

Summer 2013 | News and Events



Ocean & Bay INTERGROUP

Serving OA in Rhode Island and Southeastern Massachusetts
P.O. Box 41273 * Providence, RI 02940 * 401-438-1301

IG New Location:
St. Patrick Catholic Church
2068 Cranston Street
Cranston, RI 02920 [map it]

Important 2013 OA Dates
Aug 29-Sept 1 - World Service Convention: Recovery To Rock Our World
Sept 28 - Region 6 Fall Assmly
Nov 16 - IDEA Day
Dec 12 - 12 Step Within Day

'Action and reaction, ebb and flow, trial and error, change - this is the rhythm of living. Out of our over-confidence, fear; out of our fear, clearer vision, fresh hope. And out of hope, progress.

- **Bruce Barton**

As I began editing this newsletter and deleted the text from the last issue that said, 'Intergroup is celebrating one year in our new space!', I winced. Was it foolish optimism that presumed IG would be in our new location at St. Anne's for years and years? After all, hadn't we been at our last location in Pawtucket for 25 years? And then someone at IG told the story of meeting the priest at St. Patrick's, his enthusiasm, and his familiarity with 12-step programs and philosophy. Perhaps we might not be moving from the frying pan to the blazing fire as I was so tempted to assume. Perhaps this real-life demonstration of the serenity prayer in action wouldn't be so bad. Another entity bought St. Anne's and was remodeling the IG meeting space. [\[cont. below\]](#)



July 2013 - RI Intergroup has moved to St. Patrick's Church, 2068 Cranston St, Cranston, RI ([Google Maps](#))

Save this date! Next Intergroup meeting is
Tuesday, August 6, 7:30-8:30pm St. Patrick Catholic Church
2068 Cranston Street | Cranston, RI 02920

Literature sales: 7:00pm Meeting - 7:30pm.
We look forward to seeing you there! [\[directions below\]](#)

[Join Our Mailing List!](#)

OA 12 + 12 Spotlight

Step Seven

Humbly asked Him to remove our shortcomings.

Spiritual Principle: Humility

Tradition Seven

Every OA group ought to be fully self-supporting, declining outside contributions.

Spiritual Principle: Responsibility

QUICK LINKS

- [:: Ocean and Bay.org](#)
- [:: Ocean and Bay Meetings](#)
- [:: Telephone/Online Mtgs](#)
- [:: OA.org](#)
- [:: Region 6.org](#)
- [:: Region 6 Intergroups](#)

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

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 CLOSED: Cranston Sunday 5 - 6pm 'Let Go and Let God mtg at St. Anne's Church



INTERGROUP MEMBERS

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

Other elected positions: Region 6 Reps - Judy B, Natalie B., Beth R. (alternative)
World Service Reps - Judy B, Natalie B. (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.
Michelle H.

News Editor - Michelle H.

2013 UPCOMING EVENTS

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

September 20-22, Wareham, MA : Cape Cod Intergroup's 11th Annual Retreat: "The Twelve Steps," Sacred Hearts Retreat Center; COME SPEND A WEEKEND of Serenity, Renewal, Fellowship, Woodland Walks and even Swimming. Contact Gerry E. at 508-896-3486, or at gerry_emmert@comcast.net or Nancy V. at 508-255-7565 or at nancycvincent@hotmail.com ; download [PDF application](#)

October 25 - 27, Framingham, MA : Central Mass Intergroup Presents: "The Big Book Comes Alive" A retreat with a strong leader who will take us through the steps using the Big Book. There are limited overnights, but a commuter option is available which includes all meals. There are nearby hotel options as well. Cost is \$209 or \$129. Edwards House, 1 Badger Road Framingham, MA 01701 US This event is accessible to people with disabilities. Jacki R. or Heidi C. centmassint@yahoo.com

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/

Ocean and Bay Treasurer's Report

Treasurer's Report - June 4, 2013

May 5, 2013 Balance.....\$2,595.79

DONATIONS Received (Credits) May 7, 2013
 Friendship, Rumford, RI-Sunday.....\$30.00
 Dignity Seekers, Cranston, RI-Monday.....\$23.50
 New Beginning, Lincoln, RI-Thursday.....\$32.00
 Courage to Change, Cranston, RI-Friday.....\$81.00
 Twelve Steps Within, East Greenwich, RI-Saturday.....\$150.00
 A Room With A View, Middletown, RI-Saturday.....\$155.00

Total May Donations.....\$471.50

Literature Sales (Credits) May 7, 2013.....\$305.85

Total deposit 05/30/2013.....\$777.35

PAYMENTS (Debits)
Auto Debit 06/03/2013 Verizon Phone Service 04/09/13 to 05/08/13.....(\$58.93)

Total May Expenses.....(\$58.93)

Total Funds On Hand.....\$3,314.21

NOTE: PAYMENTS (Debits) will be announced at the next Intergroup Meeting. All are welcome to attend.

Treasurer's Report - July 2, 2013

June 4, 2013 Balance.....\$3,314.21

DONATIONS Received (Credits) June 4, 2013
 Stop & Step Middletown, RI-Wednesday.....\$50.00
 100 Pounders, Providence, RI-Wednesday.....\$130.00
 Anonymous.....\$40.00

Total June Donations.....\$220

Literature Sales (Credits) June 4, 2013.....\$95.00

Total deposit 06/30/2013.....\$315.00

PAYMENTS (Debits)
Auto Debit 07/02/2013 Verizon Phone Service 05/09/13 to 06/08/13.....(\$58.68)

Total June Expenses.....(\$58.68)

Total Funds On Hand.....\$3,570.53

NOTE: PAYMENTS (Debits) will be announced at the next Intergroup Meeting. All are welcome to attend.

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. 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 Ocean and Bay IG

St Patrick's Catholic Church
2068 Cranston Street
Cranston, RI 02920
(401) 944-0001

[Find in Google maps](#)

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 & Bay e-news? Email us here at oceanandbayoa@yahoo.com, or to editor (Michelle H) drumsinger@gmail.com or to Kara M (IG Chair): planetmarz@earthlink.net

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/) <http://oaregion6.org/en/region-6-calendar/> TIP: Send your info at least two-weeks prior to your event.

INTERGROUP COUPON : No Expiration Date on Recovery Possibilities

Change [continued] This was something that neither I or Intergroup could change. Finding a new place took a lot of courage, and it was an action we could take. Several OA members went searching. We were as serene as we could be about the process. And then someone found St. Patrick's.

I shared this morning in a meeting about trusting in and relying on God. I have indeed put myself in his/her hands more than once through my life and against my better judgement, too! Incredibly, every single time, I survived. I went to college 500 miles from home. I was 17. I received 60% financial aid, so I didn't have to borrow that much. I even went to France my junior year, thousands of miles from home. I was an American in Paris at 20 years old, and, after the semester ended, homeless and broke. I contacted someone from the school, and borrowed money to get home. Yipes. When I graduated, paid off my student loans finally at 32, I realized how well my HP had taken care of me. I dared to go to a college that today I doubt I would even go near because of its reputation and expense. In ignorance and innocence I went further than I had ever gone before. Could someone or something have been watching over me?

Change is everywhere. I hear it in the news, in my friends, and of course I see it in the garden. So here we are, the RI Intergroup, through no fault of our own, in yet another location. The books are no longer kept in the tiny, odorifer, men's bathroom, up five steps and down a hall. We have a literature cabinet right in the meeting room. This alone was a delightful change. The current Intergroup is lively, and the service provided willingly, even joyfully. Yes, we got pushed out of our last IG nest. Now we have an opportunity to fly. And HP does provide. I do in fact see more birds flying around in the sky than splattered under their parents' nests. So for today, when I get that scary push from behind I wasn't expecting, I will pray to HP and keep flapping my wings. For I have an invisible friend who works miracles. Especially when I ask for them.

- Michelle H,Tiverton, RI

[Join Our Mailing List!](#)

THE SERENITY PRAYER

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

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