

Promises



A monthly newsletter published and distributed by New Hampshire Intergroup September 2008, Issue 295

COMING EVENTS...

Visit www.oanewhampshire.org
for information on all events.

NHI monthly meetings are held the first Sunday of the month at 2 p.m. preceded by a Tradition meeting at 1 p.m. The NHI Business Meeting is held at the New Hampshire Odd Fellows Home at Presidential Oaks, 200 Pleasant Street, Concord, NH. The next meeting is September 7, 2008. **No meetings are held in July and August.** Visitors are always welcome. For more information please contact:

**P.O. Box 1363
Derry, NH 03038**

24 hour answering service: 603.434.7578 or
Toll Free @ 1-800-201-8720

*This newsletter is made possible through your generous donations.
Thank you for carrying the message.
OA Groups and NHI need your support.*

Back to Basics Workshop

'We all find balance in the basics'

Sunday, September 21st 1-4

Registration begins at 12:30

Saint Andrews Episcopal Church

354 Main Street, Hopkinton

Speaker Panel, Group Discussion

Watch for flyers at your meetings!

Call Jeri for information at 603-774-1040



This symbol, the Mayflower, will serve as a reminder to the fellowship of Overeaters Anonymous that we are able to "Discover" Recovery. South Coastal Mass Intergroup and Region 6 invite you to join us at this special celebration of recovery . . . in this very special and historic location . . . Plymouth.

Join us in Plymouth, Massachusetts and "Discover" your Recovery. October 24-26, 2008

Starting the New Year in a New Way with the Steps NH Intergroup

Invites you to the Annual Winter Retreat
Friday, January 2-Sunday, January 4, 2009
Barbara Harris Conference Center
Greenfield, NH

Single: \$260 (only 7 available)

Double: \$190 (30 spaces available)

For more information call

Jeri at 603-774-1040

Applications available at your meeting and on the website

From the NHI Chair

The following are the World Service Board of Trustees work of establishing goals for OA as a whole and a bit of the history that brought these goals to light.

In 2002, the board of Trustees for Overeaters Anonymous introduced an outreach/feedback process and received from OA member's recommendations for top goals. From the responses a Strategic Plan for OA, titled "Together We Can" with the symbol of the bicycle with the front wheel spokes consisting of five major areas to move the fellowship forward:

- Abstinent members- exhibit spiritual, emotional and physical recovery. Works all 12 steps.
- Strong meetings- filled with abstinent members. All service positions filled. Active rotation of Service. Meetings are growing. Newcomers stay and become abstinent. Sufficient sponsors. Operates in the spirit of all 12 Traditions.
- Committed Service Bodies- All service positions filled. Active rotation of Service. Operates within the spirit of the 12 traditions and 12 concepts. Involved in carrying the message locally, regionally, internationally.

- Public /professional awareness- All members, groups and service bodies working at carrying the message so that the possibility of recovery is offered to the still suffering compulsive eater.
- Financial Health- Sufficient contributions to do outreach to the public and professional. All levels of the service structure are fully self-supporting. Sufficient contributions to decrease the reliance on literature sales for income.

The rear wheel represents all the parts of the Fellowship working together:

- Abstinent Members
- Group/meetings
- World Service office
- Board of Trustees
- World Service Business Conference
- Service Bodies

The seat represents the 12 steps, the pedals the 12 traditions and 12 concepts, and of course the handle bar representing HP.

We were asked at the 2007 conference what we needed to do in our own service bodies to ensure that the goals are met and to offer suggestions for the Operations plan of Overeaters Anonymous for the next 5 years.

Jane B, one of our Reps to World Service for 2008, wrote a great commentary on the OA's strategic Plan regarding the goals and direction of OA as a whole. The following were some of noted intentions and accomplishments by the board of Trustees of OA since the board's conception of these goals.

Under Public /Professional awareness the 2008 goal is having a public awareness campaign in operation. By 2012 OA's goal is to have invested \$100,000 already budgeted on public/ professional outreach.

Under strong meetings, a group survey will be conducted and evaluated to establish base line data.

Committed Service Bodies- Increase and advertise funding for attending WSBS and assemblies. Train all region board members, trustees to do Service, and Traditions workshops and provide manual.

Does the NHI strategic plan meld with our World Service Business conference suggestion to meet the goals of OA as a whole? I think we have a lot to offer. Your ideas and the process we will walk along this year ensures that "Together we can"

Respectfully submitted,
Eileen Baker, NHI Chair

Opinions expressed are not the opinions of NHI or OA as a whole. Articles and notices must be submitted by the 20th of the month. Articles may be submitted by e-mail to maryconstance@yahoo.com. Material cannot be returned, nor will payment be made. We reserve the right to edit. Other anonymous groups may reprint without permission.

June 2008 Financials

Year to Date INCOME	\$3302.99
Year to Date EXPENSES	\$2961.49
Net Balance	(341.50)

Donations for June 2008

Concord, Friday 12 p.m.	51.00
Nashua, 7 p.m.	25.00
TOTAL	\$76.00

Your donations support the many services provided by NH Intergroup to members, including meeting lists, the Promises, and insurance coverage for meetings. Come to a NH Intergroup meeting and witness your donations in action. Thank you for your generosity!

Lifeline, OA's international magazine, serves as an indispensable "meeting-on-the-go." *Lifeline* is available in two versions: a 30-page, printed magazine and an electronic online magazine, called *e-Lifeline*. Both contain the same content. See your group *Lifeline* representative or www.aa.org/lifeline_mag.html.

The Language of OA Recovery

Life on life's terms.

Meeting makers make it.

My Higher Power is whatever I turn to in a crisis.

Principles before personalities.

Progress not perfection.

Recovery is a choice.

We'd be surprised what people think of us if we knew how seldom they do!
When I don't think I need a meeting I do!

Don't pick up no matter what!

Easy does it...but do it!

Feelings are not facts.

If you are too busy to go to OA meetings, you are busier than God wants you to be!

When in doubt...don't.

Happy, Joyous, and Free!

HELP!

We need a few (or more) writers for the Promises. Please consider sharing your gift of recovery to others by sending your share to the Promises Editor. Please email mary@campallennh.org or mail to NH Intergroup, Promises Editor PO Box 1363, Derry, NH 03038