

The Promises

November 2025 / Issue 4069

A monthly newsletter published and distributed by New Hampshire Intergroup. This newsletter is made possible by your generous contributions.

Upcoming Events



OVEREATERS ANONYMOUS
North Shore Intergroup

IDEA DAY WORKSHOP
co-sponsored by:
North Shore & New Hampshire
Intergroups

INTERNATIONAL DAY EXPERIENCING
ABSTINENCE (IDEA), CELEBRATED IN
NOVEMBER, ENCOURAGES OA MEMBERS
WORLDWIDE TO BEGIN OR REAFFIRM THEIR
ABSTINENCE FROM COMPULSIVE EATING

SATURDAY, NOVEMBER 15, 2025
WORKSHOP 10AM-NOON
REGISTRATION 9:30AM
(PRIOR REGISTRATION NOT REQUIRED)

TRIUMPHANT CROSS LUTHERAN CHURCH
171 ZION HILL ROAD
SALEM, NH 03079

 **ADA ACCESSIBLE**

[CLICK HERE FOR DIRECTIONS](#)

[CLICK HERE FOR NORTH SHORE INTERGROUP](#) [CLICK HERE FOR NEW HAMPSHIRE INTERGROUP](#)

FOR MORE INFO
[SEND EMAIL TO NEW HAMPSHIRE INTERGROUP](#)
[SEND EMAIL TO NORTH SHORE INTERGROUP](#)
or call 351-215-9074

Speakers & Writing
7th Tradition Donation
Door Prizes
Lunch after BRING YOUR OWN
Water provided
Literature for sale

7th Tradition Donations

July and August 2025

Closed Goffstown Meeting 58299 \$26.65
Concord Mon. Zoom 7 PM 47647 \$82.50
Derry Sat. Zoom 10 AM 24472 \$10.00
Derry Sat. Zoom 10 AM 24472 \$75.00
Derry Sat. Zoom 10 AM 24472 \$15.00
Derry Tues. F2F 10 AM 57489 \$123.90
Hollis Sun. F2F 5 PM 46146 \$108.00
Hollis Sun. F2F 5 PM 46146 \$40.00
Hopkinton Tues, Zoom 5:30 PM 22474 \$77.50
Hopkinton Tues, Zoom 5:30 PM 22474 \$100.00
Salem Friday F2F 5:30 PM 36417 \$120.87
Virtual Friday 5:30 PM 800147 \$10.00
Virtual Friday 5:30 PM 800147 \$75.00
Virtual Monday 7 PM 40655 \$117.50
Virtual Monday 9:30 AM 800396 \$163.50
Virtual Sat. 7:30 AM 800519 \$267.00
Virtual Thurs. 10 AM 801222 \$10.00
Virtual Thurs. 10 AM 801222 \$40.00
Individual member \$164.70
No Donations in September 2025

Your continuing support of NHI is essential and enables us to carry the message of hope and recovery to all our member groups.

The Promises is back!



Please submit writings or other
information to the Promises
Newsletter Editor by the 15th of each
month at
nhipromises@oanewhampshire.org



NEWS AND NOTES



Beth M is the chair of the Ways & Means committee. She is looking for volunteers who would like to sew book covers for our OA literature. Please contact her for patterns.

bethm0320@gmail.com or 603-305-5838



NH Intergroup call for volunteers

The only service position open currently at NHI is the PI/PO chair (Public Information/Professional Outreach). Anyone interested in this position or would like to volunteer to serve on any committee, please contact your NHI representative for more information.

All are welcome to attend NHI meetings, scheduled via Zoom on the following Sundays from 2:00-3:30: December 7, January 4, February 8, March 8, April 12, May 3, and June 7.



How to contact OA

Answering Service Telephone

1-800-201-8720

Toll Free NH, ME, MA, VT only.

Or 603-434-7578.

NH Intergroup

PO Box 1363,

Derry NH 03038-6363

Oanewhampshire.org

Gratitudes...one, two, three!

I love days when I wake up after not having enough sleep and actually feel like a non-snarky human being! That can only be my Higher Power, because even though I am not AWFUL in the AM, still, I would like to turn over and ignore the world for just a little longer.

Maybe it was because my room was lit up as brilliantly as if I had left the lights on all night - wow! sunshine! Instead of cloudy! That must be my HP as well. And a lunch with my grandson plus friend today - three gratitudes already and it is not even 9:30!!! Let's pile on the fact that I have done my readings and writings and had a good phone call.

So, I hope, really do hope that all my friends in OA are having good starts to their day; if there are messy problems, may your HP lead you to solutions, turning them into gratitudes as well.

Janice W

I am calling an OA friend on Thanksgiving Day. It can be a tough day for me, I need to remember it is just a day. I also have all my literature handy and HP. Happy Thanksgiving to all!

Mary C

PLEASE NOTE: Articles included in the Promises newsletter are based on OA members' individual experiences and are not representative of NHI or OA as a whole. Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.

 **OVEREATERS
ANONYMOUS®**
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