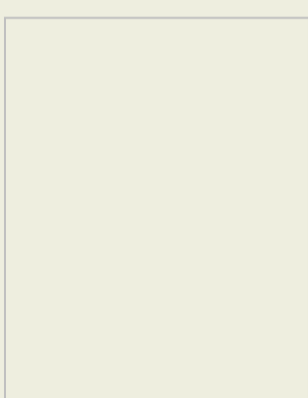




## In This Issue

- [The Bite That Hit The Floor](#)
- [Prison Initiative](#)
- [Wicked Awesome Recovery](#)
- [Journals Are Back!](#)
- [Step Ten](#)
- [Treasurer's Report](#)

## 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, October 7  
We will accepting  
nominations for service  
positions; voting will take  
place in November**

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

*Lifeline* is written by members just like you. World Service accepts letters, artwork and photos (no faces, please) for publication, and you may write about any subject important to your recovery from compulsive eating.

[Click here to download the 2015 Lifeline Topics](#)

## Quick Links

- [Overeaters Anonymous](#)
- [Region 6](#)
- [Ocean & Bay Intergroup](#)

Trick or treat? That is the question.

October brings about leaf peeping, Columbus Day sales, football, and--of course--Halloween. I personally used to think of All Hallows Eve as the High Holy Day for compulsive overeaters. I would disguise myself in order to hide my face and my shame and walk miles for the promise of free candy. Sadly, within days of obtaining my sugary booty, it was gone. For me, Halloween was sinister (cunning), threatening (baffling), and menacing (powerful).

Today in recovery, I am not immune to the lure of the food on October 31--or any other day of the year, for that matter. My disease is a fiendish ghoul that can still haunt me. (My family can attest that I turned into a witch when I ate certain foods prior to program.) So I cling to my Higher Power, especially as we enter the holiday season. I continue to practice the steps to the best of my ability. I strive to remain in fit spiritual condition, so that I am not bewitched by the siren song of excess food.

The only treat I want this year is the promise of freedom from compulsive eating.

In humble service,  
"As Always"

Kara  
*Intergroup Chair*

## The Bite That Hit The Floor

I was standing at the kitchen counter, putting together a sandwich for lunch, when I accidentally dropped a piece of lettuce. I watched as the lettuce hit the floor. Without thinking, I bent down, picked up the piece, and popped it in my mouth.

Now, leaving aside the fact that I ate food off the floor (as a compulsive overeater I've eaten a lot worse), in that one moment of eating that bit of lettuce, I saw clearly what was meant by the first compulsive bite. It wasn't a question of losing weight. That piece of lettuce wouldn't add a micro-calorie to my food plan. Rather, it was the act of eating without thinking. Putting that food into my mouth was totally instinctual--something part of my disease of compulsive eating. But this time, instead of following up with more eating, I stopped and thought about what I had just done. I replayed the moment over in my mind: watching the food hit the floor, picking it up, popping it into my mouth. I thought about what each action meant. And that's when I made a decision to look more carefully at each slice of food that goes into my sandwiches.

Instead of making a sandwich without thinking, I ask God to help me make the sandwich as cleanly as possible. I look carefully at each item as it goes between the slices of bread. If I slice something that falls off the plate onto the counter or floor, I pick it up and throw it away. In a way, I think of those items as belonging to God, not to me. That day I learned, very precisely, what the first compulsive bite looks like. And, while I'm sure there are other situations where a compulsive bite can occur, with God's help, I don't have to act on them when the bite hits the floor.

- Sandee C.

## Prison Initiative

As our 5th Tradition states: "Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers."

Ocean & Bay Intergroup has partnered with the R.I. Department of Corrections (DOC) to bring OA to the women's prison. We are looking for volunteers who are willing to attend occasional meetings at the prison. A background check is required and volunteers do have to attend a training run by the DOC. The service will be substantial to these women and satisfying for you.

Contact [Natalie](#) or [Kara](#) for more information, and [click here to complete form](#).

## Wicked Awesome Recovery

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

It's not too late to [register for Convention!](#)  
Day-trip it or spend the weekend

## 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 Ten

**Continued to take personal inventory and when we were wrong, promptly admitted it.**

Step Ten suggests that we continue to take personal inventory. In addition to this, many in OA also find one or more of the following daily practices helpful to our abstinence:

- committing our meals to a sponsor
- making note of the things for which we are grateful
- doing a daily writing
- making phone calls

[Click here](#) to download a worksheet to track these and other daily practices.

## 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.

[October Treasurer's Report](#)

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