

*A monthly newsletter published and distributed by New Hampshire Intergroup.
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Instructions to submit article/content for the Promises Newsletter

Please email your submission to nhipromises@oanewhampshire.org or submit via USPS mail: 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:

nhimeetinglists@oanewhampshire.org AND

nhipromises@oanewhampshire.org

so the NH meeting list can be updated and the information can be included in the Promises Newsletter.

It is a meetings' responsibility to notify WSO and newspapers (that include meeting listings) regarding meeting list info (new, changes, closed).



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

Retreat Scholarship funds are available
(you must submit application)

See retreat flyer for additional details

NH Intergroup Business Meeting

December 4 @ 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

The address for the **Region 6 Treasurer** has changed.

Treasurer – Region 6

P.O. Box 1792

Westfield, Ma 01086

NHI Retreat Scholarship

NHI has scholarship funds available for those who would not be able to attend our February 2017 retreat without financial support. These monies are funded by NHI through direct donations made to the Retreat Scholarship Fund.

Individual donations: Checks can be made out to NHI Treasurer and mailed to New Hampshire Intergroup WSO #09190, PO Box 1363, Derry, NH 03038-6363 with **ATTN NHI Treasurer**. Or you can give a check to your NHI rep to bring to our Dec 4th meeting. On the check, note "Retreat Scholarship Fund."

Group Donations:

Treasurers can send scholarship funds with your group donations before Jan 2017. Please be sure to note what amount is to be earmarked for the Retreat Scholarship Fund.

Website:

Retreat Scholarship donations can also be made on the oanewhampshire.org website. Select About Us on the menu bar at the top right of the home page, then select Make a Donation from the left menu on the About us page. Click the Donate button mid screen, then enter the amount you wish to donate, and in addition to your group and meeting information, type "Retreat Scholarship Fund" in the Enter Group/Meeting Information field below the donation amount. If you already have a PayPal account, click the PayPal Login button to complete the transaction. If you don't have a PayPal account, fill out the information about your payment in the section labeled "Donate with a Debit or Credit Card", and click the Donate Now button when all fields have been filled in, to complete the transaction. Thank you in advance for donating so more can go to this great event! The scholarship awards will be chosen at random at our Jan 8, 2017 NHI meeting, and the number of awards is based on the amount of money in the Retreat Scholarship Fund at that time.

Forms, Email Addresses, and Online Registrations – Oh My!

As some of you may have already noticed, in early September we launched a redesign of the NHI website. This redesign not only updated the look and feel of our site, but also gave us the opportunity to update our content to match WSO's latest content, as well as, allowed us to start using web technology in other ways to carry the message of OA.

Visitors of the site can now contact any NHI service member anonymously through a web form on the site, which significantly streamlines the process of the right person responding to questions and requests. NHI service members also have access to NHI hosted email addresses so that they can carry out 12 step business anonymously at the level of press, radio, film and other public media of communication.

Another exciting enhancement to the site is the ability to register for NHI sponsored events online, beginning with our 2017 retreat! This new enhancement allows OA members the ability to pay online using a credit or debit card. All payment transactions are made via PayPal. You do not have to be a PayPal member to use the online registration. You'll simply complete your transaction as a "Guest" of PayPal (please see the website for more information).

And we don't plan on stopping there. The website committee has some other fun ideas brewing and is also open to hearing your thoughts regarding what you'd like to see on our site. So if you have a suggestion, please go to oanewhampshire.org/website-chair to submit your suggestions to us today.

Updating Meetings: That Was Easy!

With our newly redesigned website, we've made it even easier to let us know if the details of your meeting changes, including submitting a new meeting to the list and revising your meeting contact person's details! Simply use our form at : <http://oanewhampshire.org/add-update-your-meeting>

And remember, each meeting's contact person now has access to an anonymous email address so that non-OA members can contact you with questions before they attend a meeting. If your meeting hasn't claimed its anonymous email address, please have them reach out to the website committee chair at nhiwebsite@oanewhampshire.org for more information.

New Literature

Digital communication is an important way OA members share fellowship and carry the message. Use the new [Guidelines for Anonymity in the Digital World](#) to honor our Traditions and protect your own and others' anonymity when posting about your experience, strength, and hope online. Download the guidelines and share them in your virtual and face-to-face meetings.
Download the Guidelines at:
oa.org/files/pdf/Anonymity-Guidelines-V2-proof.pdf

A newly revised version of the *Seventh Tradition of OA* pamphlet is now available both as a [PDF download](#) and as a bookstore item (#802) at bookstore.oa.org. Get it now to ensure our most current literature about the Seventh oa.org/files/pdf/seventhtradition.pdf

IMPORTANT DATES

November 19, 2016: International Day Experiencing Abstinence—IDEA encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating. Contact your local service body to find an IDEA event near you.

December 10, 2016: WSBC 2017 business motions and bylaw amendments postmarked or date and time stamped through electronic transmission and sent to the World Service Office.

December 12, 2016: Twelfth Step Within Day—Reach out to the still-suffering OA member and look for events in your area.

INSTEAD

.....of fretting over those things you cannot control, resolve to accept that which is -- Let tranquility be your goal
.....of feeling sorry when a close relationship ends --- go out and revel in the true joy of being among your friends
.....of always griping about that which you have not --- why not say a prayer each day to God for what you've got

7TH TRADITION DONATIONS (SEPTEMBER)

Group Name & Number	Amount
Bedford, Wed. pm (49151).....	\$262.41
Derry, Thu am (40908).....	\$40.00
Keene, Tue pm (47666).....	\$60.00
Manchester, Tue pm (49532).....	\$118.27
New Boston, Tue pm (53301).....	\$66.00
NHI Business Meeting (09190).....	\$33.00
Salem, Fri pm (36417).....	\$98.00
Total Donations...	\$677.68

* 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.
\$243.96 was transferred for September
 2. NHI donates 5.5% of meeting donations to WSO.
\$37.27 was donated to WSO for September
- NHI also donates \$75 per quarter to Region 6.

New Hampshire Intergroup Book Cover Kits

Introduced at the World Service Convention in 2016, NHI volunteers have created new Book Cover Kits for our OA approved literature! Designed for people with some needlework experience or someone who has access to someone with needlework experience, these simple yarn and canvas cover kits come in a variety of sizes to fit:

- Overeaters Anonymous
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous
- Voices of Recovery
- Abstinence
- A Taste of Lifeline

Support NHI by making covers for your sponsor, sponsees - even yourself!

- Order forms should be available at your meeting on the literature table or go to <http://oanewhampshire.org/book-cover-kits> to download an order form for purchasing via US Mail.
- Online Purchasing of kits coming Soon! Stay tuned!