

ARE YOU REPRESENTED?

- Each OA group is encouraged to send a delegate to *New Hampshire Intergroup* to vote on matters affecting OA and to bring information, flyers and newsletters back to their home meeting.
- Representatives from all groups are needed for *NHI* to be of the greatest service. PLEASE BE SURE THAT EVERY GROUP YOU ATTEND IS REPRESENTED. If a group has no representation, why not volunteer?
- You need not be an elected representative to come to *NHI* meetings or to give service through our committees. DON'T WAIT FOR SOMEONE ELSE TO DO IT!
- *NHI* generally meets on the first Sunday of the month at 2:00 pm at Presidential Oaks, 200 Pleasant Street, Concord, NH. [exceptions: January 10, 2010 and April 11, 2010]
No meetings are held in July and August.

Current Officers

| | | |
|-------------------------|-----------|----------------|
| Chairperson | Eileen B. | (802) 254-3881 |
| Vice-Chairperson | Jill M. | (978) 369-0208 |
| Secretary | Nancy S. | (603) 890-8994 |
| Treasurer | Beth M. | (603) 891-2266 |
| Parliamentarian | Alan B. | (603) 662-8032 |
| Region 6 Delegates | Alan B. | (603) 662-8032 |
| | Dee P. | (802) 333-4898 |
| | Deb G. | (603) 647-6607 |
| | Jill M. | (978) 369-0208 |
| | Pam T. | (603) 424-6349 |
| R6 Delegate (alternate) | Judith R. | (802) 254-1149 |
| WSBC Delegates | Dee P. | (802) 333-4898 |
| | Jill M. | (978) 369-0208 |
| | Pam T. | (603) 424-6349 |

If you have questions about *NHI* or about the work of any of its committees, please call one of the officers or committee chairpersons, or write to

New Hampshire Intergroup
P. O. Box 1363
Derry, NH 03038-6363
www.oanewhampshire.org

Answering Service Telephone 1-800-201-8720 or 603-434-7578

What Is “New Hampshire Intergroup?”

O.A. Overeaters Anonymous

Prepared and distributed by New Hampshire Intergroup 2/2010

New Hampshire Intergroup (NHI) is a service body for Overeaters Anonymous. Our primary purpose is to carry the message – to help the still suffering compulsive overeater through the Twelve Step recovery program of Overeaters Anonymous.

NHI seeks to serve the groups by providing services that are beyond the scope or ability of an individual group.

Such services are:

- Provides insurance to NHI member meetings registered with World Service Office (WSO)
- Coordinates, prints, and distributes meeting lists.
- Maintains an answering service.
- Publishes the **PROMISES**, our monthly newsletter.
- Sponsors sharathon, retreats, workshops, and special events.
- Answers mail and phone inquiries about OA.
- Informs healthcare and other professionals about OA.
- Carries the OA message to compulsive overeaters who don't yet know about the program.
- Provides information about out-of-town meetings to OA members when they travel, and information about NHI meetings to visiting OA members.
- Provides links between local OA and the regional and national levels of OA where policy is set and where literature is developed.
- Contributes regularly to WSO and Region 6.

HOW CAN YOU HELP?

There are several ways you can help *NHI* carry the OA message:

GIVE SERVICE

Serve as a member of one of the *NHI* committees:

Current Committee Chairs

| | | |
|--------------------------|------------|----------------|
| Answering Service | Dee P. | (802) 333-4898 |
| Back to Basics Workshop | Nathan W. | (603) 463-3751 |
| Designated Downloader | Cynthia | (603) 497-5002 |
| Event Flyer Committee | Nancy S. | (603) 890-8994 |
| Mailing Coordinator | Deb G. | (603) 647-6607 |
| Meeting List Coordinator | Pam T. | (603) 424-6349 |
| Promises Newsletter | Mary C. | (603) 867-7423 |
| Public Information | Judith R. | (802) 254-1149 |
| Retreat | Peri S. | (978) 448-3577 |
| Sharathon | Jane B. | (603) 924-6128 |
| Twelfth Step Within | Peggie M. | (603) 434-0771 |
| Ways and Means | Dorothy M. | (603) 746-5086 |
| Webmaster | Jill M. | (978) 369-0208 |

GIVE MONEY

Encourage the meeting you attend to make regular donations to *NHI*. The OA Group Handbook suggests groups maintain a prudent reserve of two month's expenses and send 60% of remaining funds to the Intergroup, 10% to Region, and 30% to World Service Office.

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| NH Intergroup P.O. Box 1363 Derry, NH 03038-6363 www.oanewhampshire.org 603-434-7578 | Region 6 Treasurer P.O. Box 3073 Milford, CT 06460 www.oaregion6.org | World Service Office P.O. Box 44020 Rio Rancho, NM 87174-4020 www.oa.org 505-891-2664 |
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Individual contributions: Give what you can when you can. When you make your personal contributions, consider making a tax-deductible contribution to *NHI*. Along with any anonymous contributions to the basket, individuals may contribute \$5,000 per year.

SPREAD THE WORD

NHI needs everyone's contribution of "time and money." When you travel to out-of-town meetings, take meeting lists and newsletters with you. Download the "Courier" from the oa.org website and encourage group members to bring a copy to their Health Care Practitioners.