

# Promises

October 2009, Issue 306



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 November 1, 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.

## 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!**



## **HELP! Calling all writers!**

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



## What NHI Means To Me

I came to OA in 1990. I started attending meetings in Boston, and eventually found my home group in Needham. I had a good program friend, Rachel, who encouraged me to be adventurous and try out new meetings. I also learned early on that events like workshops and marathons were useful, because I got abstinent just before Thanksgiving that year and would never have made it if it hadn't been for the Thanksgiving Share-A-Thon that my intergroup, MetroWest, hosts every year.

I have no idea why I attended the Region 6 convention in Waterville Valley in 1991, I guess because my sponsor went, and I'm sure some other people from my area were there as well. That was my first contact with New Hampshire Intergroup; the only person I remember distinctly was Pat S., because she was the trustee and I found that very impressive, being easily impressed by things like that. I also remember liking her, and the convention organizers, quite a lot. I had a great time at the convention and began my career as a convention "junkie."

But that being my first OA convention, it really had a lot of meaning in my early recovery, and it wouldn't have happened without the New Hampshire Intergroup. Over the years, I know that NHI's fortunes have waxed and waned, as have those of all OA service bodies, but I always saw NHI members at region events, at World Service, and around at retreats and meetings. I co-led my first retreat with Judy C. for NHI some years ago, and again just last year. New Hampshire Intergroup definitely feels like my

OA home away from home, and I am so grateful it has been a steadfast presence in New England. I really feel this intergroup has been a linchpin for OA recovery in New England, and I am so grateful to be celebrating 30 years with you. Thank you for all you do!

Margaret Ann B.  
Cambridge, MA

### My Daily Affirmations

For today, I am adequate, relevant, and good enough.

For today, I approve of myself right now.

For today, I accept the past and any mistakes or regrets.

For today, I accept others and their actions.

For today, I accept that I am liked and loved.

For today, I will think positively.

For today, I take any necessary action without waiting or procrastinating.

For today, I feel secure.

For today, I share what needs to be done without thinking that I have to do everything myself.

For today, I focus on what is right in front of me.

For today, I am enough, I have enough, I do enough.

For today, God, this one is all yours.

Nancy S.

*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).

## September 2009 Financials

|                        |           |
|------------------------|-----------|
| Year to Date INCOME    | \$6593.29 |
| Year to Date EXPENSES  | \$3413.47 |
| Delegate Fund Transfer | \$1608.97 |
| Net Balance            | \$1570.85 |

## Donations for September 2009

|                                |        |
|--------------------------------|--------|
| 36151 Concord Traditions       | 8.00   |
| 46164 Manchester Monday        | 67.47  |
| 47647 Concord Monday           | 100.89 |
| 47666 Keene Tuesday            | 102.00 |
| 35286 Nashua Tuesday           | 46.00  |
| 40476 Nashua Monday noon       | 44.00  |
| 47976 White River Junction Wed | 90.00  |
| 24472 Derry Saturday am        | 87.72  |
| 36417 Salem Friday pm          | 50.00  |
| 47049 Amherst Sat am           | 240.00 |
| 47755 W. Ossipee Tues pm       | 60.00  |
| 47976 White River Jct. Wed am  | 90.00  |

**Total** **\$896.08**

*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!*

## Check This Out!

I have heard it said repeatedly, "Everything I need to know to recover is in the Big Book." Many OAers gather in small groups to do intensive studies of the Big Book. Some meetings use the Big Book, changing the words "alcoholic" and "alcohol" to "compulsive overeater" and "food." Now available, through the hard work of the Los Angeles Intergroup, is another opportunity to hear how to recover using the Big Book. Check out this web link: <http://www.oalaig.org/html/speakers3.php> and look for the two Big Book Bootcamp series, one recorded in 2007 and the second in 2008. Listen on the computer or download to an MP3 player. I find these great to listen to while at the gym.

*Recovering in NH*

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.