

April 2013 | News and Events



Ocean & Bay INTERGROUP

Serving OA in Rhode Island and Southeastern Massachusetts

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."

When Rozanne S wrote this in 1968, it was simply the first paragraph of the OA handbook, I Put My Hand in Yours. Fast forward 45 years and we find these words have earned iconic status - a poignant affirmation known as Rozanne's Prayer, aka the OA Promise.



Even today, hearing or saying the OA Promise invokes for me a 1960s starry-eyed sentiment that makes my inner cynic twitch. Beyond our wildest dreams? Turn on the news, open a paper - and I wonder how people outside program can even find a quiet place to DREAM of love and understanding. I rarely see strength and unity celebrated on the 6 o'clock news. On certain designated holidays, yes. But what percentage do these days constitute of the whole year? Eight percent?

Yet here we are, 52 years later, with OA stronger than ever. When I'm in a meeting that chooses to use Rozanne's prayer in closing, sometimes I hear grumbling ('it doesn't come from the Bible so how can it be a real prayer', etc). Yet I don't hear grumbling about the concept. Peer pressure to focus up? Perhaps. Yet if I can IMAGINE a place full of hope, strength, unity, love and understanding, then maybe I can FIND it. After all, who could imagine the strength of a little crocus, or a downy baby bunny, emerging alive, soft, and gorgeous, from a hole in the snow. Yet year after year, this same miracle comes to life from darkness. The season turns, and the world is new.

So for today, I put my hand in yours. - Michelle H, Tiverton

Save this date! Next Intergroup meeting is Tuesday, May 7, 7:30-8:30pm St. Ann's Church, Cranston, RI

Looking forward to seeing you there! (more info below)

Join Our Mailing List!

OA 12 + 12 Spotlight

Step Four

Made a searching and fearless moral inventory of ourselves.

Spiritual Principle: Courage

Tradition Four

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle: Autonomy

MEETING NEWS

For latest meeting list please download the pdf

NEW MEETING:

Monday 6:00-7:00pm Coventry at Kent County Church of Christ 2435 Noosneck Hill Road, Bldg. C. Contact Sharon 401-392-3482. HC access.

NEW MEETING:

Thursday 10:00-11:00 am, Lincoln RI, New Beginning, Lincoln Senior Center, 150 Jenckes Hill Road. Denise 401-769-0746 HC Access

MEETING CANCELLED

Monday 7:00-8:15 pm, Providence, RI, Brown University: Alumni Hall

MIRIAM HOSPITAL MTG NEWS

The Wednesday, Friday and Saturday OA meetings at Miriam are now held in the Sopkin Auditorium.

WE MOVED: Portsmouth

Tuesday 9:30am Just For Today meeting has moved to the NEW Rectory building at St. Mary's Church. Located at the rear of the property with parking around back. Elevator and HC access. Contact Pat D. 401-683-2761

FORMAT CHANGE: Portsmouth,

Sunday 6-7:00pm, St. Paul's Church is now using OA's Voices of Recovery as the subject of the reading and discussion format. Contact Carol, 401-619-4898

MEETING NEEDS SUPPORT:

Cranston, Thursday 6-7:00pm, Bethany Lutheran Church Basement level, 116 Rolfe Square. Michelle 461-0027.

CONTACT US

1. [BEST METHOD] Come to an Intergroup meeting on the first Tuesday of every month and help us to support you!

2. E-mail us at oceanandbayoa@yahoo.com

3. Write to us at P.O. Box 41273, Providence, RI 02940-1273

4. Call 401-438-1301

QUICK LINKS

- :// Ocean and Bay.org
:// Ocean and Bay Meetings
:// Telephone/Online Mtgs
:// OA.org
:// Region 6.org
:// Region 6 Intergroups

INTERGROUP MEMBERS

Intergroup Chair - Kara M
Vice Chair - Natalie
Treasurer - Sean S.
Recording Secretary - Pat

Other elected positions:

Region 6 Reps - Judy B, Natalie, Beth R. (alternative)
World Service Reps - Judy B, Natalie (alternative)
Corresponding Secretary + Literature Sales - Lea

Answering Service -

Beth R. / Sean S. Respond to inquiries at 401-438-1301 about OA in Rhode Island. Call volume is about 3 per week, and any assistance would be appreciated.

Website

www.oceanandbay.org; Lucy H. + Michelle H.

News Editor - Michelle H.

OCEAN & BAY IG MISSION

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

"Buttercups" illustration courtesy of Carol Way Wood, Beach Pea Press, Dartmouth, MA www.carolwaywood.com

2013 UPCOMING EVENTS

April 14 East Greenwich, RI: 1-2:30pm, Anniversary, One Step At A Time Meeting, St. Luke's Church, 99 Pierce Street; Faith 401-828-7859

April 20 Albany New York: Region 6 Spring Assembly 9:00 am - 6:00 pm, Hilton Garden Inn Albany Medical Center, 62 New Scotland Ave, Albany, NY 12208 This event is accessible to people with disabilities. Tobi coordinator@oaregion6.org

April 26-28 Duxbury, MA: South Coastal Massachusetts Intergroup retreat, "Serenity By the Sea," 121 Park St.; Kathy B. email: retreat2013@scmioa.org; Web site: scmioa.org Hurry - this one was more than half-full by April 1. (No fooling!)

May 7 Cranston, RI: 7:30-8:30pm Ocean and Bay Intergroup meeting. Literature sold 7 to 7:30pm, News, planning, OA events and practices near and far. St. Ann's Church, 1493 Cranston St, Sean 401-438-1301, oceanandbayoa@yahoo.com

May 11 Westwood, MA: 10:00am-12:00pm, 26th Anniversary, First Parish Church of Westwood, Church Hall, 340 Clapboardtree St, Westwood, MA. Speakers - Raffle - Fashion Show

May 31-June 2 Westfield, MA: Western Mass Intergroup event, "A Guided Journey Through the Steps of OA," Genesis Spiritual Life Center, 53 Mill Street; Edie email: wmioretreat@oawmass.org; Web site: oawmass.org

August 29 - September 1 Cleveland, Ohio 2013 World Service Convention, Recovery to Rock Our World; url: oa.org/world-service-events/world-service-convention/

2014

April 6-13 Ocho Rios, Jamaica: Region Seven Cruise, "Waves of Recovery," departing from Miami, Florida; Phyllis 1-703-897-5428; Web site: oaregion7.org

Events excerpted from OA meeting flyers, emails and online at www.oa.org/datebook-calendar/

LITERATURE

New OA Book!

Abstinence, Second Edition One of OA's most popular books, expanded and updated with 50% new stories! These member-written stories from Lifeline, OA's international magazine of recovery, offer encouragement and guidance to help you achieve and maintain abstinence. US \$10.00 + shipping. Also available in e-reader formats; search for book title at your e-reader store.

Ocean and Bay 90-Day Journals : \$15.00 ea. Created especially for Ocean and Bay as a fundraiser and recovery tool by a member, with prompts for a daily 10th step inventory, food list, action plan cues and more. 90 days of self-reflection are possible with each journal - which is so popular, it's in its second printing. For sale at Intergroup meetings. Ask your intergroup rep to get your copy today! Or come and get one for yourself!

OA.org and Digital Literature Offerings Browse the bookstore at OA.org, and you'll find two tabs for e-literature: Digital Products, and Audiovisual.

Digital Product page has links to PDFs for sale, including Voices of Recovery e-Workbook (\$5), Fourth-Step Inventory Guide (\$3), and the Twelve-Step Workbook of OA (\$4)

The VOR e-workbook description: "New! This e-workbook provides thought-provoking questions for each of the daily readings in Voices of Recovery. When answering these questions, it will be helpful to refer to either a printed copy or an e-reader copy of Voices of Recovery. The e-workbook gives you unlimited space to type your answers. Save your answers and reopen the file for additions or changes. To print answers, copy-and-paste text into a word-processing program. Works best on a PC or Mac computer with Adobe Reader. Not compatible with iPads, mobile devices or e-readers."

Audiovisual page lists CDs and DVDs for sale. New! 12&12 MP3 audio book. Listen to OA's basic text while driving or during physical activities. Also in CD Format. MP3 Disclaimer: Please note that the file is a ZIP file - may not be compatible with iPads or other mobile devices without a separate application. (HINT - You may need a teenager to get this to work.)

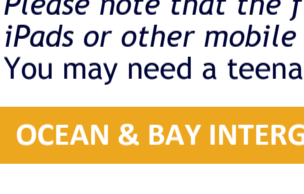
OCEAN & BAY INTERGROUP NEWS and INFO

We meet on the first Tuesday of the month from 7:30 - 8:30pm. Literature is sold from 7pm to 7:30pm before the meeting. We are celebrating our one-year anniversary in our new location. We chose this location because it was more centrally located, had plenty of off-street parking, and is HANDICAP accessible.

Come and see what is going on in OA for Region 6 and what your Ocean and Bay Intergroup is doing for you!

Directions to Saint Ann's Church 1493 Cranston St, Cranston, RI 02920 Find in Google Maps, or online at www.oceanandbay.org

IN MEMORIAM



Mary Rose D. Sept 9, 1949 - Dec 27, 2012 Region 6 and all of Overeaters Anonymous has lost our recent former Trustee and most wonderful friend, Mary Rose D. She passed peacefully at home, in the company of her friends and fellows. We are blessed to have known such an amazing, courageous woman and we are strengthened by her legacy. We will miss her.

From the OA Tools of Recovery: [An] aspect of anonymity is that we are all equal in the Fellowship...; we have no stars or VIPs. We are together simply as compulsive overeaters. We are honoring Mary Rose's "... life of sane and happy usefulness" - something we are all promised as the result of working the Twelve Steps.

http://oaregion6.org/en/

Be sure to also publicize your event online at www.oa.org/datebook-calendar/ and on the Region 6 Calendar http://oaregion6.org/en/region-6-calendar/ TIP: Send your info at least two-weeks prior to your event.

SEND US YOUR NEWS Do you have an OA-related event you'd like to publicize? An announcement, a meeting list change, or something else you'd like to put in the Ocean and Bay e-news? Email us here at oceanandbayoa@yahoo.com, or to editor (Michelle H) drums@gmail.com or to Kara M (IG Chair): planetmarz@earthlink.net

INTERGROUP COUPON : No Expiration Date on Recovery Possibilities