



# Ocean & Bay INTERGROUP

Serving OA in Rhode Island, Southeastern Massachusetts

September 2014

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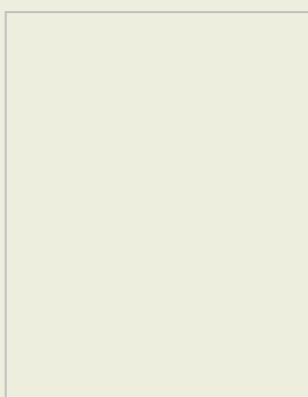
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## Meeting List



[Click to view Meeting List](#)

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

## Ocean & Bay Intergroup

**Next Meeting:  
Tuesday, September 2  
We will be making  
corrections to and voting  
upon our bylaws.**

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](#)

Back-to-school sales and specials are everywhere, and it thrills me. I relish the thought of buying a few new notebooks and pens in a myriad of colors (yes, I can get compulsive about this!), and as a lifelong learner, I look to this time of year to inspire me.

With that in mind, I recently reflected on the correlation between going back to school and my commitment to recovery. Prior to coming into program, I had both a food problem and a living problem. I needed to be taught a different way to think and a new way to live. Overeaters Anonymous became my classroom and other compulsive eaters within the fellowship turned out to be my professors. My sponsor told me that we "never graduate" from OA and that I need to "remain teachable."

Like many students, it's not uncommon for me to slip back into old habits--showing up late, acting like the class clown, daydreaming, forgetting my lunch at home, or not doing my homework. (Don't get me started about bunking gym class!) So, this year, I am recommitted to being a better "student."

I want to study the Big Book, discover new meetings, acquire knowledge, and understand my Higher Power's will. God is the Principal in my life today and I am ready for the first day of class!

In humble service,  
"As Always"

Kara  
Intergroup Chair

## Relapse Prevention Tip

Sometimes when I'm battling compulsive feelings and thinking about food obsessively, I remember (thanks HP) to write down what I am afraid of. Often, it's a very long list! Once I've gotten my fears out on paper, I turn them over to HP, and feel much, much better!

- Nancy A.

## 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!

If you've been to a convention before you know there'll be lots of meetings every day and experience, strength and hope from many parts of the region and the country. If you've never been to a convention make this your first!

[Click here to Register](#)

## Step Nine

**Made direct amends to such people wherever possible, except when to do so would injure them or others.**

Coming into OA, I saw the Steps and thought, "I can do this cafeteria style, take what I want and leave the rest. No Step Nine for me." Luckily, my sponsor taught me that the Steps were in that particular order for a reason. As we went through the Step work I matured mentally and spiritually. My relationship with my Higher Power deepened. I looked at my resentments and saw my part. Asking God to remove my character defects, I scrutinized the harm I had done to others and was willing to make amends to them all. Now I was ready to tackle Step Nine.

I prayed before meeting with people. I remembered to "stick to my side of the street" and not bring up anything I thought they had done to me. Most importantly, I gave up trying to control the results.

I made financial amends to employers from whom I had stolen money to buy food; I met with restaurant owners and paid bills I had ditched. I made direct amends to friends and family I had neglected while in the disease. Some folks wouldn't meet with me. Some yelled, some said they would never speak to me again. That's okay because I made the attempt to clean up my side of the street. Some people turned the tables and made amends to me. Some didn't even know I had harmed them. They appreciated what I was doing and were glad that I was doing my best to change my life. Some who had known me when I was 140 pounds heavier were fascinated by my recovery; they were curious about how I had lost the weight and even asked me to share my experience with their friends or relatives. That is the gift of this program. I not only get to be free of the horrible things I did when I was sick, but I get the opportunity to be of service and help others.

-P.D.

*Excerpted from "Metro Memo," the monthly newsletter of New York Metro Intergroup*

## Treasurer's Report

Our Seventh Tradition, 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.

[September Treasurer's Report](#)

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