

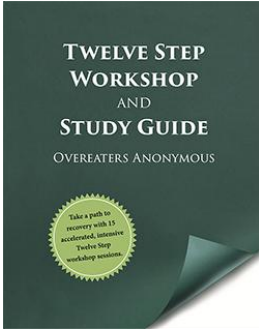
Promises

October 2016

Issue 376

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

New OA Literature



Everything you need to journey through the Steps. Including leader scripts, Fourth Step inventory worksheets, and hand-selected references from OA-approved literature is included. Use it to lead a group of OA members or one-on-one with your sponsees.

Together, you can discover proven ways to incorporate the Twelve Steps of Overeaters Anonymous into a way of living – and a life beyond our wildest dreams.

The *Twelve Step Workshop and Study Guide* is a break-out success and has SOLD OUT. New books are **on order and expected mid-October**.

To order, go to: <http://bookstore.oa.org/>

Some notes from an OA member who attended the WSO Convention in Boston

The Disease

- Our disease wants to kill us, but it will be satisfied with making us miserable.
- We have to overcome our ego, denial, pride, and amnesia and face the truth about ourselves. What problem has food ever solved?
- Please review the appendices in Overeaters Anonymous 3rd edition on 'The Disease of the Body' and 'The Disease of the Mind.' Both serve as OA's version of AA's 'The Doctor's Opinion.'

Life Challenges

- Just because you lose weight and get to a maintenance level, that doesn't mean the life around you will change. Challenges still happen. And during those times, you need MORE Program not less.
- If we are looking for "happy endings" - read the stories in the Big Book!
- To get out of negative thinking, practice gratitude and get outside of yourself

~ Submitted by Nancy S (Derry)

Update on "Carry the Message via NHI's Lifeline Subscription" project:

We have received 10 submissions that are ready to go, and are looking for an additional 10 to be submitted. Please help us spread the word.

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. 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.* We have been collecting business cards that OA members (YOU!) asked for at an appointment or office visit.

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 (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 next NHI meeting.

Thank you for your help with this project!

There is a more complete version of the above article on the NHI website, at the link below:

<http://bit.ly/NHIPromisesJune>

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 the 20th of the month.

Meeting List changes

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



2017 NHI Annual Retreat

Date: Feb 10 – 12 ,2017

Practicing These Principles in All Our Affairs

Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Self-discipline, Love, Perseverance, Spiritual Awareness and Service

Location: Barbara C. Harris Convention Center

See retreat flyer for additional details

NH Intergroup Business Meeting

November 6th @ 2PM

Concord, NH

Details: OANewHampshire.org

.....
New Hampshire Intergroup contact info:

New Hampshire Intergroup

P. O. Box 1363

Derry, NH 03038-6363

Website: <http://www.oanewhampshire.org>

Phone#: (800) 201-8720 Toll free NH, ME, MA, VT only
(603) 434-7578 Local calling number Derry, NH

Save with e-Lifeline Magazine!!!!



Save \$10 by subscribing to e-Lifeline magazine. Instead of paying \$23 to receive Lifeline by mail, pay \$13 to view it online. E-Lifeline has everything found in the print version plus access to 10 issues of archives online.

<https://oa.org/members/lifeline-magazine/subscribe>

7TH TRADITION DONATIONS (JUNE, JULY, AND AUGUST)

Group Name & Number	Amount
Anonymous.....	\$2.02
Amherst, Sat 7:30 am (47049).....	\$196.79
Bedford, Monday 9:30 am (53394).....	\$50.00
Bedford, Thu 9:30 am (51985).....	\$50.00
Bow, Thu pm (51587).....	\$100.00
Claremont, Sat 3 pm (54133).....	\$84.20
Concord, Mon 5:30 pm (47647).....	\$33.00
Derry, Thu 10 am (40908).....	\$62.00
Derry, Sat 10 am (24472).....	\$83.75
Derry, Tue 7 pm (45144).....	\$139.69
Franklin, Sat am (31794).....	\$37.20
Hollis, Sun 5 pm (46146).....	\$60.00
Keene, Thu 7 pm (52281).....	\$41.99
Lebanon, Tue 5:30 pm (45936).....	\$41.00
Nashua, Mon 7 pm (40655).....	\$49.20
Nashua, Monday noon (40476).....	\$35.61
Nashua, Thu 5:30 pm (52022).....	\$58.80
Nashua, Thu 6:30 am (51426).....	\$46.41
Nashua, Tue pm (35286).....	\$70.88
NHI Business Meeting (09190).....	\$34.00
Salem, Fri pm (36417).....	\$166.08
Total Donations...	\$1,445.42

** 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. \$520.35 was transferred for June, July and August
2. NHI donates 5.5% of meeting donations to WSO. \$79.50 was donated to WSO for June, July and August.

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



The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.