

Promises

May 2010, Issue 313



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 June 6, 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.

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.

The NHI TSW Share

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.

The Twelfth Step Within Handbook has a wonderful document that we would like to make you aware of. It is a Recovery Insurance Policy and it is on page 23 of the Twelfth Step Within Handbook. (Each NHI Rep has a copy of this Handbook.) "This is a pledge between two OA members to support and to be accountable to one another. No member is immune to relapse or quitting OA." (Page 22 of the Handbook) If you think this is something you would like to use, please see your NHI Meeting Rep for a copy of this handout. This is also available on the OA NHI website in a printable form.

Peggie, Elaine, and Joyce

Donations for April 2010

36151 Concord Traditions	7.00
00541 New London Thu eve	68.79
00947 Bedford Mon eve	133.27
08468 Concord Sat morn	61.62
22474 Hopkinton Thu eve	35.40
24472 Derry Sat morn	113.88
31794 Franklin Sat morn	120.00
35286 Nashua Tue eve	253.08
37178 Manchester Thu eve	86.60
40476 Nashua Mon noon	88.65
40908 Derry Thu morn	76.90
46146 Hollis Sun eve	25.00
50308 Hillsboro Mon eve	24.00
Anonymous	50.00

Total

\$1144.19

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!

All I Really Need to Know ... I Learned at NH Intergroup [well, almost everything!]

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you ... this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives." **Alcoholics Anonymous –'The Big Book' page 89.**

This challenge from the 'The Big Book' says it so well: **to see a fellowship grow up about you ... this is an experience you must not miss.** So, how do you not miss out on this transforming experience so that the Fellowship grows up about you?

For me, going to my first NH Intergroup (NHI) meeting years ago gave me a glimpse of what 'The Big Book' was describing. Here are just some of the highlights of what I have learned by attending NH Intergroup meetings.

I have:

- Watched the Steps and Traditions **come alive** as OA members from across NH and Eastern Vermont place 'principles before personalities' to ensure that the OA program is available for all who are suffering from this baffling disease.
- Learned about what works for meetings across the area as far as reaching out to newcomers and medical professionals.
- Cherished being with a larger group once a month as a contrast to my small home meeting.
- Appreciated the commitment to service expressed by each member who attends an Intergroup meeting.
- Observed humility, humor, creativity, and recovery on all three levels.
- Seen the 'spiritual principles' in action, especially: honesty, love, patience, tolerance, and responsibility.
- Learned how to say 'Yes' to service.
- Learned how to say "No" to service.
- Been inspired by the recovery of individual members that has led to new relationships with sponsors and sponsees.

NHI meetings are attended by OA members from all walks of life, all age groups, many working different food plans, some that have been in OA for one year and others that have been in OA for twenty years. We truly represent unity with diversity as we focus on the Fifth Tradition that we have **one primary purpose — to carry the message to the compulsive overeater who still suffers.**

Again, to quote "The Big Book"

"We are average Americans. All sections of this country and many of its occupations are represented, as well as many political, economic, social, and religious backgrounds. We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful." **Alcoholics Anonymous –'The Big Book' page 17.**

This is an experience you must not miss!
Please come to the next NHI meeting to see for yourself: June 6th. For directions, check out the OA New Hampshire website:
www.oanewhampshire.org/nhi_reps/intergroup-meetings-2009-2010.pdf *Grateful in NH*

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

**Heard in the Rooms:**  
*God grant me the serenity to accept the person I cannot change. The courage to change the person I can. And the wisdom to know that it is me.*

Last meeting before  
summer break is June 6<sup>th</sup>.  
All are welcome and encouraged to attend!