

The Promises

September 2026/Issue 4077

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I cherish my OA friends; because of them, all my relationships are improving.

For Today, page 24

News and Events

2026 Region 6 Convention

Beyond Our Wildest Dreams

October 16-18, 2026

Hilton Double Tree in Stamford, CT

Join us for a wonderful weekend of Recovery at the Region 6 Convention!

- Registration August 2 to October 1, \$80.00.
- For Walk-in Registration, \$90.00.
- Meals - Saturday Lunch, \$45, Saturday Dinner, \$70. Buy both meals and save \$10.

Go to the Region 6 Convention website for all convention details!

<https://oaregion6.org/convention-2026>

NHI meeting schedule

September 26-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.

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.

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

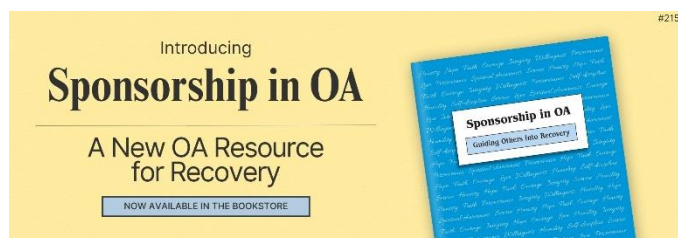
Member Share

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

Heard in the rooms and on zoom over the summer

- ✓ Must go to any length, if I don't, I will be right back into the food.
- ✓ Nothing tastes as good as abstinence feels.
- ✓ Healthy body, sane mind...eat to be healthy.
- ✓ Stay connected to be protected!
- ✓ We share our mess with our sponsors and the message with others.
- ✓ Get it out of my head so the food doesn't jump in my mouth.
- ✓ Don't change others...change me!
- ✓ I owe myself the same grace and care I give to others.
- ✓ Expectations are premeditated disappointments and planned resentments.

New literature for recovery in the OA.org Bookstore



and

The *Plain Language Big Book: A Tool for Reading Alcoholics Anonymous* is now available for \$17.00 in the OA bookstore at bookstore.oa.org. The item number is #1010. It was added to the *OA-Approved Literature List* by a vote of delegates to World Service Business Conference 2026. Following the vote, the Executive Committee of the OA Board of Trustees decided to make it available in the OA bookstore.

7th Tradition May-August 2026

Bedford	Tues. 9:30 AM F2F	57521	\$259.58
Concord	Mon. Zoom	7 PM 47647	\$140.00
Derry	Sat. Zoom	10 AM 24472	\$130.00
Derry	Tues. F2F	10 AM 57480	\$139.00
Hollis	Sun. F2F	5 PM 46146	\$85.50
Salem	Friday F2F	5:30 PM 36417	\$46.69
	Virtual Friday	5:30 PM 800147	\$75.00
	Virtual Monday	7 PM 40655	\$113.50
	Virtual Monday	9:30 AM 800396	\$52.50
	Virtual Sat.	7:30 AM 800519	\$285.00
	Virtual Thurs.	9:30 AM 800397	\$60.00
	Virtual Thurs.	10 AM 801222	\$112.50
	Individual member		\$25.00
	Individual member		\$25.00
	Individual member		\$30.00
	Individual member		\$50.00
	Individual member		\$75.00
	NHI Intergroup Reps		\$20.00



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