



A monthly newsletter published and distributed by New Hampshire Intergroup.

This newsletter is made possible by your generous contributions.

## HALLOWEEN PHONE MARATHON

### DON'T TAKE THAT FIRST COMPULSIVE BITE!

Did you know that on all holidays, OA has a phone meeting on the hour, every hour from 8am till midnight EST?



Wed, October 31  
8AM - MIDNIGHT  
Call 712-432-5200  
& Enter 4285115#  
when prompted

For More Information about OA Phone Marathons or to volunteer, send an email to:

[2018oamarathons@gmail.com](mailto:2018oamarathons@gmail.com)

### Why I do Service in OA

Several years ago, I became a local intergroup telephone contact for information about Overeaters Anonymous. Because I am a contact person, I feel a responsibility to work my program to the best of my ability. When newcomers call, I would rather tell them of my 12 years of 97 percent abstinence, than tell them I overate today, and I will try to be abstinent tomorrow. If I did not have this service position, I would still work my program of recovery. However, because my disease is cunning, baffling, powerful and subtle, I need every hedge against it I can get. Service, no matter what size or type, is one of the best ways to keep the temptations of compulsive eating at bay.

Submitted by a gratefully recovering OA member

## QUICK AND EASY 10<sup>TH</sup> STEP REVIEW

From Denver OA's

"Helpful Hints for Recovery"

Submitted by Bev J.

The **AEIOUY Inventory** is a quick & simple way to complete your OA daily review.

**A** = Have I been **A**bstinent today?

**E** = Have I **E**xercised today?

**I** = What have **I** done for myself today?

**O** = What have I done for **O**thers today?

**U** = Am I holding on to **U**nexpressed emotions today?

**Y** = **Y**eah (or **Y**ippy!) What is something good that's happened today?

**LIFELINE**  
A MEETING ON-THE-GO



Lifeline, OA's international magazine, serves as an indispensable 'meeting-on-the-go.' Lifeline is available in two versions: a printed magazine and OA's new online edition. To subscribe to the print version, go to <http://bookstore.oa.org/> To subscribe to the website version, go to <http://www.oalifeline.org/login/> For copies of back issues of Lifeline, go to the OA bookstore.oa.org and select "Lifeline" from the drop down menu.



**WSO HAS A NEW ADDRESS** for all correspondence, including contributions and *Lifeline* magazine: **World Service Office, PO Box 44727, Rio Rancho NM 87174-4727, USA**



**2018 Region 6 Convention**  
 October 26 - October 28, 2018  
 Portland, ME

<https://r6convention2018.ticketleap.com/>

**2019 NHI Annual Retreat**  
 February 8 - February 10

**Barbara C. Harris Camp & Conference Center**  
 Greenfield, NH

*Join us for a study of our 12 Step Program and how to use it, led by an experienced OA member, with discussion and writing. Half and quarter scholarships available. Registration is not yet live, but for more information about the retreat go to:*

<https://www.oanewhampshire.org/2019-nhi-retreat>

**Next Monthly NHI Business Meetings**

Sun, October 14 & Sun. November 4, 2018 at  
 NHTI, Concord NH  
 Sweeney Hall/Room 317  
 2pm-3:30pm

**New Hampshire Intergroup (NHI) is a service body for Overeaters Anonymous®.** Our primary purpose is to carry the message - to help the still suffering compulsive overeater - through the Twelve Step recovery program of Overeaters Anonymous. We welcome any member who would like to attend our business meetings.

**2018-2019 NHI Business Meetings**

*Business meetings are not held during the months of July and August*

09/09/2018	02/03/2019
10/14/2018	03/03/2019
11/04/2018	04/07/2019
12/02/2018	05/05/2019
01/06/2019	06/02/2019



**AUTUMN SHOWS US HOW BEAUTIFUL IT IS TO LET THINGS GO!**

**2018 JULY/AUGUST  
 7<sup>th</sup> TRADITION DONATIONS**

Group Name	Number	Amount
Bedford Monday 9:30am	53394	\$30.00
Bedford Wednesday 5:30 pm	49151	\$133.00
Bedford Thursday 9:30am	51985	\$30.00
Concord Monday 5:30pm	47647	\$48.00
Derry Tuesday 7:00 pm	45144	\$102.00
Derry Thursday 10:00 am	40908	\$87.00
Derry Saturday 10:00 am	24472	\$80.00
Franconia Monday 12:00 pm	51972	\$20.00
Keene Thursday 7:00 pm	52281	\$24.00
Lebanon Tuesday 5:30 pm	45936	\$13.00
Lebanon Tuesday 5:30 pm	45936	\$21.00
Lebanon Saturday 11:00 am	27140	\$90.00
Manchester Monday 5:15 pm	46164	\$65.00
Nashua Monday 12:00 pm	40476	\$74.40
Nashua Monday 7:00 pm	40655	\$76.66
Nashua Thursday 6:30 am	51426	\$60.00
Nashua Thursday 5:30 pm	52022	\$36.00
Salem Friday 5:30 pm	36417	\$154.00
Sanbornton Saturday 11:00 am	31794	\$54.00
West Ossipee Tuesday 5:45 pm	47755	\$120.00
<u>Wilder VT Wednesday 8:30 am</u>	<u>47976</u>	<u>\$38.00</u>
<b>TOTAL DONATIONS</b>		<b>\$1356.06</b>

**PLEASE NOTE:** Articles included in the Promises are based on OAs' individual experiences. These personal stories are not representative of NHI or OA as a whole. Please submit all articles and notices to the Promises newsletter by the 20th of the month. Articles may be submitted online by using our Promises Submission form <https://oanewhampshire.org/promises-newsletter/article-submission> or submitted to the committee via USPS: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363. Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.

**Step 10**

"Continued to take personal inventory and when we were wrong, promptly admitted it."



**Spiritual Principle = Perseverance**

*The 12 Steps and 12 Traditions of  
 Overeaters Anonymous*