

# Promises

November 2009, Issue 307



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 December 6, 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.

## Our Journey and the 12 Steps Retreat

January 1-3, 2010

Barbara C. Harris Conference Center  
Greenfield, NH

Ask intergroup rep for application!



## What Food Has Taught Me: Part II

In Part I of this series I wrote about rushing through life grabbing for what I thought I needed. Along with the grabbing there was also the pushing. Food has once again taught me a lesson.

“Please don’t do that!”

“What?” I replied to my husband.

“Push the hamburgers into the frying pan like that. It pushes all the juice out of them and makes them tough and hard to chew.” Well obviously my husband doesn’t do the cooking around here. Does he realize how much time it would take to cook a hamburger if I didn’t “push” it along a little? That was my first thought.

Fortunately, today I have a program that encourages me to listen to others, and to take a chance that something new might be revealed. At that moment I became willing. I thought about how my hamburgers really tasted, and my husband was right. They were dense, hard and well cooked. They lacked juiciness and tenderness. But what was I doing wrong?

With the next opportunity to make hamburgers I approached the task with a determination to do it mindfully and thoughtfully. I opened the package and took a look at the way the hamburger was ground. While it was pressed together from the grinder, it still had a density that was lighter than what would result after I had “pushed” it into a patty. I thought about how I mindlessly take hamburger into my hands and push and press it into a flat round disk of my own making. What if I were to do this differently? I took a handful of the meat in my hands and appreciated it just the way it was. Mindfully, and with very little force, I shaped loose, and not so perfectly round, patties. The result: a platter of uniquely shaped burgers; tender, juicy and worth the extra effort!

Today I look at all the things I try to push into shape. It has opened a new world to me. One that is more tender, loving and forgiving. Much of what I need is just the way it should be, as I learn to look for unique qualities and accept. Again, I discover that food is merely a symptom of a different problem. What I truly need to change is me!

Diane, 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.

**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

Sponsors, encourage your sponsees to share their writing!  
 Look back in your journals...  
 When surfing the OA web, if you find something that moves you...  
 Hear something in a meeting...

*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).

### October 2009 Financials

Year to Date INCOME	\$7231.09
Year to Date EXPENSES	\$3724.13
Delegate Fund Transfer	\$1768.42
Net Balance	\$1738.54

### Donations for September 2009

36151 Concord Traditions	8.00
22474 Hopkinton Thurs Eve	40.80
30600 Nashua Sat a.m.	44.45
40908 Derry Thurs a.m.	88.20
43144 East Derry Tues eve	102.46
48444 Amherst Wed eve	46.80
49151 Bedford Wed eve	46.02
49532 Manchester	221.07
Anonymous	40.00

**Total \$637.80**

*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!*

### Lifeline: New look, added value!

Beginning in November, *Lifeline* will sport a fresh new look, complete with a more contemporary graphic design, full-color photos and illustrations, and higher quality paper. Readers will also see additional space for stories and a regular section featuring humor. The Datebook section will move to the OA Web site, which will enhance the timeliness of OA event postings.

You may know that *Lifeline* has been operating at a deficit for several years. This year the OA Board of Trustees has researched ways to reduce or eliminate the deficit, and it was clear that subscription prices would have to be

increased. The board and the WSO Publications Department worked together to design a solution that brings our readers additional value for their money, while keeping a one-year subscription priced at less than \$2 per month.

Listed below are the new subscription prices for print *Lifeline*, effective on August 22, 2009. **(NOTE: The subscription rate for e-Lifeline has not changed, and remains at \$13).**

	U.S.	Canada	International
<b>1 year (10 issues)</b>	\$23	\$29	\$38
<b>2 years (20 issues)</b>	\$44	\$56	\$74
<b>3 years (30 issues)</b>	\$63	\$81	\$108

*Found on the Internet, contributed BY 10 yr Regina member*

DEAR GOD

I would just like to thank-you for saving my life, when I came to O.A. I was desperate... I was dying... spiritually, emotionally and physically. You for whatever reason looked after me... you sent good people into my life. They were compulsive overeaters, just like me, but they were wonderful ... they became my friends. They listened to me, they talked to me, they laughed with me and cried with me and most of all, they accepted me... just the way I was - imperfect! Little by little I saw my life changing... I was healing. I don't really understand how it happened and I'm sure I never will but I do know to me it was a miracle. Yes my life is still unmanageable... like it says in step one, but with your help through my O.A. friends and the steps, traditions and tools, I now have healthier ways of dealing with my life instead of the old destructive ways. God, I guess all you have really asked me in return is that I would listen and talk and laugh and cry and accept the newcomer that comes through the door. Thanks God!

P.S. When I grow up I want to be just like you.

**Don't forget: Nothing tastes as good as abstinence feels (even during the holidays)!**