

Promises



January 2010, Issue 309

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 February 2, 2010. **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.



2 Phone Marathons

See oanewhampshire.org for details

OA's 50th Birthday Celebration

January 17, 2010

Phone Number: 1-712-432-3900~ID no. 1212811#
8am-10pm EST

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#### Overeaters Anonymous Unity Weekend

Feb 27-28, 2010

Phone Number: 1-712-432-3900~ID no. 1212811#  
8am-10pm EST



### 2010 OA Region 6 Convention

It's In Burlington, VT!

October 22-24

<http://oaregion6.org/2010/> for more information

## Heard at the Traditions Workshop 12/13/09

### Ways to Challenge my OA Program

Am I living by the Principles of the Program, specifically the corresponding Principles contained in each Step and each Tradition? These principles teach us how to set appropriate boundaries in relationships:

- **Step Principles are:** *Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Self-discipline, Love, Perseverance, Spiritual Awareness, and Service*
- **Tradition Principles are:** *Unity, Trust, Identity, Autonomy, Purpose, Solidarity, Responsibility, Fellowship, Structure, Neutrality, Anonymity, and Spirituality*

Am I giving 'full measure' to Program, to my Higher Power, to Life? As it states in the Big Book, "Half measures avail us nothing."

Am I truly trusting and turning over my will? Do I live by the Serenity Prayer, especially the one sentence that reads: **Trusting that He [HP] will make all things right if I surrender to His Will?**

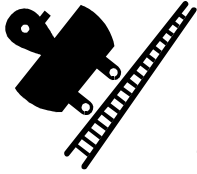
Do I have the DESIRE to stop eating compulsively? If not, I may be wasting my time here until I do. With desire though, anything is possible.

Do I WANT recovery or not? I have a choice – do I choose recovery now? Am I ready to choose?

Am I using my sponsor's time wisely? There are so many compulsive overeaters waiting for sponsors. If I am not ready to take suggestions and do the work, I need to let my sponsor move on to someone who is ready now.

*Grateful in NH*

*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).



Thank God we do not have the notion of "free foods" in OA! I have tried that idea and I find that if I can have free carrots, I spend the day: Opening the frig to see if the carrots are still there. Trying not to eat any more carrots. Washing carrots. Scraping carrots. Eating carrots. Looking longingly in the frig to see if there are any more carrots (knowing that I'd bought 40 bushels). Trying not to peel the carrots. Trying to FORCE myself NOT to peel any more carrots...Peeling more carrots. Eating more carrots. Looking at the carrots. Peeling more carrots. Eating more carrots. And on and on and on.... In the past I actually got carotene poisoning from eating so many carrots and beets...but that was when I was already abstinent!

Thankfully, A Power Greater than myself has delivered me from a seemingly hopeless state of mind and body!

*Judith, VT*

## From the

### Twelfth Step Within (TSW) Committee

The Twelfth-Step-Within Committee was created at OA's 1985 World Service Business Conference to address the relapse and recovery of our members. The committee's statement of purpose is to strengthen Overeaters Anonymous by sharing information and ideas that generate recovery within the Fellowship. (Pg. 2 Twelfth Step Within Handbook)

This month our NHI's TSW Committee has generated a CAUTION pamphlet dealing with the warning signs of Relapse and an article "A Zest for Living" written by our OA cofounder, Rozanne. Look for this orange pamphlet at your meeting or ask your NHI rep for a copy. Do you know the warning signs of relapse?

*Peggie, Elaine, and Joyce*

## 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

Meetings: challenge each other to submit writings for a particular issue!

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...



**"I was to sit quietly when in doubt asking only for direction and strength to meet my problems, as He would have me." BB pg. 13**

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.

## December 2009 Financials

### Donations for December 2009

|                           |       |
|---------------------------|-------|
| 36151 Concord Traditions  | 20.10 |
| 24472 Derry Sat morn      | 99.47 |
| 37178 Manchester Thu eve  | 85.10 |
| 40476 Nashua Mon morn     | 19.26 |
| 46164 Manchester Mon eve  | 34.77 |
| 47647 Concord Mon eve     | 89.12 |
| 47951 Brattleboro Mon eve | 74.10 |

**Total**

**\$421.92**

*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!*