

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



Sacred Awe.

I am filled with Sacred Awe over the many riches and experiences this program has given me.
June 14 in Voices of Recovery

News and Events

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

Our Bodies and the Recovery Journey

One day retreat, Saturday, June 20 from 9-3

Notre Dame Spirituality Center

30 Jeffery's Neck Road, Ipswich, MA

hosted by North Shore Intergroup

NHI meeting schedule September-June 27

Meetings are held on Sundays from 2-3:30
on Zoom on these dates:

Sept. 13, Oct. 4, Nov. 8, Dec. 6, Jan. 3,

Feb. 7, Mar. 7, Apr. 4, May 2, and June 6.

Ask your NHI rep for more information.

All are welcome to attend. Service positions
are available.

Elections for NHI Chair, Secretary, and
Parliamentarian will be held at the June 7th
NHI meeting.

Twelve Stepping

for June, July, and August

June: Perseverance

*Step 10: Continued to take personal inventory
and when we were wrong, promptly admitted
it.*

Read page 199 (Jul 17) from Voices of
Recovery.

Question: How does the power of my
symptoms encourage me to persist in
applying program actions even when I cannot
yet see results?

July: Spiritual Awareness

*Step 11: Sought through prayer and
meditation to improve our conscious contact
with God as we understood Him, praying only
for the knowledge of His will for us and the
power to carry that out.*

Read page 306 (Nov 1) in Voices of Recovery

Question: Do you have conscious contact
with your Higher Power? Write about a time

when you were spiritually aware of God (Higher Power) working in your life.

August: Service

Step 12: Having had a spiritual awakening as a result of these steps we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Read page 39 (Feb 8) in Voices of Recovery

Question: Write a list of 5 simple things you can do to demonstrate service?

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.



Ways and Means will be selling book covers at the Convention. If you sew and are interested in doing this service, please contact the Chair at bethm0320@gmail.com.

Member Share

“Any service, no matter how small, that will help reach a fellow sufferer adds to the quality of our own recovery.” The OA tools

Hi Everyone,

June is here and with it comes New Hampshire Intergroup elections. Yes, now is your

opportunity to give service by filling open positions at the Board level or as a Committee Chair. There is an old saying in OA “Service is slimming.” Not only is it “slimming” it is positively exhilarating!

In October I will be celebrating 50 years in this beautiful and life-changing program, and I have to say I may not have stayed if it were not for service. My very first sponsor told me at the beginning of our sponsor/sponsee relationship that she expected me to give service when she thought I was ready. At the very next meeting I arrived at the meeting early to set up chairs and help make coffee.

Once I completed Steps One, Two and Three, I was able to be a food sponsor, and newcomers would call me every morning with their food plan for the day. As I progressed in the Steps I was able to sponsor others through the steps.

My sponsor encouraged me to open a meeting in my own town since my closest OA meeting was two hours away. Other meetings spun off that meeting to other meetings in other towns. In 1979 members of all the NH meetings got together and New Hampshire Intergroup was formed.

I started giving service at the intergroup level, which led to service at the Region Six and World Service levels. Never, ever, did I feel I was qualified to do the job I was asked to do, but my sponsor taught me never to say no to service. I learned on the job and was amazed at what I could do with the help of those who had done the job before me. I grew in confidence and commitment. I knew I had to pass on and give to others in the fellowship that which had been so lovingly given to me. I learned the true meaning of Step Twelve.

Service is not an option—it is the Twelfth Step. I realized if I was not giving service, I was not practicing all Twelve Steps of the OA program.

Is your program feeling a bit “humdrum?” Maybe it doesn’t have the spark and excitement it had when you first walked through the door of OA? I have a suggestion that may help. Actually, it could take your program from “Humdrum to “Wow.” What is this mysterious “thing”? Well, it’s not mysterious at all. It is service—specifically service above the group level. Knowing that you are not only supporting people in your immediate group(s) but that you are contributing to the health and

well-being of OA members throughout New Hampshire, Region 6 and World Service is positively exhilarating.

Each and every one of us has talent—often untapped talent—which NHI can use to support our OA members in their journey to recovery. Wouldn't you like to be an instrumental part of that journey?

What can I do? I am glad you asked! In June NHI is having elections for 2026-2027 open positions. Current group reps can run for an open Board Officer position or open Committee Chair position. Group members can throw their hat in the ring for a Committee Chair position or if that seems too big a step, serve as a committee member.

How does giving service at the intergroup level support and spark my recovery?

- It helps keep me abstinent and strengthens my commitment to my recovery
- giving service at the intergroup level is fun and it builds confidence
- I get to discover my talents and how I can use them to help build up OA
- intergroup service challenges me to reach beyond my comfort zone
- I am proud of our monthly NHI business meeting and the work we do
- I love how we all work together to provide services for our groups
- My program is enriched by the commitment of everyone who serves NHI
- I feel useful and part of something greater than myself
- I am part of a team, and I know I am needed and appreciated
- I am doing what others did before me—helping to keep OA strong and healthy
- Learning that service is not an option—it is Step 12—has blessed my life.

So, come to a New Hampshire Intergroup business meeting and see what we are all about. Who knows, it just may boost your recovery program to a whole new

level.

Pat S

7th Tradition April 2026

Reps from NHI Business Meeting	\$60.00
Virtual Friday 5:30 PM	\$112.50
Virtual Friday 5:30 PM	\$30.00
Virtual Thursday 9:30 AM	\$62.50
Virtual Monday 9:30 AM	\$57.50
Virtual Saturday 7:30 AM	\$227.00
Derry Tues. Zoom 7:00PM	\$85.00
Salem Friday 5:30PM	\$70.50
Hollis Sunday 5:00 PM	\$101.00
Nashua Monday Zoom 7:00 PM	\$113.00
Income from April 11 Workshop	\$184.00
Ways/Means sales at Workshop	\$45.00



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

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.



*Have a safe, happy, and abstinent summer!
See you in September!*