

February 2016 – NHI Committee Reports

<p>Editor's NOTE</p>	<p style="text-align: center;">Editor's NOTE</p> <p>Please give immediate attention to the World Service section (starts on page 5) and follow the links to prepare for Sunday's meeting. The questionnaire-summary document (2nd document link) is a good place to start, and might be all you need. If you can bring a list of any items you think should NOT go on the WSBC agenda, that would be most helpful to focus attention.</p>
<p>Answering Service Naisa C.</p>	<p>Nothing new to report for the Answering Service.</p>
<p>Budget Nancy S.</p>	<p>In keeping with our principle of responsibility NHI has filed its nonprofit tax form for 2015, and the form has been accepted by the IRS.</p>
<p>Meeting List Diane L.</p>	<ul style="list-style-type: none"> · The meeting lists have been updated with two new meetings: Newport on Sunday and Wilder, VT on Thursday. The Wilder Vt meeting is not listed at oa.org yet - an email has been sent to the group contact person. Some minor changes were made to the Nashua and Peterborough Tuesday Night meetings. There is an incomplete meeting listed at oa.org, designated to NHI, which appears to belong in Alabama. The contact person's tel. number is no longer in service. WSO has been contacted to adjust this error. We currently have a total of 38 meetings in NHI. · An email to WSO, requesting notification to intergroups when a new meeting registers with WSO, yielded this response: <p style="margin-left: 40px;">Thank you for contacting the World Service Office of Overeaters Anonymous. When using the electronic meeting registration form, meetings can select from a dropdown menu of intergroups/service boards in their area. Each intergroup/service board has different procedures on how meetings can affiliate with them. Some require the meeting to contact them first prior to affiliation so they can receive approval where others do not require prior approval. It is the responsibility of the meeting to contact the intergroup/service board directly regarding affiliation. It is difficult for us to contact each intergroup/service board when a meeting affiliates with them because we have over 6,400 meetings we are working with on a daily basis and only one staff member who oversees this task.</p> <p style="margin-left: 40px;">Thank you for your suggestions. We're currently in the process of redesigning the website and any upgrades will be handled during the Phase II project later this year. We'll take a look at the forms and see if there is a way to request the meetings to contact the intergroup/service board prior to affiliating. We appreciate your feedback.</p> · There are three interesting features at the WSO Meeting List page which could be helpful to others serving at the NHI level. First is a feature to create an excel spreadsheet of the meetings, including contact information. This is handy to get the current WSO data for all of NHI. Second is the folder to search by service body. By using this search venue, one can get the list of the meetings affiliated only with NHI, which means Vermont would be included and Seacoast meetings would be excluded. Lastly, WSO has a feature to print meeting lists. It appears at the bottom

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	of any meeting search. Be aware that it is not currently supported by all web browsers. I found that a right click "print" did the job instead.
Promises Editor Sandy M.	Nothing new to report for the Promises committee.
Public Information Eileen RT	Nothing new to report for the PI/PO committee.
Retreat Cheryl L.	<p style="text-align: center;">Final Report – NHI Retreat 2016</p> <p>The 2016 NHI Retreat was held on the weekend of January 8-10 at the Barbara C. Harris Conference Center in Greenfield, NH. The Retreat Leader was Kara M. from Rhode Island and there were 24 women who participated in the retreat. It was a full house!</p> <p>The theme of the retreat this year was “Step Right Up” and the leader did an excellent job in presenting the weekend as “The Greatest Recovery Show on Earth”. During the weekend, retreatants walked through all 12 steps of our program, participating in a variety of individual and group activities designed to increase awareness of the principles associated with each step. Honesty, open-mindedness, willingness, trust, service to others, inventory-taking, meditation and prayer were all encompassed in this weekend in tangible and meaningful ways.</p> <p>Outside of the organized activities of the retreat leader, the weekend offered opportunities for a morning meditation meeting, yoga on Saturday afternoon, an evening meeting by the fire and time for social gathering. All of these activities were well attended and enjoyed by the retreat-goers.</p> <p>As with any event, there will be things that can be done better. With a sizable portion of the attendees completing an evaluation – we learned the following:</p> <ol style="list-style-type: none"> 1. Outside literature should not be quoted and cited during the retreat leader’s presentation. 2. Food at the dining hall should be clearly labeled so those who are consuming it or considering whether it’s acceptable on their plan will have all the information 3. It’s a good idea to have a yoga leader from within the fellowship if possible <p>The retreat committee met on January 24th for a wrap-up meeting and Sue W has graciously agreed to serve as Retreat Coordinator for the 2017 Retreat. She will have my support as well as that of at least one other individual for the next year, but anyone can become part of the committee if they are interested in getting more involved in service.</p> <p>For the next year, we will be looking at formulating some guidelines that will become part of the Retreat manual. This will hopefully help to address some of the concerns raised and can be modified on an annual basis.</p> <p>The next meeting of the Retreat Committee is scheduled for Sunday April 10th at 1:00 at the home of Sue W. in New London. Please let one of us know if you’re interested in attending that meeting and we’ll get you directions!</p>

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	<p>Financially, we ended up ok. The scholarship fund is in good shape for next year but we had to put down a larger deposit as we've added 3 cabins to our reservation. These three cabins will house 12 additional individuals at a lower rate than the lodge itself and we are hopeful will draw additional attendees (perhaps some men!) The date for the 2017 Retreat is February 10-12th so mark your calendar and give yourself the gift of a truly rewarding and invigorating experience!</p> <p>In OA Service Cheryl L – 2016 Retreat Coordinator</p>																																																																						
Twelfth-Step Within Diane L.	Nothing new to report for the TSW committee.																																																																						
Unity Day	SEE Workshops section																																																																						
Ways & Means Effie S.	<p>W&M is seeking sewers to make book covers. The book cover inventory needs replenishing. It would be appreciated if OA's would carry the message of this need to their meetings. My email address can be given to any member who is interested in doing some 'sewing service.'</p> <p>Below are book cover measurements.</p> <p style="text-align: center;">OA Bookcover Instructions*</p> <p style="text-align: center;">All Measurements Are In Inches</p> <table style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"></th> <th style="text-align: left;"></th> <th style="text-align: left;">Body (1)</th> <th style="text-align: left;">Side Flaps</th> <th style="text-align: left;">Pocket</th> <th style="text-align: left;">Interfacing</th> <th style="text-align: left;">Batting</th> </tr> <tr> <th style="text-align: left;"></th> <th style="text-align: left;"></th> <th style="text-align: left;">Lining (1)</th> <th style="text-align: left;">2 pieces</th> <th style="text-align: left;">1 piece</th> <th style="text-align: left;">1 piece</th> <th style="text-align: left;">1 piece</th> </tr> </thead> <tbody> <tr> <td>BIG BOOK</td> <td>Hard cover</td> <td>10 1/2 x 14 3/4</td> <td>10 1/2 x 5 1/2</td> <td>6 x 5 1/2</td> <td>10 1/2 x 14 3/4</td> <td>10 1/2 x 14 3/4</td> </tr> <tr> <td>BIG BOOK</td> <td>Soft cover</td> <td>8 1/2 x 12</td> <td>8 1/2 x 4</td> <td>5 x 4</td> <td>8 1/2 x 12</td> <td>8 1/2 x 12</td> </tr> <tr> <td>OA 12/12</td> <td>Soft cover</td> <td>10 x 13 1/2</td> <td>10 x 5</td> <td>6 x 5</td> <td>10 x 13 1/2</td> <td>10 x 13 1/2</td> </tr> <tr> <td>Small OA 12/12</td> <td>Soft cover</td> <td>7 1/2 x 10</td> <td>7 1/2 x 3 1/2</td> <td>none</td> <td>7 1/2 x 10</td> <td>7 1/2 x 10</td> </tr> <tr> <td>FOR TODAY</td> <td>Soft cover</td> <td>6 3/4 x 8 1/2</td> <td>6 3/4 x 3</td> <td>none</td> <td>6 3/4 x 8 1/2</td> <td>6 3/4 x 8 1/2</td> </tr> <tr> <td>VOICES</td> <td>Soft cover</td> <td>7 1/2 x 10</td> <td>7 1/2 x 3</td> <td>none</td> <td>7 1/2 x 10</td> <td>7 1/2 x 10</td> </tr> <tr> <td>OF.....</td> <td>cover</td> <td>1/4</td> <td>1/2</td> <td>none</td> <td>1/4</td> <td>1/4</td> </tr> <tr> <td>ABSTINEN CE</td> <td>Soft cover</td> <td>9 1/4 x 12 1/2</td> <td>9 1/4 x 4.5</td> <td>5.5 x 4.5</td> <td>9 1/4 x 12 1/2</td> <td>9 1/4 x 12 1/2</td> </tr> </tbody> </table> <p>Fabric - Cotton and Cotton blends are best Lining is not seen once book is in cover, it can be the same as the main fabric or plain fabric Interfacing - SF101 Pellon Shape and Flex - is a cotton iron on interfacing Batting - Warm & Natural Cotton Batting Ribbon - either grosgrain or satin 1/4 " cut edges on angle and heal seal with candle or lighter to prevent fraying</p>			Body (1)	Side Flaps	Pocket	Interfacing	Batting			Lining (1)	2 pieces	1 piece	1 piece	1 piece	BIG BOOK	Hard cover	10 1/2 x 14 3/4	10 1/2 x 5 1/2	6 x 5 1/2	10 1/2 x 14 3/4	10 1/2 x 14 3/4	BIG BOOK	Soft cover	8 1/2 x 12	8 1/2 x 4	5 x 4	8 1/2 x 12	8 1/2 x 12	OA 12/12	Soft cover	10 x 13 1/2	10 x 5	6 x 5	10 x 13 1/2	10 x 13 1/2	Small OA 12/12	Soft cover	7 1/2 x 10	7 1/2 x 3 1/2	none	7 1/2 x 10	7 1/2 x 10	FOR TODAY	Soft cover	6 3/4 x 8 1/2	6 3/4 x 3	none	6 3/4 x 8 1/2	6 3/4 x 8 1/2	VOICES	Soft cover	7 1/2 x 10	7 1/2 x 3	none	7 1/2 x 10	7 1/2 x 10	OF.....	cover	1/4	1/2	none	1/4	1/4	ABSTINEN CE	Soft cover	9 1/4 x 12 1/2	9 1/4 x 4.5	5.5 x 4.5	9 1/4 x 12 1/2	9 1/4 x 12 1/2
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	<p>Matching thread color</p> <p>Steps -</p> <ol style="list-style-type: none"> 1. Cut out all pieces of fabric, interfacing, batting, and ribbon 2. Iron on the interfacing to the main fabric cover piece 3. Fold over 1/4" seam twice on pocket top edge, sew, and press 4. Align pocket to front flap and baste bottom and right edges 5. Fold over 1/4" seams twice on each side flap, sew, and press <p>*Thanks to an oa member who created these specs. Book covers will be available for sale at the February 27, 2016 UNITY DAY. Cash sales only.</p>
<p>Website Jill M., Barbara W., Doreen R.</p>	<p>The Website committee has addressed the questions raised during last months meeting and has put together a revised proposal for NHI to go with Bluehost as the hosting site. Note that the committee is still trying to figure out something to protect the site from being hacked which is different from the spamming issue regarding email. Once we've identified something, it could change this proposal - though not by much.</p> <p>OANH Site: Web Hosting Proposal</p> <p>Summary: The web committee has agreed to recommend that we move the hosting of www.oanewhampshire.org to Bluehost's Business Pro hosting plan (outlined below). If this proposal is passed we will do further investigation into Sitelock and if it's deemed appropriate by the committee we'll make a proposal to add that to our hosting package at a later date.</p> <ul style="list-style-type: none"> • Business Pro Plan from Blue Host includes: – SSL Certificate – creates a secure connection between user and website – Domain Privacy – keeps information related to the account private – Dedicated IP – no other customers on your IP address – Unlimited Email Accounts – Unlimited Email Storage – 2 SpamExperts – Site Backup+Restore – Registration of the Domain name for the life of the account <p>COST = 12 month contract/\$239.40/19.95 per month 24 month contract/\$406.80/16.95 per month 36 month contract/\$538.20/14.95 per month</p> <ul style="list-style-type: none"> • Wordfence Hacking Protection: <p>COST = 12 month contract/\$59.00/4.92 per month 24 month contract/\$53.10/2.21 per month 36 month contract/\$50.15/1.39 per month</p> <p>TOTAL COST = 12 month contract/\$298.40 24 month contract/\$459.90 (229.95 per year) 36 month contract/\$588.35 (196.12 per year)</p>

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<p>Workshops Pat S.</p>	<p>Plans are well underway for our 2016 Unity Day event on Saturday, February 27, 2016 from 1:00 to 4:00 p.m. at Elliot Hospital in Manchester NH. The flyer has been emailed to the Massachusetts, New Hampshire and Vermont intergroups. I have received responses from two MA intergroups and have made phone calls to others. North Shore Intergroup has asked if they can sell their literature at the event and NHI Ways and Means will be selling bookcovers. So far we have donations of gift baskets from two MA intergroups and a free door prize donation of two one-year subscriptions to Lifeline from an individual. I have a call into Bill, our media chair, regarding sound coverage in the event it is not provided by the hospital. The format and time schedule is almost complete. We plan to have three or four people from various intergroups addressing the issue of how we display and encourage unity and support in our OA community as individuals and as groups/intergroups. After the 2:30 p.m. “Unity Moment” and a short break, we will break out into discussion groups and then reconvene in general session for a summarization by the groups. Please spread the word in your meetings and I look forward to seeing you all there!</p>
<p>World Service Delegates Jill M., Dorothy M.</p>	<p style="text-align: center;">World Service Agenda Issues Vote at NHI Meeting</p> <p>Every year, intergroups (and other service bodies) have the opportunity to propose OA Bylaw Amendments and New Business Motions that they would like to be considered at the World Service Business Conference. All of the proposals are then collected and then sent back to the intergroups in the form of a questionnaire, so the intergroups can decide which proposals they believe would benefit OA by being considered for discussion at the conference. The results are then tabulated, and proposals which receive significant support are then put on the business conference agenda to be discussed and voted on by the delegates.</p> <p>Your WSBC delegates, have reviewed the proposals and have decided they ALL merit discussion at the conference and therefore should all be included on the agenda. Because it's the intergroup that votes and sends the questionnaire back to World Service, we will be voting on their recommendation at the February Intergroup meeting (Feb. 7). Remember, the vote is whether to include the proposals on the conference agenda, only; not a vote for or against any of the proposals! You might consider bringing some of these proposals to your meeting for discussion.</p> <p>If you have any questions about the proposed bylaw amendments or motions, or would like to discuss any of the proposals at intergroup, please let me know by February 4 so that I can allot time for discussion on our intergroup agenda if there is sufficient interest. Because our time is limited, please read through the materials (which are available at the link below) before the meeting, so you are familiar with all the proposals. If there are any you feel should NOT be included on the agenda, I strongly urge you to contact Dorothy or Jill prior to the intergroup meeting to</p>

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discuss your concerns. If you still have the concern after that, please let me know so the matter of including the proposal on the agenda can be discussed it at the meeting. For the sake of using our meeting time wisely, we should limit our discussion to only those items that you do not wish to be considered at the business conference.

Here is a link to the OA website where you can find links to the documents:

<http://www.oa.org/world-service-events/world-service-business-conference/>
and the relevant documents are under the Conference e-document heading: (links follow below)

- Agenda Questionnaire Cover Letter (says the same thing as above but in more detail)
- Agenda Questionnaire (for use as a worksheet)
- Bylaws Amendments
- New Business Motions
- Questionnaire Summary (brief descriptions of the amendments and motions)

<https://www.oa.org/wp-content/uploads/2016/01/Agenda-Questionnaire-Letter-Instructions-16.pdf>

<https://www.oa.org/wp-content/uploads/2016/01/Questionnaire-Summary-16.pdf>

<https://www.oa.org/wp-content/uploads/2016/01/Bylaw-Amendments-16.pdf>

<https://www.oa.org/wp-content/uploads/2016/01/NBMs-16-1.pdf>