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Meeting List

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

Ocean & Bay Intergroup

**Next Meeting:
Tuesday, December 2**

If you've always wondered what Intergroup is all about, we invite you to come check it out. No official representation or commitment required, just come as a guest and see what it's like.

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

- 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](#)

Intergroup Board CONTACT US

[Ocean & Bay Email](#)

[Kara](#), Chair

[Natalie](#), Vice Chair

[Susanna](#), Treasurer

[Tina](#), Recording Scretary

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

2015 Lifeline Topics

Consider submitting stories, artwork and photos for publication in Lifeline.

[Click here to download the 2015 Lifeline Topics](#)

Quick Links

[Overeaters Anonymous](#)

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*'Twas the month after Christmas and all through the house
Nothing would fit me, not even a blouse.
The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist....*

--Author Unknown

When I read this spoof of *'Twas the Night Before Christmas*, I immediately think of the many (many, many!) years I spent agonizing over this very sentiment. I was "good" for months (usually restricting my food intake) until I could "let loose" on Christmas.

Even with every intention to "start over tomorrow" and my annual New Year's resolution, I was never able to stay within a healthy weight during the Christmas season. My yo-yo dieting was an unhealthy lifestyle, and I hated myself as a result of it. Not just because my clothes were too tight; I was also miserable because this was the one area of my life I had failed repeatedly.

Six years ago, I was a broken soul, and I realized that I simply could not do this on my own. I was beyond human aid. I needed a miracle. I was hungry for something more than food. I needed God. To paraphrase the *Big Book of Alcoholics Anonymous*: "When I stopped living in the problem and started living in the solution, my life changed."

As I reflect on the year that just passed, I remain grateful for every aspect of my life. Even those things that didn't always turn out the way I expected. I realize that my daily obstacles are "luxury" problems. And excess food won't fix them. Gratitude will.

Today I am both healthy and happy. I am delivered from the mental obsession with food because God has done for me what I cannot do for myself. Just like the miracles we celebrate this time of year, I bear witness to divine goodness that comes from heaven above.

In deep gratitude, I praise God for all the blessings He has given me, including the privilege of serving as Intergroup Chair for the past few years. My term may be up, but my service and commitment to Overeaters Anonymous is not.

Wishing each of you a blessed holiday season!

In humble service,
"As Always"
Kara

Journals Make Great Holiday Gifts!

This 90-day journal features left-hand pages for daily writing, recording your food plan, and listing gratitudes; right-hand pages are dedicated to evening reflection and 10th Step review. Also includes morning and evening prayers and Twelve Step inspiration. Wire bound 5 1/2 x 8 1/2.

Only \$15 | Available through Ocean & Bay Intergroup

Twelfth-Step-From-Within Day

Twelfth-Step-From-Within was created in 2009 to reach out to those in the Fellowship who still suffer and to address the relapse and recovery of our members. Twelfth Step Within does not focus on attracting new members; it explicitly supports the ones we already have.

Anyone who is abstinent and working his or her own recovery can do this service. No special qualifications are necessary; only willingness is needed. Doing this service increases the quantity and quality of recovery in our Fellowship, thereby assisting our own spiritual journey.

Some members agree to make 12 outreach calls on December 12, while others offer to drive someone to a meeting who hasn't been able to attend. A few members use December 12 as a day of reflection on the strength of their own recovery. They write down 12 actions that will support their own or others recovery and share the list with members during a meeting.

Whatever you chose to do, we can all help carry the message of recovery through abstinence and working the Steps.

12 Steps to a Better Holiday Season

1. We admitted the holiday season has a deeper meaning than devouring food.
2. We came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.
3. We came to believe our Higher Power could help us appreciate the joyfulness of the season as we understand it.
4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.
5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.
6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.
7. We humbly asked Him to remove our desire to partake of holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.
12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

Lifeline, November 2007

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.

[December Treasurer's Report](#)

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