

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



“...we were never meant to face this disease in isolation.”

From the OA 12 and 12, page 16

## Upcoming Events

### **April 11:**

In Person Workshop sponsored by NHI  
*Pause the Noise, Find the Peace: Using Step 11 to keep pace!*

April 11, 10am-noon, sign in starts at 9:30  
Triumphant Cross Lutheran Church  
171 Zion Hill Road, Salem, NH 03079

### **April 21:**

*Coming Back to OA After Relapse*  
(part 1)

Zoom Workshop  
7:30-9:00 PM EST  
Tuesday April 21, 2026

### **Registration ongoing:**

2026 Region 6 Convention  
*Beyond Our Wildest Dreams*  
October 16-18, 2026  
Hilton Double Tree in Stamford, CT

For more info or to register please go to  
[oanewhampshire.org](http://oanewhampshire.org)

## Twelve Stepping

### Self-Discipline

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Read page 221, August 8 in Voices of Recovery

Question: Name some ways that your Higher Power has refined you and what tools helped you along your journey?

## Service Opportunities

There are many opportunities to do service in OA. Many of the committees at NHI have only a few members and often those volunteers are already serving at the intergroup level. Serving on a committee is an effective way to get to know your Intergroup and all the services that support our OA community. A good first step is to attend a New Hampshire Intergroup meeting. All are welcome! Contact your NHI rep for more information.

The Ways and Means committee is actively looking for members. Here is a

message from Beth, the Ways and Means Committee Chair:

There is a wonderful opportunity to do service for the New Hampshire Intergroup's Ways and Means Committee. We are busy sewing book covers for some of our literature (and we do have a lot of literature now).

The money made by selling these beautiful book covers goes directly to our Delegates Fund, which makes it possible for NHI (which represents all of us) to send representatives to the Region 6 Assembly twice a year and to the World Service Business Conference once a year. Without these funds, we cannot be properly represented at the region and world levels.

That being said, if anyone who enjoys sewing would like to do this service, please contact the current Chair at [bethm0320@gmail.com](mailto:bethm0320@gmail.com).

Patterns are available, along with some fabric. I am looking forward to having more OAers on our Committee so that we can have a plethora of covers to take to the Convention in October.

Beth M

## 7<sup>th</sup> Tradition February 2026

Rep from NHI Business Meeting	\$10.00
Hopkinton, Tues. 5:30 pm Zoom	\$190.00
Individual member	\$25.00

### Our Members Share

“Repetition is the only form of permanence that nature can achieve.”  
George Santayana as quoted in For Today, p.24

I have repeated compulsive eating behaviors for so much of my life that it is not funny. Or if funny, perhaps “funny peculiar,” as my grandmother would have said. As in, why me? I looked at other girls growing up, compared myself to them, and said “why me?” But they practiced other things repetitively that I did not. And some I really could not. So, I was a person who practiced eating - repetitively. Until I learned why I was doing it. And of course, this disease is really hard to put aside. Today as I grocery shopped, I practiced repeating “I don’t need that.” It works for something I bought two days ago (already have!) as well as for something I don’t need (that’s not on my plan!). I make lists first, blessings on lists!!! (Action plan!) (Service to myself!) (Acceptance and humility!) (Asking for help from HP!) All the good stuff in my life now. Oh, and Literature and Writing too!

Janice

*Please submit writings or other information to the Promises Newsletter Editor by the 15<sup>th</sup> of each month at*

*[nhipromises@oanewhampshire.org](mailto:nhipromises@oanewhampshire.org)*

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