

The Promises

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



One of the promises of this program is that we will have a new way of acting on life rather than reacting to it.

From the Abstinence Book, 2nd Edition

New Day, New Life

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!

- 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:

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.

Watch for more information

Our retreat is back!

May 7-9, 2027

At St. Methodios Faith and Heritage Center
Hopkinton, NH

Service Opportunities

There are many opportunities to do service in OA. Some 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 Committee will be selling book covers at the Convention. If you sew and are interested in doing this service, or volunteering at the table 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

Members 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

Experience, Strength, and Hope

My EXPERIENCE is that compulsive eating does not go away and can only be managed by STRENGTH which does not come from me, but from my Higher Power and the fellowship of OA, and the HOPE that if I follow OA's recommendations in the forms of the Twelve Steps and Twelve Promises, I will EXPERIENCE an extraordinary life.

anonymous

A Daily Conversation with my Higher Power

1. Thank you for a good night's rest.
2. Give me the willingness to do your will today.
3. Open my mind so that I may hear you.
4. Open my heart so that no unkind words or actions will be mine today.
5. But if so, help me to be willing to make amends honestly and quickly.
6. Guide my hands so that only food that nourishes will be mine.
7. Bless those whom I surround myself with today.
8. Help me to exercise my body, mind, and soul.
9. Action rather than reaction.
10. I am always grateful for everything that HP has given me. Thank you, God.

anonymous

Heard in the rooms and on zoom

- Do the next right thing.
- It is easier to resist bait than struggle with the hook.
- I need to stay away from BLTs - Bites, Licks, Tastes.

New literature for recovery in the OA.org Bookstore



7th Tradition

Overeaters Anonymous (OA) Seventh Tradition contributions financially support local meetings, digital resources, literature production, and the Overeaters Anonymous World Service Office by relying entirely on member donations rather than outside funding. **Online payments are fast and secure. Visit the online contributions page and donate today!**

New Hampshire Intergroup

oanewhampshire.org/make-a-contribution/Region 6

oaregion6.org/about/contributions-new/

OA World Service

oa.org/contribute/



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