

# Promises

June 2016

Issue 374

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



**Don't miss an opportunity to attend the  
2016 World Service Convention**

**OA members from around the country and  
world will be attending this convention!!!**

Recovery: The Trail to Freedom  
September 1st – 4<sup>th</sup> Boston, MA

**[www.oa.org/world-service-events/world-service-convention](http://www.oa.org/world-service-events/world-service-convention)**

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

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**“Carry the Message via NHI’s Lifeline Subscription”  
project:**

New Hampshire Intergroup is sponsoring a project to “carry the message of recovery through the Twelve Steps of OA” and to reach out to compulsive overeaters who still suffer. We aim to do this by providing information via Lifeline magazine subscriptions, which we hope to place in the waiting rooms of up to 20 medical or other professional support offices.

Think about it... how often do you pick up a publication and look through it when you visit your doctor or other medical/support professionals such as your primary care doctor, specialists, physical therapist, chiropractor, or therapist/counselor? Why couldn't one of those publications be a Lifeline magazine? **Imagine how many people we could reach through this simple project.**

The initial project, is to donate annual subscriptions to **Lifeline**, OA's monthly magazine, to 20 medical and support professional offices in the NHI area, along with OA support literature. The project will be funded through NHI - we just need to know which medical and/or other professionals we should send subscriptions to. *That's where you come in.*

**How will we determine the “20 offices to receive the free subscriptions?”** : We will be collecting business cards that OA members (YOU!) ask for at an appointment or office visit.

**Here's what the NHI rep or OA member requesting the business card should do:**

- During your visit, ask the doctor/professional you are visiting, if they would be interested in receiving a free one year subscription to Lifeline, OA's magazine, for their office waiting room. Suggestions:
  - o Bring a copy of Lifeline magazine, so they can see it. If you don't have one, most meetings have a supply of back issues of Lifeline you may be able to borrow.
  - o If the professional you're visiting isn't familiar with OA, you may need to provide some information. For this reason you may also want to bring a copy of the pamphlet “Introducing OA to Health Care Professionals” to help explain it.
- If he/she agrees, ask for the name of a contact person in the office, who is most likely to be in charge of the waiting room magazine subscriptions the office currently gets.
- Obtain a business card for the professional whose office you are visiting, and write the contact person's name on the back of the business card. **Make sure to speak to the contact person so they are aware of the subscription.**
- The business cards should be sent to: Lifeline Project, 65 Fordway Ext., Unit 1111, Derry, NH 03038, or emailed to [yelir9@aol.com](mailto:yelir9@aol.com) (be sure to include the name and address of the medical professional, phone number, and name of contact person. The business cards can also be returned to your NHI Rep who will then bring them to the September NHI meeting.

**Upon receiving the business cards, the Public Information/Public Outreach committee will then:**

- contact each of the 20 offices to verify addresses, and double check that they are interested in receiving a free subscription to Lifeline, and will also find out if they are interested in other OA brochures. (This is why it is mandatory that we have the name of the appropriate contact person. . .more likely an office manager than the professional on the business card ☺)
- send the list of offices to receive subscriptions, with names and addresses, along with a check from NHI for each subscription, to WSO.
- Send a follow up letter to each of the recipient offices with an offer of more literature, and website addresses.

This project is funded for 20 subscriptions. If we get more than 20 business cards, we'll draw 20 randomly.

**Thank you for your help with this project!**

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**NH Intergroup Meeting**  
 Sept. 11<sup>th</sup> <sup>\*\*</sup> @ 2PM  
 Concord, NH  
 Details: OANewHampshire.org

\*\* Date may change; if so, rep's will be notified by email

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## **SHARINGS**

### **WISDOM THROUGH SILENCE**

For most of my life, I was the world's champion motor mouth. I gave my opinions, solicited or not, on everything from aardvarks to zygotes--passionately, argumentatively, vociferously. Once I started attending OA meetings, however, something gradually dawned on me: others had something to say, too.

In listening attentively to my fellow OA members, I learned to appreciate their wisdom. The world did not stop turning when I let them speak without adding to their stories, offering my advice or commenting. My mind and heart are more peaceful now that I have learned to respect other's experiences and insights.

Serenity follows from my discovery that I am not obliged to add to every discussion, at meetings or at home. I am grateful to OA for many things I'm sure my friends and acquaintances most appreciate that it has encouraged me to keep my big mouth shut, at least occasionally.

(taken from LIFELINE July 2013)

## **OA Acronyms**

**BINGE** B = Believing I = I'm N = Not G = Good E = Enough  
**HALT** H = Hungry A = Angry L = Lonely T = Tired  
**HOW** H = Honesty O = Open-mindedness W = Willingness

Western Mass Intergroup

From Region 6 Messenger Fall 2004

**SLOW** down when feeling unbalanced, emotional, and at risk of binging.

By **SLOW**, think **S**piritual, **L**iterature, **O**utreach, and **W**riting.

- adapted from Lifeline, November 2014

## **Meeting List changes**

Saturday, Nashua 8:30 Closed  
 St. Joseph's Hospital, Carl Amelio Room

Please forward any meeting information (New, Closed, changes, etc.) to the Promises Newsletter so the information can be included in the Promises Newsletter.

## **2016 April Donations**

7<sup>TH</sup> TRADITION DONATIONS

Group Name & Number	Amount
Bedford, Wed pm (49151).....	\$235.62
Bedford, Wed pm (49151).....	\$175.57
Bow, Thu pm (51587).....	\$40.00
Concord, Mon pm (47647).....	\$2.16
Derry, Tue 7 pm (45144).....	\$91.95
Hopkinton, Tue pm.....	\$46.00
Keene, Tue pm (47666).....	\$84.00
Lebanon, Sat am – Paypal (27140).....	\$72.00
Manchester, Mon 5:15 pm (46164).....	\$39.24
Manchester, Tue pm (49532).....	\$52.68
Nashua, Tue pm – Paypal (35286).....	\$60.67
Nashua, Thu 5:30 pm – Paypal (52022).....	\$78.11
Nashua, Mon 7 pm (40655).....	\$50.52
Nashua, Mon noon – Paypal (40476).....	\$37.08
NHI Business Meeting (09190).....	\$28.00
Salem, Fri pm (36417).....	\$114.00
<b>Total Donations...</b>	<b>\$1,235.20</b>

### **\* 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. \$444.67 was transferred for April.
2. NHI donates 5.5% of meeting donations to WSO. \$67.94 was donated for April.  
 NHI also donates \$75 per quarter to Region 6.

## **Instructions to submit article/content for the Promises Newsletter**

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

## **24-HOUR ANSWERING SERVICE**



**(800) 201- 8720**

Toll free NH, ME, MA, VT only

(603) 434-7578 - Local Calling Number - Derry, NH

the 20<sup>th</sup> of the month.