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Upcoming Events

- Lincoln's Thursday morning OA group is celebrating their 2nd Anniversary on November 4. [Click here](#) for details.
- MetroWest Intergroup is having an I.D.E.A. Day Workshop (International Day of Experiencing Abstinence) on November 15. [Click here](#) for details.

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, November 4
We will voting on service positions and encourage newcomers to join us!**

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 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

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](#)

[Region 6](#)

[Ocean & Bay Intergroup](#)

Where do I begin? How do I adequately express my gratitude?

Over the past several weeks I have experienced some incredible moments. I celebrated my 20th wedding anniversary, my husband and I renewed our vows, I was blessed to be one of the keynote speakers at the Region 6 Convention in Burlington, MA, and I marked my six-year recovery anniversary. However, not everything I experienced over the past several weeks was joyous or positive. Many incidents were annoying, upsetting, and even scary.

The difference between the positive situations and the negative ones is really how I react to them. I had been planning a trip with my husband for our anniversary but due to unforeseen circumstances, our plans changed. Thankfully, I was able to walk through the difficulties with God, reach out to people in the fellowship, and remain in a spirit of gratitude.

That is certainly not my default reaction to life. I only learned that through the grace of God, the Program of Recovery, and by practicing the Twelve Steps of Overeaters Anonymous. So, it's no secret that at the top of my gratitude list is finding OA. Without it, I'm not sure, I'd be able to handle everything--both positive and negative--that life brings my way.

In closing, I would be remiss if I did not express my appreciation to you, my fellow OA members. Your service, kindness, friendship, and fellowship is a treasured gift that brings me great joy and gratitude. Thank you.

In humble service,
"As Always"

Kara
Intergroup Chair

Reach out for Recovery

The 2015 Region 6 Convention will be in Hartford, CT!

Take advantage of the [Super Early Bird Registration](#) and pay only \$25 (instead of \$45) until November 11.

I.D.E.A. Day

Celebrated the third Saturday in November, I.D.E.A. Day (International Day of Experiencing Abstinence) encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating. Why not celebrate by attending a meeting, making a phone call to someone in OA, expressing your gratitude, and-of course-being abstinent!

Anonymity

"Who you see here, what you hear here, when you leave here, let it stay here."

That's part of the anonymity statement in one of my meetings, after which we all say, "Here here." Anonymity allows me to share difficult things so I don't eat over them. Others share difficult things as well, and I identify, and realize I am not alone. I also learn something about other people's feelings, which makes it easier to handle situations that used to baffle me.

Anonymity promotes tolerance and humility because no one is trying to get to the top of the heap. I find out that I am not unique, and experience the joy of serving that is separate from my ego. I learn to be a "trusted servant" who "does not govern," as is said in the OA literature.

Through anonymity, I benefit from the wisdom of someone I disagree with, or from his or her service. I view people who do things I disapprove of as fellow souls who deserve to live and are good in other ways. I sit shoulder-to-shoulder with someone I consider might not like me personally, and together we do service to help our program.

- B.D.

Latest "Brown Book" Now Available

Affectionately known as the Brown Book, OA's third edition of *Overeaters Anonymous* includes 40 never-before-published stories by members from around the world.

You'll enjoy the distinctive new cover, depicting an image of 12 strips of woven burlap, representing strength in the 12 Steps and Traditions. The back cover lists the Principles of the Twelve Steps of OA.

The softcover, 232 page book also includes the complete text of "Our Invitation to You;" a new foreword by Dr. Marty Lerner, an eating-disorder treatment professional; and an addition to the appendix entitled "The Role of a Plan of Eating in Recovery from Compulsive Eating." This was written by a dietitian specializing in addictive and compulsive eating disorders in order to help readers understand the importance of using the plan of eating Tool in finding abstinence.

\$13.50 | Order [online](#) or through Intergroup

Journals Are Back!

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

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

The Big Book of Alcoholics Anonymous includes specific guidelines for doing an effective 11th Step. These guidelines help the recovering person to prepare for the day ahead, to be of use to others, and to pause and pray for guidance throughout the day.

[Questions to think about when working Step 11](#)

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.

[November Treasurer's Report](#)

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