

# Promises

April 2010, Issue 312



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 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.

### Back to Basics Workshop

Sunday May 16, 2010 2-5

St. Andrew's Episcopal Church

354 Main Street

Hopkinton, NH

Registration 1:30-2

More Information: call Nathan at 603-463-3751



### 2010 OA Region 6 Convention

It's In Burlington, VT!

October 22-24, 2010

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

*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).

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.

## Grateful to God for:

a abstinence

b beauty in nature like the white snow on branches the pretty blue sky

S sanity with being calm at meal time by lighting a candle and inviting God to be with me

t time for work and play

i igloo reminds me i have a comfortable shelter

N nice people are nice in and out of program

e energy i am grateful for today

N nation we have support an extended family throughout the nations

C care God cares for me unconditionally I learn to care for myself as i care for others when i care for God first for today

e exist with exuberant life in all areas

*your friend in recovery, Diane*

## How New Hampshire Intergroup Makes a Difference in My Recovery

A – **Answering service** – a service that is staffed by volunteer OA members to respond to phone calls from newcomers looking for information about OA.

B - **Back-to-Basics Workshops** – a service that brings speakers and discussion topics to OA members, returnees, and newcomers to focus on what it means to fully “work the program.”

C - **Carrying the Message** – as we participate in Health Fairs and reach out to Medical and Mental Health Professionals to help get the message out to their patients.

D- **Delegates** – OA members who volunteer to represent NHI at the Region 6 Assembly and the World Service Business Conference where policy is set and program literature is developed.

E - **Eight hundred (800)** – our phone number that enables newcomers to contact OA without worrying about making a toll call.

F - **Financial reports** - developed by the Treasurer each month to monitor our expenses and donations.

G - **Group Conscience** – at NHI meetings, group members come together in mutual trust to arrive at a group decision, not one individual's personal triumph .

H - **Hope** – members of OA who carry their experience, strength and hope to meetings across the area.

I - **Insurance** – a service that enables meetings in New Hampshire and Eastern Vermont to meet and be in compliance with liability protection.

J - **July** and August - no monthly meetings!

K - **Keep Coming Back** – Group Reps return each month to vote on matters affecting OA, to bring information, flyers, and newsletters back to their home meetings, and to participate on Committees engaged in service activities..

L – **Literature** – as a Group Rep, I hear about new pamphlets such as “OA Members Come in All Sizes.”

M – **Meeting Lists, monthly mailings, minutes of NHI meetings** – more ways to carry the message!

N – **Newsletter** – issues of the *Promises* keep OA members informed and provides opportunities for OA members to practice the tool of writing.

O – **Officers** - our trusted servants (Chair, Vice-Chair, Secretary, Treasurer, Parliamentarian, Delegates, Region 6 Reps).

P - **Parliamentary Procedure** – do I have a second for that motion?

Q – **Questions** and Answers – as a Group Rep, it is so comforting to ask questions and receive a range of answers from OA members representing different meetings in NH and Eastern Vermont.

R - **Retreats** – a service that provides OA members with a weekend of Program focused on topics such as The Steps, Meditation, etc.

S – **Sharathons** – NHI sponsored events that provide multiple mini-meetings on different topics in one day.

T – **Twelfth-Step Within** – handouts on display at each meeting to help carry the message to compulsive overeaters.

U - **Unity Day** in February each year – collaboration with other Intergroups that bring together speakers to discuss and promote unity with diversity.

V – **Votes and a Voice** – Group Reps vote on policies affecting NH Intergroup, and they are encouraged to voice their opinions on motions.

W - **Website** [www.oanewhampshire.org](http://www.oanewhampshire.org) – a valuable resource for Group reps and other OA members.

X - **eXempt** organization – NHI qualifies under the 501(c) 3 IRS guidelines as a non-profit organization.

Y - **Yes** - “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

Z - **Zzzzzz** – that is so much service and recovery, I am exhausted and so grateful just thinking about it!

*Grateful in NH*

<b>Donations for March 2010</b>	
36151 Concord Traditions	8.00
30600 Nashua Sat Morn	61.84
30600 Nashua Sat Morn	154.64
46682 Nashua Thur eve	100.00
47647 Concord Mon Eve	178.20
50231 Peterborough Tue eve	141.00
<b>Total</b>	<b>\$643.68</b>

*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!*

### **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, me 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 oldtimer. 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*