

May 2013 | News and Events



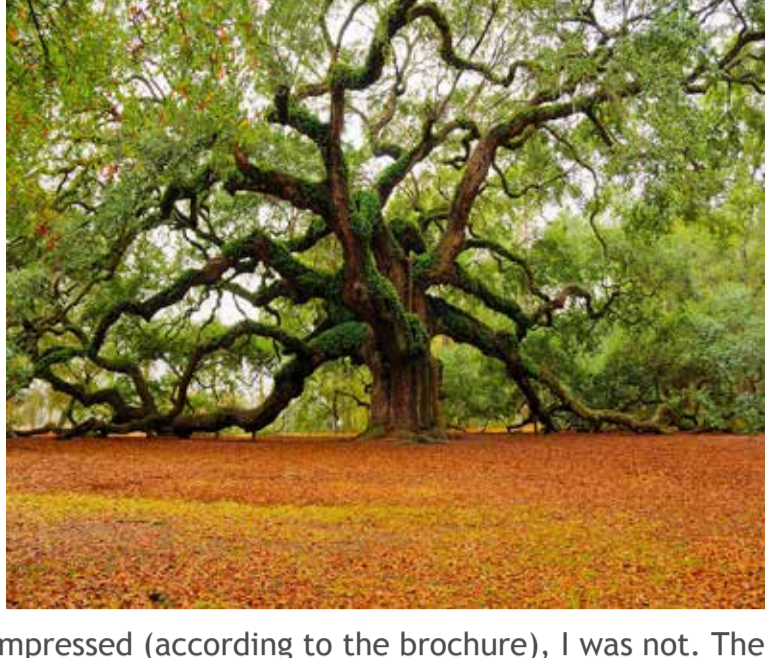
Ocean & Bay INTERGROUP

Serving OA in Rhode Island and Southeastern Massachusetts

'My imperfections and failures are as much a blessing from God as my successes and my talents, and I lay them both at His feet.'

- Mahatma Gandhi

In 2007 I went to England on a 'Spiritual Journey.' I hadn't a clue that I was soon to learn what it REALLY means to make a 'pilgrimage.' Treading a many centuries-old path to places of so-called spiritual significance with two dozen other people literally stupefied me on many fronts. How could anyone stand doing this for days, months, years? I was often exhausted, cranky, and not very humbled. When I most expected to be impressed (according to the brochure), I was not. The ancient stone circle of Stonehenge looked (to me) like an overlarge garden sculpture. Okay, perhaps the two-hour pre-dawn bus ride threw me off. Yet I continued to get the blahs, with each historic monument and church we explored. Why? [\[cont. below\]](#)



Save this date! Next Intergroup meeting is

Tuesday, June 4, 7:30-8:30pm St. Ann's Church, Cranston, RI

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

[Join Our Mailing List!](#)

OA 12 + 12 Spotlight

Step Five

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Spiritual Principle: Integrity

Tradition Five

Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.

Spiritual Principle: Purpose

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 Nooseneck 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 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](tel:401-438-1301)

INTERGROUP MEMBERS

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

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.
Res. / 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

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/> TIP: Send your info at least two-weeks prior to your event.

INTERGROUP COUPON : No Expiration Date on Recovery Possibilities

2013 UPCOMING EVENTS

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; Contact Edie: wmiretreat@oawmass.org; Website: oawmass.org

May 31-June 2 Chester, Connecticut : Greater New York Metro Intergroup retreat, "Freedom on the Wings of Recovery," Guest House, 318 W. Main Street; Contact Andrea F : twelvestepchild@yahoo.com; Website: oanyc.org

June 4 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

June 7-9 Wareham, MA : Metro West Intergroup presents: **Happy Joyous and Free. A Romp through the 12 Steps.** Come join your OA family for a weekend of fellowship and recovery at the Sacred Hearts Retreat Center. Our leader, an OA member with a powerful journey of recovery, will lead us through a weekend of self discovery through the 12 Steps. The \$150 tuition for the weekend includes 5 meals. 50% Scholarships are available. [Download Flyer for more info](#)

Sacred Hearts Retreat Center 226 Great Neck Rd Wareham, MA. This event is accessible to people with disabilities. Iona P. retreat@metrowestoa.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/

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/

WHAT'S NEW in OA

Now Online: Second-Quarter Issue of A Step Ahead
This issue contains a lot of news, including information such as:

- Delegates to Vote on 10 New Business Proposals
- Convention 2013 Lodging and Registration Are Open
- Audit Shows Sound Financial Management

A Step Ahead is a free quarterly newsletter for OA members, groups and service bodies. It provides information about issues important to the Fellowship, including descriptions of new and approved literature and specialty items, news from the WSO, and helpful information such as the Lifeline Monthly Topics. **A Step Ahead** appears online every quarter, usually in January, April, July and October. [4/4/13 oa.org]

New OA Book! Abstinence, Second Edition : \$10.00 ea. 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 & Bay 90-Day Journals : 90 Day Journal \$15.00 ea.
Created especially for Ocean & 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! Or contact IG by methods at left.

Ask-It Basket : WSBC
Q: Many of our intergroup members, including officers, have been overweight or obese for years without gradual weight loss. Should we be concerned that our intergroup's lack of physical recovery may portray a poor image of recovery? What, if anything, can we say or do about this? [Visit the Ask-It Basket](#)

Questions for the Ask-It Basket are submitted by delegates to the OA World Service Business Conference. Remember that these answers are the opinions of individual members of the Board of Trustees and others may have different opinions. It's a good idea to read other OA materials that address an issue and ask around in meetings for more opinions. Also keep in mind that circumstances change and opinions are refined over time. [\[oa.org\]](http://oa.org)

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 our 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

Imperfections [\[continued\]](#)

Gradually I came to realize the places weren't disappointing me. It was ME that was disappointing me. My state of mind, body and spirit wasn't capable of appreciating a spiritual moment, let alone a sacred monument, even after five years in program. I'd like to think I am now a better listener. A better friend. A better sister. Through patience, repetition of prayer, meditation, and above all, keeping up as best I can with the tools and action steps of the program, sometimes I glimpse 'the beauty,' and hear 'the silent voice' within. I have a clue as to why 'unseen' is in the eyes of the beholder' and why faith belongs there too. When the topic 'geographical cure' came up in a meeting this morning, I thought about pilgrimages. I went to England, and came back different. I am STILL evolving. Yet it is the INNER journey that changes me.

The picture at top is of a tree trunk on a hilltop in England. Until now I've overlooked this picture because of the graffiti on the tree: an imperfection, a failure by another would-be pilgrim to appreciate the sacred grove. Yet Morrigan's Mound ended up being my favorite spot of the eight-day journey. Aside from the graffiti, this picture shows the shady cave of tree trunks, leaves and roots contrasting the brilliance of the light outside the grove - a visual clue to the inner sanctuary from my hectic, outer world. Getting there did require a small effort - trudging 20 minutes in blazing sun, wind, on feet already sore and blistered. There was no parking lot. No admission booth. No benches, no pamphlets. Yet people came, and had been coming for centuries. Gives me new perspective on that 12-step chestnut: 'Keep coming. Don't quit before the miracle happens.'

- Michelle H, Tiverton, RI

[Join Our Mailing List!](#)

Sunrise on Beltane 2007 at Stonehenge, Salisbury Plain in the county of Wiltshire, England.

It is a mysterious collection of ancient stones, arranged into a man-made structure believed to be approximately 5000 years old. Listed on UNESCO's World Heritage register, Stonehenge is one of the world's most recognisable structures. Stonehenge is not a unique structure within Great Britain, more than 900 stone circles have been located in the British Isles; however Stonehenge is the largest and most well-known. Whilst it is not fully understood how and why this henge was important for ancient people, it is obvious that the site was relevant and for thousands of years it was built, modified, utilised and honoured. [\[SOURCE\]](#)
By Glen Woodward
Photo by Michelle H.