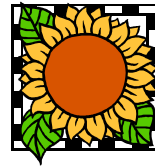


Promises

September 2009, Issue 305



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.

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

Happy 30th Anniversary!

I first went to NHI as a visitor. I really didn't know what to expect but I decided to attend for it was a suggestion from a member who attended. I'm not sure of the year, probably 2005. I did become a rep in 2005 and therefore continued to attend NHI.

What did I learn at that first meeting you ask? Well first of all I went to any length to receive strength and hope. It was a way to get me out of my isolation. I listened and was so impressed to see and hear how OA worked. NHI enabled the fellowship to carry the Twelve Steps and Twelve Traditions message to the compulsive overeater who is still suffering in ways that individuals or groups cannot. Here are some of the ways NHI carried the message:

- Telephone answering service
- Compiling and distributing current lists of meetings
- Send delegates to WSO and Regional Assemblies
- Publish a newspaper (PROMISES) as a means of group communication

The service given by these members was indeed rewarding to their recovery. Did I want what they had? Yes, indeed I did.

I therefore did what they did...My willingness to say YES to service helped me grow in recovery. The committees I worked on were Back to Basics and Unity Day. WOW! That got me out of my isolation even more and I was where I was suppose to be. Yes, I was giving back what I had so generously been given.

I have since moved out of the region 6 area. I now reside in region 8 and have indeed brought my two years of experience of strength, hope...to the newly formed intergroup in 2008. I am a rep for a meeting and therefore can vote on different issues. I am grateful to be of service to my fellowship. My higher power who I call God has given me a new life in OA and I celebrate this new life one day at a time.

In my disease I said, "Why doesn't somebody do something?" In my recovery I say, "I am somebody who can help." Our real purpose is to fit ourselves to be of maximum service to God and the people about us. (BB page 77)

Once again happy 30th anniversary NHI!
May I meet with you again someday as we trudge the Road of Happy Destiny.

Lucille

And Best Wishes!

Happy 30th birthday, New Hampshire Intergroup! My five years in New Hampshire, three of them as NHI chair, were GREAT years. We accomplished some exciting renewal and outreach work in those years – intergroup and meeting inventories, member surveys, strategic goals and a long list of activities to achieve those goals, priorities based on what the members told us were their greatest needs, a series of well-attended educational workshops in New Hampshire, Maine and Vermont, a fundraising Caribbean cruise that included OA members from 19 states, a new and improved OA web site, publicity drives including newspaper ads, and much more. From my perspective the culmination of all our

work was an intergroup and membership strong enough to take on what became the hugely successful 2005 Region 6 convention.

My commitment to intergroup work began in 1997, three years before moving to NH. A spark was ignited in me at the East Coast Convention that year. OA had saved my life and I knew sustained recovery depended on OA always being there for me. Thus I was deeply concerned at OA's rapid loss of membership in the 90s and what seemed like less and less recovery, especially physical recovery. Standing in a hotel hallway outside a meeting that was lead by several people with not much physical recovery, I did something that was to change my life. I whined about OA to the WRONG person – an old timer whose life had also been saved by OA. The net of her volcanic remarks as best I can remember as I metaphorically picked myself up off the floor: "If you have the recovery and the skills and the time to help, and don't, then it's the same as turning your back on a suffering compulsive eater who's asking you for help. If not you, who? If not now, when? Knock off the complaining and do something." A few months later I became chair of a failing intergroup in New York that had no chair because no one was abstinent. Thus my service journey began – through four intergroups, through region, through World Service.

OA is my lifeblood. OA saved my life and continues to enable me to live life to the fullest, free from the prison of obsession and compulsion. Without the OA fellowship to sustain me the disease will gradually reclaim my mind, body and spirit. Holding on to the great lifesaving gift I was given requires passing on the message of 'there is a solution' to those who are still in bondage. So I stick around. I do whatever I can to strengthen the OA program wherever I go. Each of us is responsible for the life of OA. There is no 'they'. We are they. It is up to each of us to ensure that OA remains alive and well to serve those who come to our rooms in the years to come. If it's to be, it's up to me. If not me, who?

Don C. Harrisburg, PA

What Food Has Taught Me: Part I

Practicing the OA program has helped me to see how I have rushed through life grabbing this and that, and missing important realities. With fresh blueberries in season, I have been especially enjoying my oatmeal. I use to hate oatmeal. I would put quick oats in a microwave bowl with water and cook it as fast as I could. I had things to do and places to go! No wonder I was left feeling hungry all morning. Breakfast was a blur and many times I was out the door with a burnt tongue. I found that no amount of snacking or coffee later in the morning remedied my hunger.

Today, oatmeal has taught me a few lessons. First of all, the old fashion variety is very tasty when prepared correctly but it takes time, five minutes after the water boils, to be exact. Second of all, oatmeal can get very sticky if it is left to cook too long, especially sticking to the bottom of the pan. What oatmeal has taught me is that all is not lost when a situation gets sticky. If I have time, some things can be remedied. Oatmeal stuck to the bottom of the pan, when left to cool, releases itself, somewhat like me when I take the time to cool off. Lastly, I discovered that I like my oatmeal on the cooler side. Imagine that!

Today I have been known to actually take the dog for a walk while my oatmeal cools to perfection. And I have yet to arrive home to find any chairs broken, or a girl with golden locks sleeping in my bed!

Again, I discover that food is merely a symptom of a different problem.

Diane, NH

Summer 2009 Financials

Year to Date INCOME	\$5656.05
Year to Date EXPENSES	\$2879.44
Delegate Fund Transfer	\$1109.14
Net Balance	\$1770.30

Donations for June, July, and August

22474 Hopkinton Thursday	41.00
30600 Nashua Saturday	45.00
36151 concord Traditions	7.00
46146 Hollis Sunday	360.00
46146 Hollis Sunday	30.00
46164 Manchester Monday	27.12
47647 Concord Monday	67.94
47666 Keene Tuesday	60.00
49504 Brattleboro Wednesday	20.00
00541 New London Thursday	121.00
00947 Bedford Monday	104.31
08468 Concord Saturday	143.65
22474 Hopkinton Thursday	52.33
22474 Hopkinton Thursday	37.20
27140 Lebanon Saturday	76.00
35286 Nashua Tuesday	75.00
37178 Manchester Thursday	42.72
40476 Nashua Monday noon	30.25
40907 Peterborough Tuesday	240.00
40908 Derry Thursday	104.54
45144 East Derry Tuesday	86.92
47976 White River Junction Wed	90.00
48444 Amherst Wednesday	48.12
49532 Manchester Tuesday	236.44
25277 Hillsboro Monday	38.40
22474 Hopkinton Thursday	20.40
30600 Nashua Saturday ODAT	67.06
47951 Brattleboro Monday	89.79
49151 Bedford Wednesday	204.83
49675 Hanover Sunday	30.00

Total 2597.02

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!

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.