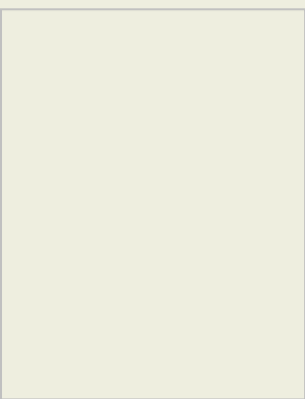




## In This Issue

- [When I'm Struggling, What Helps Me Most Is...](#)
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- [Reach for Recovery](#)
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## Meeting List



[Click to view Meeting List](#)

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

I struggled to come up with an idea for this month's newsletter. For weeks I pondered different themes and reluctantly asked my teenage son for his thoughts. Without hesitation, he confidently said, "March toward Recovery."

Immediately I pictured a band of twelve-step warriors "trudging the Road of Happy Destiny," as described on page 164 in the Big Book. To me, there is nothing happy about trudging. (Even saying the word "trudge" is dreary!) Let's face it: the road to recovery is often long and winding. The landscape can be rocky and the journey can be tiresome. However, the trek can also boast beautiful vistas and offer places of repose. Traipsing along in my own recovery, I have rediscovered the joys of living and have been accompanied by friends in the fellowship.

I once read that "trudging" can be defined as walking with purpose. So today, I "March toward Recovery" with the intent of carrying the message to those still suffering. (To make the walk a bit easier I use the Steps!) I hope to see many of you on that journey.

"May God bless you and keep you--until then."

"As Always"  
Kara

## When I'm Struggling, What Helps Me Most Is...

"Knowing that help is a phone call, a meeting, and a prayer away"

"Reading Steps One, Two, and Three & For Today"

"Finding a newcomer to help"  
-Submitted by fellow OAers



## Ocean & Bay Intergroup

**Next Meeting:**  
**Tuesday, January 6**

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

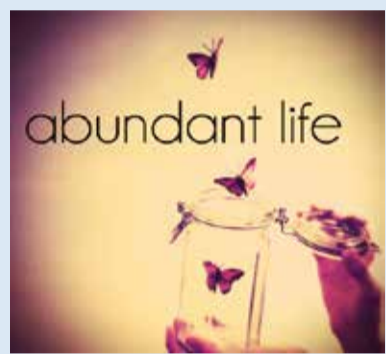
- Literature Sales 7:00-7:30 pm
- Intergroup Meeting 7:30-8:30 pm

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

[Directions](#)

## An Abundant Life

I once made an outreach call to a fellow who wished me an abundant day. I had never heard the word "abundant" used in that way before, and I loved how well it summed up life in program. Before I came to OA, nothing was ever enough for me. No amount of food and no amount of validation from other people was enough, and I was never enough. Today, in recovery, I know that I have so much. Every night before I go to sleep, I pray to my higher power, saying, "Thank you for an abundant day," and listing what I am grateful for. Even after the most challenging, uncomfortable, or painful days, I am grateful for so many things: my abstinence, the unconditional love and support of the OA fellowship, a blueprint for living through the tools and steps of the program, the desire and ability to be of service to others, opportunities for emotional and spiritual growth, and a higher power that I can always trust to steer me toward what is best for me if I am willing to ask. I am so grateful to be able to see the abundance today.



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

**Step Three**  
**Made a decision to turn our will and our lives over to the care of God as we understood Him.**

This is my favorite step because once I learned how to "use it" in my life I couldn't fail to find the path of recovery. I used to live from diet to relapse, from starving to bingeing to over-exercising. I kept trying to do the same things over and over again while expecting different results. By turning my will and life over to the care of God as I understand Him, my life has moved forward in beautiful, wondrous ways. I no longer feel alone. I no longer have to white-knuckle my way of eating, my choices of food, how to get through another day of work, how to get along with others, or try to make a smile "feel" legitimate. My HP handles my entire life, happiness, problems, and miracles. I can always choose to go back to white-knuckling and insanity, should I choose to live according to what I think is okay for me, and I will have my misery happily refunded by the disease. Or I can continue getting up in the morning, thanking HP for being with me yesterday, and invite Him into my day again, just for today. If I choose HP, my day is filled with sanity, light, butterflies, rainbows, and I am guided towards spiritual progress. If I choose my will, my day is filled with a void, blackness, despair, and hopelessness. My choice, for today is to "give it to God!"  
-Andrea F.



## 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.

[March 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!**

## 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](mailto:oceanandbayoa@yahoo.com).

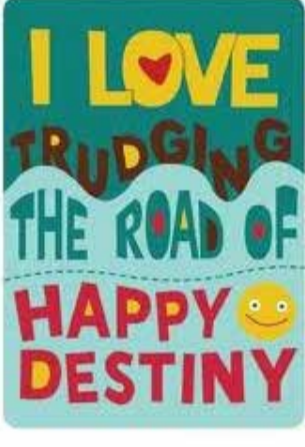
## You'll Love Our Journal

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

**PLEASE NOTE:** Due to a printing error, certain journals were missing the page with the "Self Will/God's Will" chart. If you recently purchased a journal that had a page missing, let us know so we can give you an insert that includes the "Self Will/God's Will" chart. We are sorry for any inconvenience this may have caused.

The issue has been resolved, and all the current journals have been fixed.



## Upcoming Events

- [Step into Recovery](#)
- [A Weekend Retreat in VT](#)
- [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

- 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](#)