



In This Issue

- [The Right to Bare Arms!](#)
- [Hungry for...Something](#)
- [Coming soon: "Taste of Lifeline"](#)
- [Heard it at a Meeting](#)
- [Reach for Recovery](#)
- [Treasurer's Report](#)
- [Update Your Preamble](#)

Ocean & Bay Website!

oceanandbay.org

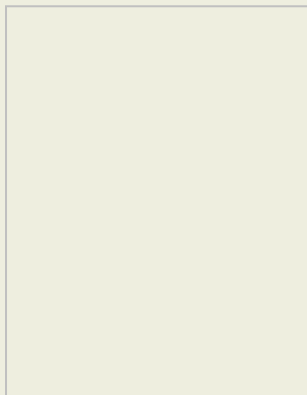
Our new website includes an event calendar, meeting list, information for newcomers, and more!



[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, July 7

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

Summer Retreat 2015: Together We Can!
July 10-12 | Chester, CT

Summer Workshop: Living in the Solution
July 18 | Cambridge, MA

Summer Workshop: Living in the Solution
July 19 | Osterville, MA

Intergroup Board CONTACT US

[Ocean & Bay Email](#)

[Jay](#), Chair

[Peter](#), 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

- Help members strengthen their personal recovery
- Increase the number of sponsors
- Increase the number of newcomers
- Increase the retention of newcomers
- Help those in relapse
- Inspire people to give more service
- Increase outreach activities, including outreach to members and healthcare professionals

Quick Links

[Overeaters Anonymous](#)

[Region 6](#)

[Ocean & Bay Intergroup](#)

This time of year my patriotic spirit stirs. Anthems and American hymns become earworms to me-- music that continually repeats through my mind . Eventually I am bobbing my head, clapping my hands, and marching around like James Cagney in [Yankee Doodle Dandy](#) .

Then when my musical reverie comes to an end, I contemplate freedom. Since recovery, however, this thought has expanded beyond our national liberties; it includes freedom from compulsive eating and compulsive food behaviors. I am so grateful to have a program of recovery that frees me from the obsession of food and the bondage of self.

Wishing each of you a safe and serene holiday weekend. Let freedom ring!

In humble service,

"As Always"
Kara

The Right to Bare Arms!

Hey everyone, summer weather is here, and it has always been my favorite season. As a child, school was out, and I was truly grateful for that. Those were the days when I was obese, or imagined myself so, and I was picked on by the bullies and ashamed. Summer meant a reprieve from their threats and the threats of teachers as well. Summer meant I was able to go to the pool or the beach, and I always loved the feeling of the cool water on my body. It was a time I'd shyly take my shorts off and jump into the water before you could see what I looked like in a bathing suit.

I remember a time as a 13 year old wearing a black windbreaker jacket all summer long, even if it was 90 degrees! I didn't want you to see my fat arms or fat stomach. I loved summer, but not enough to allow myself to feel free. I was secure in my black jacket, and when my friends asked me if I was hot wearing it, I said "no, I'm fine." Then suddenly summer was over, and I was once again disappointed that I was too fat to enjoy myself.

In recovery, I have discovered that my body is beautiful just as it is. HP made it, and He doesn't make any junk, according to our *For Today* book! Today, I wear tank tops and shorts in the sultry hot weather. I have the right to bare my arms like everyone else! Even after 11 years of blessed, beautiful abstinence and many more years of our body image focus meetings, I feel the ecstasy, the pure joy of the sun on my arms. I no longer have to hide. I have the right to love the body I live in. It has all kinds of battle scars on it due to many diets, weight losses and gains, and over-exercising. The greatest joy is that I move comfortably in the world today. I look up into the brilliant blue sky and thank HP for keeping me alive this long to appreciate the warmth He sends down my way. Its time, let those arms free!!

-Andrea F.

We have the Right to Bare Arms!



Hungry for...Something

We appreciate when our local OA members submit poems, musings, and pictures for the Ocean & Bay Intergroup newsletter.

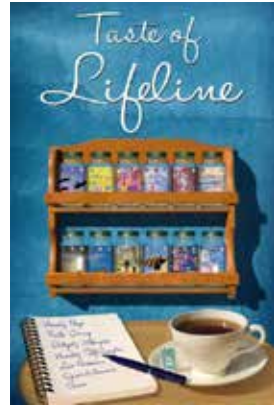


[Click here to read "Hungry for...Something" by Susan.](#)

Please send your submissions to oceanandbayoa@yahoo.com.

Coming soon: "Taste of Lifeline"

"Taste of Lifeline," a new book of collected stories from the pages of Lifeline magazine, has more than 100 personal stories by OA members writing about their challenges and recovery and how they work the OA program.



Watch for OA's new book by checking the [OA bookstore](#) or sign up for the monthly [WSO email news bulletin](#).

Heard it at a Meeting

Keeping anonymity in mind, we ask that you submit anything you've heard at a meeting that has helped your recovery by emailing us at oceanandbayoa@yahoo.com.

Here are some new examples submitted by Barry, a fellow OA member:

- Resentment is like taking poison and thinking the other person is going to die.
- If nothing changes, nothing changes.
- I may not be much, but I'm all I think about.
- Whenever you want to say something nasty to someone, ask GOD to sit on your tongue for 24 hours, and then if you still want to say it, you can.

Reach Out For Recovery

Register for the 2015 Region 6 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!

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.

[July Treasurer's Report](#)

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

Update Your Preamble



At the World Service Business Conference (WSBC) in April, the delegates voted and approved a revision to the OA Preamble. The final sentence was revised adding the following words "and compulsive food behaviors" and now reads:

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

[Please download the revised version, and have your meeting replace their old version with the new one.](#) Thank you.