

Promises

March 2010, Issue 311



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 April 11, 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.

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

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.

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.

Heard in the Halls

- If HP is the light bulb, make sure the bill is paid.
- I never got enough food because I never thought enough of myself.
- If there had not been patience and love in the fellowship of OA, I would never have stayed.
- When I had trouble with step three, my sponsor sent me back to step two. When I got stuck half way through my fourth step, my sponsor sent me back to step two. Step two is my foundation.
- My most powerful lesson I ever learned about humility and step two came from a 12 step old timer. There was heated discussion about step two in the meeting. He rose to speak and the room went silent. "When I went to bed last night, the world was turning and I was breathing. This morning when I woke up, the world was turning and I was breathing. I didn't do it." He sat down quietly, and the group began to discuss step three.
- My first sponsors taught me to pray only for willingness and in gratitude. But chat with God all day.

Anonymous

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.

If you are coming back from relapse or would just like to "up" your program, there is a wonderful reading and writing tool called "Been Slippin and Slidin" that you can do. It is available to download from the NHI website in the TSW section, or from the World website. It is also on pages 19 through 22 of the Twelve Step Within Handbook. It contains a series of OA readings followed by questions to respond to and write about.

Peggie, Elaine and Joyce

Those AHA Moments

Our OA literature continues to save me time-and-time again. These past three months, I have had numerous challenges, and I have had ongoing conversations with my Higher Power as to “Why me?” “Why now?” “Why more?”

I have been angry and confused with my Higher Power. Part of me believes “I am abstinent; I should be exempt from physical, emotional, and spiritual challenges.” Especially, so many back-to-back challenges! What a delusion! What a lie! How self-righteous. What happened to humility?

When I read the FOR TODAY reading on February 20th, I experienced one of those Aha moments when I understood clearly something I had known, but often forget and deny. I am not in charge. I don't have the power to know what is in store for me. The truth is that I do have more options when I am abstinent, but abstinence is not a bulletproof suit that will prevent me from experiencing pain, loss, and discomfort. The truth is that I do have a greater ability to deal with my burdens. My ability has been molded and strengthened by working the Program on all three levels, attending Step meetings, using the Tools, and reaching out to the Fellowship for love and support.

As I continue to grapple with my ‘burdens’ each day, I rely on the tools of Writing and Literature as my safety net. An action I take is to write a prayer or petition to my Higher Power after completing my daily readings. These prayers are not the tangible ‘gimme’ prayers of my youth, but intangible requests for guidance and direction. My obvious goal and need has been to stay in the day – and not project, obsess, and escape into the food.

Here are some suggested spiritual requests to help comfort when you find burdens are piling up:

For today, God, please be with me. Help me to find inner peace and serenity to be at ease.

Help me with the guidance, energy, patience, tolerance, strength, and love needed to get through this one day.

Help me to accept my life as it is today. Help me to accept myself as I am, who I am, what I have, and what I can do.

Help me to put one foot in front of the other, to stay in the moment, and to do what is right in front of me.

Help me to trust that You will make all things right if I surrender my will to Your will.

Please, God, take away my difficulties and do for me what I cannot do for myself.

Help me to make the most of today.

Grateful in NH

Donations for February 2010

36151 Concord Traditions	14.00
00947 Bedford Mon eve	52.61
22474 Hopkinton Thu eve	31.20
Total	\$97.81

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!

Worry ~ Anger ~ Resentment

Large, already known obstacles in 2010 are challenging my serenity. The Jan 21 entry in **VOICES of Recovery** was all about worry, anger and resentment. That's just what I was feeling. Sometimes all three at once. Wow. That really spoke to me. So I started writing about worry, anger and resentment. Then I was struck by the acronym **WAR**. Wow.

I'm at war with myself when I'm feeding and/or fueling any of these emotions. In my WAR zone, I'm all too ready to attack anyone who comes into my orbit. Any war is costly, damaging, unhealthy, fear generating, disruptive, and paralyzing. But with my killing disease, war can be fatal.

Two antidotes have proven successful. They work every time I use them. Express **gratitude**. Do **service**.

Patricia D, Concord



“My burdens seem greater, but so is my ability to deal with them.” For Today, Feb 20th