

Promises

Mar 2016

Issue 371

*A monthly newsletter published and distributed by New Hampshire Intergroup.
This newsletter is made possible by your generous contributions.*

What is New Hampshire Intergroup?

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.

NHI seeks to serve the groups by providing services that are beyond the scope or ability of an individual group.

Such services are:

- Provides insurance to NHI member meetings registered with World Service Office (WSO)
- Coordinates, prints, and distributes meeting lists.
- Maintains an answering service.
- Publishes the PROMISES, our monthly newsletter.
- Sponsors sharathons, retreats, workshops, special events.
- Answers mail and phone inquiries about OA.
- Informs healthcare and other professionals about OA.
- Carries the OA message to compulsive overeaters who don't yet know about the program.
- Provides information about out-of-town meetings to members when they travel.
- Provides information about meetings to visiting out-of-town OA members.
- Provides links between local OA and the regional and national levels of OA where policy is set and where literature is developed.
- Contributes regularly to WSO and Region 6.

Are You Represented?

Each OA meeting/group is encouraged to send a delegate to New Hampshire Intergroup to vote on matters affecting OA and to bring information, flyers, and newsletters back to their home meeting.

Representatives from all groups are needed for NHI to be of the greatest service. Please be sure that every group you attend is represented. If a group has no representation, why not volunteer?

You need not be an elected representative to come to NHI meetings or to give service through our committees. Don't wait for someone else to do it. See SAVE THE DATES section of this Newsletter for Intergroup Meeting date, etc.

From NHI Website oanewhampshire.org/about_us

Meeting List changes

New Meetings (as of February)

NEWPORT 12:30pm- 1:30pm (St T C)
Millies Place
John Stark Highway

Wilder, VT 12:00 pm – 1:00 pm (BB)
The Turning Point Club
200 Olcott Drive

Nashua, Tues 5:30 pm
Change of contact person to: Doreen (603) 540-2238



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Waiting for YOUR contribution

Abstinence and A Plan of Eating

Sponsored by North Shore Intergroup
April 2nd, 1pm-4pm

St. Paul Episcopal Church, Newburyport, MA
Info: Andrea S 978-764-4968, Cathy 978-335-7878

NH Intergroup Meeting

April 3rd @ 2PM
Concord, NH

Details: OANewHampshire.org

2016 World Service Convention

Recovery: The Trail to Freedom

September 1st – 4th Boston, MA

**Room reservations have reached the
Convention max quota two times already.**

**WSO is in the process of negotiating
additional rooms at the hotel.**

www.oa.org/world-service-events/world-service-convention

The downloadable registration form, banquet menu and lots of additional information are on the OA Convention page

Lost and Found

NHI is trying to locate the custom literature display that was used at the 2005 Convention. It had special pockets built into it to hold literature. If anyone has any information about this display, please contact Elaine at 603-487-5067 or ehasty@aol.com

When reading OA literature, have you noticed occasions where the literature stresses things a member 'has to do in order to recover'? Me too!!!

Well, 2 members from the Derry area have put together a list of the Must's, Essential's and Have To's from our OA 12 Steps and 12 Traditions book. There are quite a few....

Starting with this issue of the Promises and continuing in future issues, the Must's, Essential's and Have To' will be included.

Step One

...we **must** abstain from all foods and eating behaviors which cause us problems. – page 3

Step Three

...this decision means we **must** now adopt a new and unfamiliar way of thinking and acting on life. – page 19

...we will **have to** have a Power greater than ourselves operating daily in our lives. – page 23

(to be continued in next month's Promises)

Contributed by 2 OA members from the Derry group

2016 January Donations

7TH TRADITION DONATIONS

Group Name & Number	Amount
Bedford, Mon am (53394)	\$31.80
Bedford, Thu am (51985)	\$60.00
Bow, Thu 5:30 pm (51587)	\$124.50
Concord, Mon 5:30 pm	\$36.49
Concord, Sun 1 pm (36151)	\$7.00
Derry, Tue pm (45144)	\$80.79
Hollis, Sun 5 pm (46146)	\$60.00
Hopkinton, Tue pm (22474)	\$28.00
Nashua, Mon noon	\$93.36
NHI Business Meeting (09190)	\$38.00
Wilder, VT Wed am (47976)	\$90.00
Total Donations	\$649.94

* PLEASE NOTE *

1. NHI transfers 36% of meeting donations to the Delegates Fund for reimbursement of delegate expenses attending the Region 6 and WSO Business Meetings. \$233.98 transferred for January..
2. NHI donates 5.5% of meeting donations to WSO. \$35.75 donated for January.

NHI also donates \$75 per quarter to Region 6.



Lifeline:
A Meeting on the Go
Print & Electronic Editions Available

Visit www.oa.org/lifeline for full details.

An Invitation to You

To submit content, please email your submission to oanhpromises@oanewhampshire.org with a subject line of

"Promises Submission" or submit it to the committee via USPS: Promises Newsletter, c/o NHI, PO Box 1363, Derry, NH 03038-6363. The deadline for submissions is the 20th of the month.

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.