

## **What is New Hampshire Intergroup (NHI)?**

New Hampshire Intergroup (NHI) is a service body for Overeaters Anonymous. Our primary purpose is to carry the OA 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 and/or ability of an individual meeting. NHI provides the following services to our member groups as well as to the public:

- Insurance to NHI member meetings\* registered with World Service Office (WSO)
- Updated NHI meeting list made available on the NHI website
- An answering service that responds to phone inquiries regarding OA.
- Sponsors retreats, workshops, and special events.
- Responds to e-mail and mail inquiries about OA.
- Informs medical professionals about OA.
- Carries the OA message to compulsive overeaters who may be unaware of Overeaters Anonymous and the OA recovery program.
- Information about NHI meetings to visiting OA members.
- Links between local OA and the regional and world service levels of OA where policy is set and where literature is developed.
- Contributes regularly to WSO and Region 6.

### **When and where does NHI meet?**

NHI generally meets on the first Sunday of the month from September through June from 2:00PM – 3:30PM on Zoom Conferencing. For our current meeting schedule and login instructions, please visit this link on our website: <http://oanewhampshire.org/nhi-meeting-schedule>

### **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 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?**

Serve as a member of one of the NHI committees! Feel free to contact the NHI Chair if you are ready to get involved by sending an email to the NHI Chair at [NHIChair@oanewhampshire.org](mailto:NHIChair@oanewhampshire.org)

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](http://www.oanewhampshire.org)

Region 6 Treasurer  
P.O. Box 644  
Peabody, MA 01960  
<https://oaregion6.org>

World Service Office  
P.O. Box 44727  
Rio Rancho, NM 87174-4727  
(505) 891-2664  
[www.oa.org](http://www.oa.org)

## **NHI Service Committees**

New Hampshire Intergroup provides services to our members through the work of these Committees:

### Answering Service

**Purpose:** To provide a point of contact for anyone inquiring about OA and for current members who have questions.

- Send email inquiries to: [nhiansweringservice@oanewhampshire.org](mailto:nhiansweringservice@oanewhampshire.org)

### Budget

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

### Event Flyers

Purpose: To review and approve all event flyers to ensure that all required elements and information is in compliance with the OA Twelve Traditions, and in particular - anonymity.

### Meeting List

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

- Send email inquiries to: [nhimeetinglists@oanewhampshire.org](mailto:nhimeetinglists@oanewhampshire.org)

### PO Box Coordinator

Purpose: To retrieve and properly distribute all correspondence sent to the NHI PO Box.

### Newsletter (Promises)

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

### Nominating Committee

Purpose: To encourage members to participate in NHI by actively seeking members who are interested in open Board and Committee Chair positions and

prepare a slate of candidates to NHI members for the yearly elections.

### Public Information/Professional Outreach

**Purpose:** To carry the OA message of recovery to members of the public suffering from compulsive overeating and compulsive eating behaviors, as well as to medical professionals, who may be unaware of Overeaters Anonymous and the OA recovery program.

### Retreats

**Purpose:** To provide a retreat, guided by an OA facilitator, in which participants have an opportunity to experience a deeper understanding of the 12 Steps/12 Traditions and a renewed commitment to their own recovery through the ongoing daily practice of abstinence and the OA program.

### Twelfth Step Within

**Purpose:** To encourage OA members to maintain recovery and prevent relapse by carrying the OA message to those who still suffer within the Fellowship. We can all help carry the message of recovery through abstinence and working the Twelve Steps.

### Ways & Means

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

### Website

**Purpose:** To help NHI and its member groups carry the message of OA to compulsive overeaters and to promote unity within the fellowship through our Intergroup website.

- Send email inquiries to: [nhiwebsite@oanewhampshire.org](mailto:nhiwebsite@oanewhampshire.org)

## Workshops

**Purpose:** To organize and coordinate workshops sponsored by New Hampshire Intergroup and hosted by member groups in conjunction with and on behalf of NHI.

## **Contact Us with Any Questions**

Please contact us by sending an email to the NHI Chair at [NHChair@oanewhampshire.org](mailto:NHChair@oanewhampshire.org)

New Hampshire Intergroup  
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[www.oanewhampshire.org](http://www.oanewhampshire.org)

\*The words “member groups,” “member meetings,” “groups” and “meetings” are used interchangeable. All terms apply to those groups that are registered with the OA World Service Office and are associated with New Hampshire Intergroup.