



In This Issue

[My Disease](#)

[Relieved](#)

[Step Four](#)

[Treasurer's Report](#)

[Reach for Recovery](#)

New Ocean & Bay Website!

oceanandbay.org

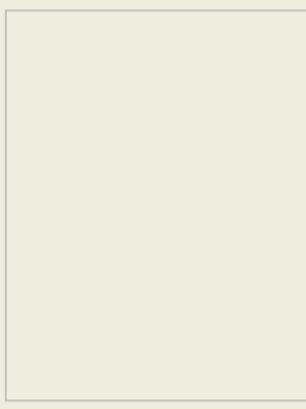
Our new website includes an event calendar, meeting list, information for newcomers, and more!



[Click to view flyer.](#)

Print and distribute at your meetings to spread the word.

Meeting List



[Click to view Meeting List](#)

* Please call ahead to verify meetings are taking place, especially during holidays.

Ocean & Bay Intergroup

**Next Meeting:
Tuesday, January 6**

We meet on the first Tuesday of each month and all are welcome. Check it out

- Literature Sales 7:00-7:30 pm
- Intergroup Meeting 7:30-8:30 pm

St. Patrick Catholic Church,
2068 Cranston Street, Cranston,
RI 02920.

[Directions](#)

Upcoming Events

[A Room with a View Anniversary Meeting](#)

Saturday, April 11 | 9:30am
Middletown, RI

[Beyond the Food: Breaking the Chain of Food Addiction](#)

May 17 | 1:00
Warwick, RI

[Serenity by the Sea](#)

[Tranquility through the Promises](#)

Intergroup Board CONTACT US

[Ocean & Bay Email](#)

[Jay](#), Chair

[Natalie](#), Vice Chair

[Susanna](#), Treasurer

[Tina](#), Recording Secretary

Mission & Vision

Ocean & Bay Intergroup is dedicated to supporting individuals in need of recovery from compulsive eating (e.g.: overeating, bulimia, anorexia) through carrying the OA message and empowering all meetings within the Intergroup.

Strategic Goals

1. Help members strengthen their personal recovery
2. Increase the number of sponsors
3. Increase the number of newcomers
4. Increase the retention of newcomers
5. Help those in relapse
6. Inspire people to give more service
7. Increase outreach activities, including outreach to members and healthcare professionals

Quick Links

[Overeaters Anonymous](#)

[Region 6](#)

[Ocean & Bay Intergroup](#)

I often advise my colleagues not to start the opening note of a newsletter with a mention of the weather. But how can I not?

Rhode Island had the second snowiest winter on record, surpassing the famous Blizzard of '78. Coupled with the extreme cold, it seemed like winter would never end.

But do not despair, my friends--Spring is here! And with spring comes renewed hope. Isn't it ironic that my lack of hope led me to OA in the first place, and that admission to powerlessness over food brought me such optimism? It was in OA that I found leads us to the gift of hope and the willingness to ask for help. That is the gift of this Fellowship.

So, if your recovery has been in hibernation for the past several months, let this season of hope and the spirit of willingness enable you to reach out for help.

Because "together we can do what we could never do alone."

In humble service,

"As Always"

Kara

P.S. Speaking of renewal, check out the new oceanandbay.org website, and mark May 17 on your calendar for a fabulous new [workshop](#) hosted by Intergroup.

My Disease

My disease is no April fool. It is a jester, conniver, manipulator and prankster. It tries to convince me that it doesn't really exist or that I am now "cured."



My disease entices me with fad diets, tempts me with TV commercials, and lures me down aisles with pastel-colored sugary treats.

My disease doesn't care about the amount of time I have in program. In fact, it expects that I will get cocky, over-confident or rest on my laurels.

My disease never sleeps. It simply lies in waiting, regardless of the meetings I attend or whether I read "For Today" each morning.

My disease is not my friend. It is like a wolf in sheep's clothing. It tells me lies and constantly reminds me that I know better than my Higher Power.

My disease is cunning, baffling and powerful.

My disease wants me dead.

-Anonymous in RI

Relieved

I didn't think I needed OA when I went to a meeting with a friend many years ago. While I knew I was overweight, I thought, "I'm not one of them. I can handle it."



A few years ago, I went to support another friend at an OA meeting. I went for several weeks with the same attitude I had before. However, things were getting worse for me. I was heavier. Even in the midst of my active disease, I knew something was wrong.

Most people don't have two lunches or dinners. Most people don't race to the store to stock up for the overnight binge in front of the TV. Maybe something better exists here.

It took awhile before I admitted to being a compulsive overeater. When I did, it was a relief. I remember feeling so alone while I binged, and not enough food existed to make that go away.

Now I have friends in OA, have lost 50 pounds and am happier. While I'm still getting used to being "weight appropriate," I know I never have to go back to that hell.

- L.W. in Rhode Island
Reprinted from *Lifeline*

Step Four

Made a searching and fearless moral inventory of ourselves.



I began Step Four when I was one year into my abstinence. To me, I saw it as the next step toward "perfecting" myself. My intention was to finish as fast as possible and get on with becoming a saint. I give thanks to my higher power that the process took much longer than I expected. There were over 200 names on my inventory list and it took me over a year to finish my inventory. Over that time I began to learn about patience and tolerance of others and toward myself. At some point, about half way through, I surrendered to the wise guidance of my sponsor who lovingly reminded me that, "this is not a race."

A year and a half later, I felt a new peace of mind, knowing that I had thoroughly taken the next step toward clearing away the wreckage of my past. Like the Big Book of AA promises, I began to straighten out mentally and physically. I started to understand the meaning of compassion. I needed a lot of it, as this step brought up a lot of food obsession for me that was relieved shortly after the 5th step. I was taught that this step is vital to long-term abstinence and as I continue in my step work, I experience the imperative nature of the inventory. I want what those who've gone before me have and, one day at a time, I am (God) willing to go to any lengths to get it.

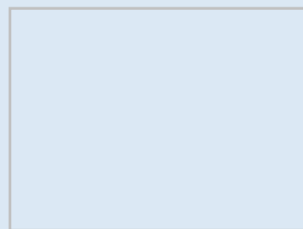
- Anonymous

Treasurer's Report

Our Seventh Tradition states that OA is fully self-supporting, accepting contributions only from OA members. Thank you for your generosity that allows us to continue our shared mission to carry OA's message of recovery.

[April Treasurer's Report](#)

[What does OA do with your contributions?](#)



Reach for Recovery

Register for the 2015 Convention October 23-25 in Hartford, CT. [Click here to reserve your room online](#). If you haven't registered for the Convention yet, [please click here to register online](#).



**Let's head to Hartford
and
REACH OUT FOR RECOVERY!**