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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, 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](#)



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](#)

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"Love is shown in action: by caring, doing, remembering, listening. Love is being strong enough to put one's own problems aside to be of use to another." (For Today, p. 108)

When I came into OA, I had a hard time loving myself. My sponsor and other people in this Fellowship told me that they would love me until I could love myself. And they reminded me that my Higher Power adored me.

So, why would a stranger take the time to talk with me after a meeting, tell me to "keep coming back," remind me that I was Precious in God's eyes, give me a hug, and care for me? Because that's what healthy and helpful OAs do for each other.

Eventually, I began to feel the unconditional love of my Higher Power and I was eager to cultivate that relationship. When I got abstinent, I was practicing self-care--the ultimate in loving oneself. In turn, I started to work the steps, do service, look outside myself, and help others.

Suddenly, the Promises materialized: that feeling of uselessness and self-pity disappeared. I lost interest in selfish things and gained interest in my fellows. Then I found a new kind of love, a new freedom and a new happiness.

I will be forever grateful for the love in OA.

With love,
"As Always"
Kara

P.S. Unity Day, which recognizes the strength of the OA fellowship worldwide, is a great day to show a little love. Consider attending the [Unity Day Workshop](#) on February 28.

Share Your Story

Your recovery is important and we invite you to share it. Consider submitting something you've written for publication in our Ocean & Bay newsletter. You can inspire others with your experience, strength and hope by emailing us at oceanandbayoa@yahoo.com.

Telephone

A nervous newcomer or even a fellow who has been in OA for years may find the phone intimidating. At one point in my program, it took me weeks to pluck up the courage and ask someone for her number. I thought, once I had her number, I had to actually call. Would she pick up? What would I say? When I actually did call, I got her voicemail and thanked my HP.



That was some time ago, and I have since learned that the phone is an awesome tool. I call at least three people each day for either a quick check-in or a longer conversation, if the fellow I've called has had a rough day. Sometimes I call because my job is awful and I want to eat over my boss. Talking on the phone is how I make friends in OA. These are the friends who don't judge me when something seemingly innocuous makes me want [to overeat]. I can't always get to a meeting at a moment of crisis but I can call someone.

Talking things out with a fellow or even leaving a voice mail helps to soothe me. There is something about getting the words out of my head through my mouth and into someone else's ears that is incredibly healing. It's almost magic. If you're tentative about the phone, I encourage you to give it a try. All you have to say is say, "Hi, it's [insert your name]. I'm struggling /abstinent today, how are you?"

-Emma

Step Two

Came to believe that a power greater than ourselves could restore us to sanity.

Step Two reminds me I can be insane. I have been self-destructive and sacrificed my dignity. I have eaten out of the garbage and shoplifted. This is insane, but was my "normal." I became a compulsive overeater when I was very young. My sense of normalcy was altered from that time onward. It was normal for me not to feel wanted. I felt alone. When I was restricting or bingeing I felt there wasn't enough space for me in the world, and that I didn't belong. I kept to the edges of life, completely self-centered in my misery. I felt angry at the world doing it to me. This was my "normal."

I practice a new sense of normal with my higher power, with the gifts of gratitude, humility, and honesty. When I get lost in my own head I pray and I feel the faith that I'll be taken care of by my higher power. I get brought to the truth about my feelings and about myself. I can live life on life's terms. But when my ego ramps up, or my resentments cloud my thoughts, or when the food just calls, I use this presence outside myself to feel connected. I become humble and restored back to sanity and I have the gift of myself, for today.

-Sean B

Reprinted from "Metro Memo," the monthly newsletter of New York Metro Intergroup



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.

[February Treasurer's Report](#)

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

You'll Love Our Journal

Our 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