

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:

- Insurance to NHI member meetings* registered with World Service Office (WSO)
- An NHI meeting list that is made available on the NHI website
- An answering service that responds to phone and email inquiries regarding OA
- Retreats, workshops, and special events
- A website that provides OA information for newcomers, medical professionals, and visitors
- Connections to 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

Encourage the meeting you attend to make regular donations to NHI.

As of January 1, 2025, World Service suggests groups maintain a prudent reserve of two month's expenses and send 50% of remaining funds to the Intergroup, 10% to Region, and 40% 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
4 Essex Center Drive #3974
Peabody, MA 01961
<https://oaregion6.org>

World Service Office
P.O. Box 44727
Rio Rancho, NM 87174-4727
(505) 891-2664
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: nhiansweringervice@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 all 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

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 and 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 eating 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 Twelve Steps and Twelve 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 creating 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 eaters by providing information about the fellowship on our Intergroup website.

- Send email inquiries to: 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 NHIChair@oanewhampshire.org

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*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.