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## Meeting List

| City       | Date    | Time         | Meeting Title       | Meeting Location            |
|------------|---------|--------------|---------------------|-----------------------------|
| Providence | June 23 | 7:00-8:30 PM | Inter-Group Meeting | St. Patrick Catholic Church |
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[Click](#)

[to view Meeting List](#)

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

## Ocean & Bay Intergroup

Ocean & Bay Intergroup consists of representatives from RI and nearby MA. We print and update meeting lists; stock OA literature for groups to purchase; sponsor OA events such as workshops; send delegates to regional and national conferences; and much more.

**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](#)

## 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

## Quick Links

[Overeaters Anonymous](#)

[Region 6](#)

[Ocean & Bay Intergroup](#)

Much has happened since you last heard from us. Over the past several months, Ocean & Bay Intergroup has been busy. We launched a state-wide public information (PI) campaign, updated our bylaws, created a new newsletter, and continue to "carry the message of recovery from compulsive eating to those who still suffer."

I am grateful for the opportunity to do service at the Intergroup level, and I thank you for your support and commitment to OA and recovery.

In humble service,  
"As Always"

Kara  
Intergroup Chair

## Sponsor Wisdom

When I was new to program, my sponsor was full of great wisdom. I could not believe how much he knew. And when he was away, I worked with an interim sponsor, who also knew so much. I could not imagine ever knowing as much as them. At 90 days I started being an interim sponsor and soon after when I finished step three I became a full sponsor. I did not always know what to say, so I said a lot of stuff my sponsor said to me. It's over six years later. I have sponsored more than a few men. I recently had a conversation with my newest sponsee and we talked about what step one says. he said "I admitted I was powerless..." I had done the same thing with that interim sponsor. So I knew what to say to him. I reminded him it is a we program and that the step says "We admitted we were powerless..." and we talked about why it is important it is a we program. I probably sounded like I knew everything. But all I really know is what I learned from my sponsors.



-Andy P.

## Wicked Awesome Recovery

**October 24-26, 2014  
Burlington, MA**

If you've been to a Convention before, you know there will be sessions all day long discussing the steps, tools and traditions. There is plenty of time for fellowship and, if for some reason you want to do some shopping, the Burlington Mall is just down the street. Hear experience, strength and hope from all of the provinces and states which comprise Region Six - from Eastern Canada to the Northeast United States - maybe even Bermuda! If you've never been to a convention, make this your first. Online registration is quick and easy.

[Click here to Register](#)



## Tradition 6 - No Outside Enterprises

I found my recovery in a large meeting with an extensive literature table. We had every piece of OA literature and also, in a separate place, pamphlets from various clinics and other programs. The matter of outside literature was brought up, and group conscience was for keeping it. An old-timer objected afterwards. I called and asked her why. She said that time and resources were being spent on something other than OA twelve-step recovery. If it wasn't bought, we were out the money. If it was, the message was diluted. Later the issue came up again, and it was decided to have a pure OA table.

Also, people used to promote their therapy practice, performance or publication at meetings - I did it myself. We were told this violated the traditions, and the practice stopped. Now those who attend that OA meeting are not solicited to go to a workshop or buy dance tickets. They are invited to be part of our fellowship recovering through the steps and traditions of OA.

-Barbara D.

## 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.

[May Treasurer's Report](#)  
[June Treasurer's Report](#)

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

