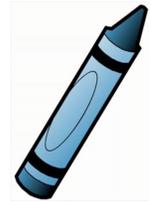


September 2014

Promises

Issue 354



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This newsletter is made possible by your generous contributions.

COMING EVENTS...

Visit www.oanewhampshire.org
for information on all events.

10/24 - 10/26	Burlington, MA	OA Region 6 Convention
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Lifeline, OA's international magazine, serves as an indispensable "meeting-on-the-go." *Lifeline* is available in two versions: printed magazine and an electronic online magazine, called *e-Lifeline*. To purchase, see your group *Lifeline* representative or go online at www.oa.org.



New Hampshire Intergroup

- September meeting: 9/7/2014, 2:00pm
- October meeting: 10/5/2014, 2:00pm
New Hampshire Technical Institute
Sweeney Hall, Room 317
- Website: www.oanewhampshire.org
- 24-hour answering service: 603-434-7578

Raffle Baskets Needed for Region 6 Convention

If you, your OA meeting/group, or a few OA friends would like to do service for Region 6 and also satisfy a creative outlet, please consider donating a "raffle basket".

Use your creativity and imagination to put together some "stuff" that you might like to win yourself, or have a theme like Fall, NH, Holiday, Coffee, Relaxation, Tea, Movie night, Books (OA conference-approved literature only please), Men's, Children's... Let your imagination go! Use see-thru wrapping (cellophane, netting, *etc.*) around container with a card listing contents of the basket.

Bring baskets to the Convention on Friday, October 24 or Saturday, October 25. For more information, contact Beth M. (grateful587@comcast.net, 603-305-5838), or Peggie M. (gramcloud@comcast.net, 603-490-6884). There is no need to let us know if you're bringing a raffle item; just bring it with you to the Convention. Our table will be in the lobby across from Convention Registration.

See you there!!

Twelve Reasons to Come to Burlington, MA in October!

12 - The Burlington Marriott Hotel is just five minutes off Interstate 95.

11 - The hotel offers a fitness center, indoor and outdoor pools and whirlpool tub.

10 - Starbucks coffee served!

9 - There is a HUGE shopping mall about a mile away.

8 - Free shuttle to the huge shopping mall.

7 - Sign up for the hotel/meal package and you've got 5 abstinent meals in the bag.

6 - You can stay up all night with your new best friend/roommate!

5 - You will leave with at least 5 new phone numbers.

4 - If you're struggling, this is a great opportunity to kick-start your recovery.

3 - More than 50 workshops and meetings over the course of the weekend.

2 - Three keynote speakers to share their experience, strength and hope.

And, the Number 1 reason to come to Burlington MA, October 24-26, 2014...

1 - You'll be with hundreds of fellow OAs living Wicked Awesome Recovery!

We're here for you

TOGETHER, WE CAN!!

*We are the only Friday night meeting
in New Hampshire...
so if you need us you know where to
find us.*

Kelley Library

234 Main St.

Salem, NH

5:30pm -6:30pm

REALISTIC, NOT PERFECT

Being imperfect in my program does not mean I don't try. Nor does it mean I have sloppy abstinence or sit back and let life happen. Being imperfect allows me to accept who I am. It allows me to take more risks in and out of program and take more authentic action.

I am aware of progress in all areas of my life: emotional, physical and spiritual. I set goals for myself that are realistic, not perfect. Then I'm able to put aside my fears of being less or inadequate, and I set to work toward those goals one day at a time with the guidance of my Higher Power and OA.

Edited and reprinted from The Transformation Newsletter, Central Ohio Service Intergroup, Feb 2009