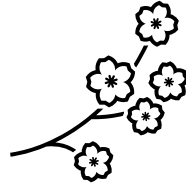


# The Promises

May 2026/Issue 4075

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**Pray to God, but continue to row to shore.**

Russian proverb, May 15, For Today

## News and Events

### ***Brand new OA website now at [oa.org](http://oa.org)***

The updated site arrives with a modern design that works beautifully on any device.

Navigation is cleaner and more intuitive, special attention was made to the newcomer experience, and updated search experience supports the many ways OA meetings are held today. Check it out at [oa.org](http://oa.org).

***New Booklet: Sponsorship in OA*** is now available in the bookstore.

### **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

### **May: Love**

Step 9: *Made direct amends to such people wherever possible, except when to do so would injure them or others.*

Read page: 325 (Nov 20<sup>1</sup>) in Voices of Recovery

**Question:** How has the fellowship helped you to love yourself? How can you share this with others in the fellowship?

## 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 Chair is actively looking for members to sew book covers.

The money made by selling these beautiful book covers goes directly to our Delegates Fund, which makes it possible for NHI 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 March 2026

Rep from NHI Business Meeting	\$10.00
Virtual Friday 5:30pm #800147	\$30.00
Virtual Thursday 10am #801222	\$167.50
Ways and Means Sales at Unity Day	\$49.00

## Members Share

I am going on my very first cruise this summer and started to worry about how to be abstinent and present as it is an educational cruise not an eating cruise. I was directed to this writing, by a fellow OAer from DC.

HP always provides.

Mary C

*I used the Program to guard my abstinence during my solo 3-week trip to Italy this spring. While abroad, I decided that I didn't need to eat the best local foods in the best regional restaurants. "Food is not part of the adventure," I told myself. The highlights of each day were sightseeing and interacting with others. I implemented other strategies as well.*

*The local people eat dinner later than we do here in America, so I found small cafes that served earlier suppers. When supper was over, I was done eating for the day. I also didn't keep food in my hotel room, walked a lot, and stopped for snacks of mineral water and fruit during the day. When I was tired, I relaxed in places where I could focus on people-watching, not food. Some of my strategies would apply to travel anywhere. I said the Serenity Prayer every day and read OA posts on private Facebook pages to stay connected with the Program. I'm moving my attention away from food, both at home and while traveling. It's a profound mental shift, which I've been working on since joining OA. Having a plan, and working it, helped me avoid overeating and truly enjoy my vacation.*

Laurie S

*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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