



A monthly newsletter published and distributed by New Hampshire Intergroup.

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Answering Service Telephone 1-800-201-8720 Toll Free NH, ME, MA, VT only OR 603-434-7578 Local

"Carry the Message" Workshop Review

On March 9th, OA members from NH, MA & VT attended a workshop sponsored by NHI, the New Hampshire Intergroup. Attendees learned how to "Carry the Message" of OA to others and were reminded of the following from our literature:

"We are the message..." p.106, OA 12 & 12

"We will meet new friends..." p.152-153 Big Book

"Our Invitation to You..." OA preamble

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible." OA Responsibility Pledge

Some suggestions to help the still-suffering compulsive eater find OA were as follows:

1. Download [the Courier](#) (OA's newsletter for healthcare professionals) to share with your doctor, nutritionist, counselor and other professionals who might refer clients to OA.
2. Provide professionals with ["Introducing OA to Healthcare Professionals" pamphlet](#) and ask if you can leave copies of *Lifeline* in their waiting room.



"Carry the Message" Review continued

3. With permission, put up posters in bathrooms or waiting rooms at work or at the various professional places that you visit. Posters can be found at <https://oa.org/documents/>
4. Post the ["15 Questions"](#) pamphlet (only with permission) in public places or provide it to those who have asked you about your program.
5. Be willing to talk about your program to those that ask. Follow these guidelines for "Carrying the Message" [Carrying the Message](#) posted on the OA website.

Attendees also learned about ways that NHI can help members to "Carry the Message" of OA to others:

1. NHI can help groups put info about meeting locations/times in local newspapers
2. NHI can find members to attend local Health/Wellness fairs to pass out literature
3. NHI can provide your group with "Professional Packets" that can be delivered to local health professionals in your area.
4. NHI is ALWAYS willing to hear any other ideas that groups might have about getting the OA message out to those who are still suffering.
5. To learn more about NHI and how NHI can help your group to "Carry the Message" go to <https://oanewhampshire.org/>



FOR TODAY:

There is time in my day to stop and take notice of what is around me:

the air, a fragrance, a sound.

For one minute I can forget

what I have to do and let

myself feel the moment

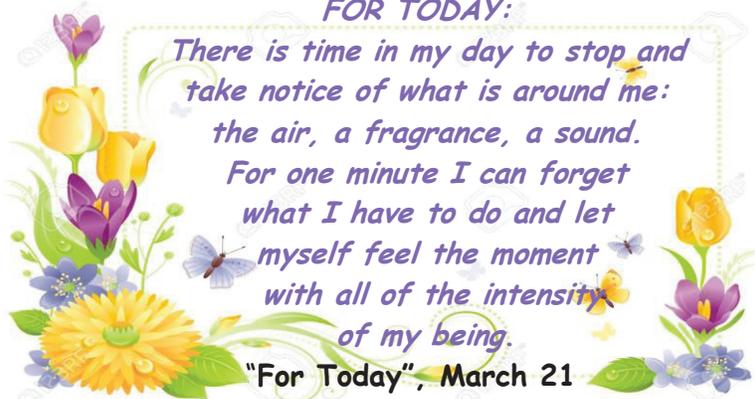
with all of the intensity

of my being.

"For Today", March 21

Other info overheard at the workshop:

- We can't have a program of convenience- our life depends upon it.
- If we are not in the OA rooms, we are out in the food and the disease.
- We have a disease that lies to us in our own voice.





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 MEETING

Sun May 5, 2019

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

UPCOMING NHI BUSINESS MEETINGS

Business meetings are not held in Jul or Aug

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

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, To attend by phone, call the meeting line by 1:55pm so the meeting can start without interruption at 2:00pm. You will be asked whether you are a group representative (you will be asked which group you represent) or a guest.

Dial-in Number: (563) 999-1152

Access Code: 824457

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



Would you like to receive an electronic version of this newsletter?

We are in the process of gathering email addresses for those of you who would like to receive an electronic version of this newsletter. If you would like your name added to the list, send an email to with the word

"SUBSCRIBE" in the subject line to:
NHIPROMISES@OANEWHAMPSHIRE.ORG

2019 February 7 th Tradition Donations		
<u>Group Name</u>	<u>Number</u>	<u>Amount</u>
Derry Saturday 10am	224472	\$50.98
Hopkinton Tuesday 5:30pm	22474	\$64.00
TOTAL		\$114.98



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/>

Step 4

"Made a searching and fearless inventory of ourselves."



Spiritual Principle = COURAGE

The 12 Steps and 12 Traditions of Overeaters Anonymous