

What is New Hampshire Intergroup (NHI)?

Just what is NHI?

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 member groups by providing services that are beyond the scope or ability of an individual meeting.

The services NHI provides to its meetings are as follows:

- 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, and special events.
- Answers e-mail, mail & phone inquiries about OA.
- Informs medical 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 OA members when they travel, and information about NHI meetings to visiting 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 group is encouraged to send a group representative 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 you represent more than one meeting, try to enlist someone else to take on one of those meetings. An individual representative only gets one vote, even if representing more than one group.

You do NOT need to be an elected representative to come to NHI meetings or to volunteer with our service committees.

How can you help?

Give Service

Serve as a member of one of the NHI committees! Feel free to contact any of one of the committee chairs if you're curious about what they do or want to get involved. See list of our committees and their respective contact information on the next page.

Give Money

Encourage the meeting you attend to make regular donations to NHI. The OA Group Handbook suggests groups maintain a prudent reserve of two month's expenses and send 60% of remaining funds to the Intergroup, 10% to Region, and 30% to World Service Office.

NH Intergroup
P.O. Box 1363
Derry, NH 03038-6363
(800) 201-8720 | (603) 434-7578
www.oanewhampshire.org

Region 6 Treasurer
PO Box 1792
Westfield, MA 01086
www.oaregion6.org

World Service Office
PO Box 44020
Rio Rancho, NM 87174-4020
(505) 891-2664
www.oa.org

Individual Contributions

Give what you can when you can. When you make your personal contributions, consider making a tax-deductible contribution to NHI. Along with any anonymous contributions to the basket, individuals may contribute up to \$5,000 per year.

Spread the Word

NHI needs everyone's contribution of "time and money." When you travel to out-of-town meetings, take meeting lists and newsletters with you. Download the "Courier" from the oa.org website and encourage group members to bring a copy to their Health Care Practitioners.

NHI Service Committees

Answering Service

Purpose: To provide a point of contact to anyone interested in finding out more about OA and to current members who have questions.

- nhiansweringservice@oanewhampshire.org

Budget

Purpose: To develop and propose an annual budget for the upcoming fiscal year. They also discuss and recommend policies and procedures related to annual spending and income.

- nhibudgetcommittee@oanewhampshire.org

Event Flyers

Purpose: To review and approve all event flyers to ensure that they contain all the required elements and adhere to the OA Tradition of anonymity.

- nhieventflyers@oanewhampshire.org

Meeting List

Purpose: To maintain NHI's meeting list to provide up-to-date information for members, newcomers and interested parties about the day, time, locations and contacts for all NHI registered meetings.

- nhimeetinglists@oanewhampshire.org

Multimedia

Purpose: To audio record OA event including business meetings, and store, maintain and purchase replacement equipment.

- nhimultimedia@oanewhampshire.org

PO Box

Purpose: To retrieve all correspondence sent to PO Box and distribute it to the correct NHI member.

- nhipobox@oanewhampshire.org

Newsletter (*Promises*)

Purpose: To provide a monthly newsletter that includes information about, upcoming OA events, NHI Financials, meeting changes, information from Region 6 & WSO, and articles from OA members.

- nhipromises@oanewhampshire.org

Public Information/Professional Outreach

Purpose: To carry the message of recovery by reaching out to members of the public who are suffering from compulsive eating behaviors, as well as, medical professionals, both of whom may not know about OA.

- nhipublicinfo@oanewhampshire.org

Retreats

Purpose: To provide a weekend retreat away from everyday life, in order to expand our members understanding of themselves and teach them how to live a peaceful, abstinent life through the 12 steps.

- nhiretreats@oanewhampshire.org

Twelfth Step Twelfth Step Within

Purpose: To reach out to those in the fellowship who are still suffering by addressing relapse and recovery through the 12 step.

- nhitwelvestepwithin@oanewhampshire.org

Ways & Means

Purpose: To facilitate fund raising efforts that involve making or buying merchandise to be sold at various NHI sponsored events and other OA events such as Region 6 and World Service conventions.

- nhiwaysandmeans@oanewhampshire.org

Website

Purpose: To help NHI carry the message of OA to compulsive overeaters and promote unity with the fellowship through our Intergroup website.

- nhiwebsite@oanewhampshire.org

Workshops

Purpose: To organize and coordinate workshops to be hosted by New Hampshire Intergroup meetings, on behalf of NHI. Workshops may take several formats: Sharathons, Back to Basics, Unity Day or special topics of interest provided using formats provided by World Service or Region 6.

- nhiworkshops@oanewhampshire.org

When & where does NHI meet?

NHI generally meets September through June on the first Sunday of the month at 2:00pm at the NH Technical Institute in Concord, NH. For our current meeting schedule and directions to our meeting room, please visit <http://oanewhampshire.org/nhi-meeting-schedule>.

Still have questions?

If you're still curious about us or want to get involved, please contact any of our officers or committees via their email addresses. If you're not a fan of email, you can write or call us too!

NHI, PO Box 1363, Derry, NH 03038-6363
(800) 201-8720 (Toll-free in MA, NH, VT)
(603) 434-7578 (Local to Derry, NH)