your **really** old phone lists; call people you don’t know and *invite them to come!* Speak with your significant other and *invite them to come!*

Look for flyers at your meetings with all the details **AND COME!**

Your trusted servant,
Lisa D.

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