



*A monthly newsletter published and distributed by New Hampshire Intergroup.
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UPCOMING WORKSHOPS

CARRY THE MESSAGE



WELCOME BACK, WELCOME HOME



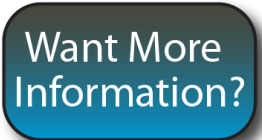
Saturday, March 9, 2019
8:30 registration/ Workshop 9am- Noon
Bring your lunch for
Fellowship after the workshop
Northeast Delta Dental Conference Center
Two Delta Drive, Concord, NH

This workshop is for all OAs...Newcomers, Long timers, those who are abstinent and those struggling.

- LEARN HOW TO Carry the Message
- LEARN ABOUT relapse and recovery
- CONNECT with other OA's and potential SPONSORS
- JOIN US for hospitality and BYO Lunch!
- EASY ACCESS and handicap accessible

For more specific information go to <https://oanewhampshire.org/mar-9-carry-the-message>

or call Claire M. (603-738-2342) for further information.



Sunday, March 31, 2019

1:30 - 3:30pm (doors open at 1:00)

Cost: Free; 7th Tradition donations accepted
Water available at Workshop

Elliot Hospital Conference Center

1 Elliot Way, Manchester, NH

Use Fleming Entrance on Ground Level/handicap accessible

Please join us to hear what has helped Members return to OA after being away for months or years, and how this program helps its members to stop eating compulsively. For more information:

Contact our answering service at (603) 434-7578 / (800) 201-8720 Toll Free or our web site at www.oanewhampshire.org



from OA Denver website

OA is the bright spot of our lives:

- **we watch loneliness vanish,**
- **we see the fellowship grow,**
- **we have frequent contact with newcomers,**
- **we carry the message of hope and recovery; and**
- **we help when no one else can!**



Rooted in Recovery

Region 6 Convention
White Plains, NY
October 18–20, 2019



Come join us for a weekend of recovery from the disease of compulsive eating! The Convention offers workshops, keynote speakers, and opportunities to deepen our program.

For more info, go to:
<http://oaregion6.org/2019/>

NEXT NHI BUSINESS MEETINGS

Sun, March 3 & Sun April 7, 2019

NHTI, Concord NH
Sweeney Hall/Room 210*
2pm–3:30pm

*please note room change

UPCOMING NHI BUSINESS MEETINGS

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

03/03/2019 04/07/2019
05/05/2019 06/02/2019



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.aa.org/> To subscribe to the website version, go to <http://www.oalifeline.org/login/>

2019 January 7th TRADITION DONATIONS

Group Name	Number	Amount
Bedford Wednesday 5:30pm	49151	\$148.05
Bedford Thursday 9:30am (retreat scholarship \$30/ delegate fund \$30)	51985	\$60.00
Derry Tuesday 7:00pm	45144	\$79.20
Derry Thursday 10:00am	40908	\$60.15
Nashua Monday 12:00pm	40476	\$73.26
Peterborough Tuesday 6:00pm	50231	\$78.00
Salem Friday 5:30pm	36417	\$90.18
Wildor, VT Wednesday 8:30am	47976	\$138.00
TOTAL		\$726.84

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

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.

CHECK OUT WHAT'S NEW

"**Been Slipping and Sliding? A Reading and Writing Tool**" is now updated with page references for the OA Twelve and Twelve, Second Edition. Download here <https://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf> and support your abstinence with these 30 prompts to help you work your program.

Step 3

"Made a decision to turn our will and our lives over to the care of God as we understood Him."



Spiritual Principle = FAITH

The 12 Steps and 12 Traditions of
Overeaters Anonymous