

# Promises

February 2010, Issue 310



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 March 7, 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.

### Upcoming Unity Day Events Phone Marathon

**Overeaters Anonymous Unity Weekend  
Feb27-28, 2010**

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

~~~~~  
**Unity Day Celebration  
2/27/10 1-4p.m.**

**Stoneham Senior Center  
136 Elm Street  
Stoneham, MA 02180**

### Steppin' Up to Recovery Sharathon

**Saturday, March 20, 2010 from 9-3  
Centre Congregational Church**

**193 Main Street, Brattleboro, VT  
Sponsored by NH Intergroup  
Info: Sharon 802.246.7457  
meservesharon@yahoo.com**



### 2010 OA Region 6 Convention

**It's In Burlington, VT!**

**October 22-24, 2010**

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

## Program is Possible

When I started going to meetings years ago, I went to face-to-face meetings. I thought that I could only work program if I went to face-to-face meetings every week. However, in the past two years, I have struggled with health issues, making it impossible for me to be at face-to-face meetings every week. During this time, I have discovered new ways to work program. Firstly, I make sure to join phone meetings every week. Even when I cannot talk, I can listen and remember that I am not alone. I am part of a fellowship of recovering compulsive overeaters. In addition, I had to give up my service positions, because I could not guarantee my attendance at my face-to-face meetings. When I asked my higher power for help with the tool of service, I was shown how I could write down the phone numbers of people on the phone meetings that asked for outreach calls. I now do service by calling people who need a call. Along with the tools of meeting and service, I practice the plan of eating, talk to my sponsor, read my literature, write and practice anonymity, as well as work on the steps with my sponsor. I have discovered that Program is Possible, even when I am stuck at home.

*Karen P.*

## From the 12<sup>th</sup> Step Within 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.

We know that the PROMISES come true after step 9 if we are working the steps. (See page 83 Big Book) Do you know what the PROMISES are? Do you know the twist on the PROMISES if we do not work the steps? Please see your NHI rep for a copy of both.

*Peggie, Elaine, and Joyce*

## Donations for January 2010

|                          |       |
|--------------------------|-------|
| 36151 Concord Traditions | 8.29  |
| 48444 Amherst Wed eve    | 43.90 |
| 36417 Salem Fri eve      | 25.00 |
| 49228 Belmont Wed eve    | 60.00 |
| 40908 Derry Thu morn     | 81.48 |

|                           |        |
|---------------------------|--------|
| 47049 Amherst Sat morn    | 90.00  |
| 45144 E. Derry Tue eve    | 37.82  |
| 49504 Brattleboro Wed eve | 30.00  |
| 49532 Manchester Tue eve  | 291.25 |
| 46146 Hollis Sun eve      | 25.00  |
| 49051 Bedford Wed eve     | 51.06  |

**Total** **\$743.80**

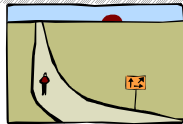
*Your donations support the many services provided by NH Intergroup to members, including meeting lists, the Promises, and insurance coverage for meetings. Come to a NH Intergroup meeting and witness your donations in action. Thank you for your generosity!*

## Complacency

I have been thinking a lot lately about the topic of complacency. So I looked the word up in the dictionary and this is the definition of complacency that I found. Complacency is satisfaction accompanied by unawareness of actual dangers or deficiencies. That definition spoke volumes to me. If I am complacent about my program I am in danger. I am either moving towards recovery or moving towards relapse. Unfortunately there is no standing still with this disease of compulsive overeating. So what can I do when I am feeling complacent? For me that is the time when I need to change something about my program. I need to revisit the tools and see if they are slipping or if I need to work them harder. The tool that I usually choose to change is service. It is not always a matter of doing more service but of doing a different kind of service. Maybe serve in a different capacity for my meetings, or try service on a different level. When I am doing service I am of use to others and doing my part to insure that OA will be there for me in the future. Service always gets me out of myself and moving forward once again in my recovery and that is the direction I would like to keep going in.

*Elaine*

*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).



I seem to have hit a rut in my road to recovery. Gratefully this is not the first time this has happened in the 20 years I've been in OA and I have experience in how to get back in stride. This past summer I worked on Steps Six and Seven and focused on becoming willing to be less self centered and ego driven. I knew it would be according to God's will and time-table but felt it would be right to pray about it. I prayed the Third and Seventh Step prayers each

morning, making myself willing and open to accept God's plan for me. I asked him for opportunities to practice doing for others in a humble and loving manner. As the weeks went on I was given many opportunities each day. There were little "services" like letting another driver into line or really listening to a co-worker and other services like giving rides to fellow OAers. I began to delight in each opportunity large and small and felt gratitude knowing that anything good and kind done by me was God directed. I truly felt connected. There were moments I felt happiness and joy as I got out of my own way (and head) and left my ego out of the picture.

As is often the case with new skills, my enthusiasm for service lessened as Fall arrived and by the pre-holiday season, I found my life colored with feelings; sadness, resentment and intolerance. I wish I could say that I automatically and purposefully thought, oh I need to get out of this ego-centered mire and ask God for more opportunities. However, as the holidays approached, God lead me to more opportunities to do for others. My sadness and irritability diminished, my attitude was changed and I felt moments of Joy again. So here I am again, feeling disconnected and not really wanting to do the footwork of the OA program of recovery but my home meeting made a commitment to write articles for *The Promises* and here I am doing service and becoming willing to look at my Program of recovery and maybe shake things up a bit more so I can keep recovering.

*Anonymous*

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.