



Ocean & Bay INTERGROUP

OVEREATERS ANONYMOUS MEETING LIST

Day / Time	City	Group Name	Format	Location	Contact	Phone	
SUNDAY							
5:30-7:00pm	Rumford, RI	Friendship	VR	Church of the Epiphany, Living Room, 1336 Pawtucket Ave	Holly	401.487.8734	no
6:00-7:00pm	Portsmouth, RI	The Art of Abstinence	VR	St. Paul's Episcopal Church, 2679 East Main Rd	Carol	401.619.4898	yes
MONDAY							
10:00-11:00am	Johnston, RI	Let's Be Honest	ST/NB/ST/TR	Johnston Senior Center, 1291 Hartford Ave	Joan	401.785.1827	yes
6:30-7:30pm	Coventry, RI	Monday's Miracles	ST/FT/NB/VR	Kent Cty Ch of Christ, Rt 3, Mapleroot Ctr, 2435 Nooseneck Hill Rd, Bldg C	Faith	401.828.7859	yes
7:00-8:00pm	Cranston, RI	Dignity Seekers	VR	St. Patrick Catholic Church, 2068 Cranston St.	Susanna	401.946.3314	no
TUESDAY							
9:30-10:30am	Portsmouth, RI	Just for Today	FT	St. Mary's Ch Parish House, 324 Main St (Park in back; go downstairs)	Pat D.	401.683.2761	yes
7:00-8:00pm	Warwick, RI	Surrender to Win	ST/OA2/FT/SP/TR	Kent County Hospital, Trowbridge Bldg, Room 5B	Liz	401.413.4073	yes
7:30-8:30pm	Mansfield, MA	Moving Forward	SP/ST/SP/LT	First Baptist Church, 52 North Main St	Darian	508.543.9421	yes
WEDNESDAY							
6:30-7:30pm	Kingston, RI	Steps to Serenity	ST/TR/FT/V	Kingston Congregational Church, 2610 Kingstown Rd. (near URI)	Christi S.	401.527.8940	no
7:00-8:00pm	Middletown, RI	Stop & Step	ST	Middletown Police Station, Valley Rd	Marge W.	401.835.3759	yes
7:30-8:30pm	Providence, RI	100 Pounder <i>(all welcome)</i>	R	The Miriam Hospital, Sopkin Auditorium	Anne D.	401.467.4044	yes
THURSDAY							
10:00-11:00am	Lincoln, RI	New Beginning	ST/VR	Lincoln Senior Center, 150 Jenckes Hill Rd	Denise	401.769.0746	yes
7:00-8:00pm	Cranston, RI	Growth from Within	AB/ST/FT/ST	St. Patrick Catholic Church, 2068 Cranston St.	Tina	401.952.2485	no
7:30-8:30pm	Riverside, RI		TO/BB/WR/SP/BB	Riverside Cong. Church, Bullocks Pt Ave (Writing 1st Thurs. of month)	Fran	401.935.2410	yes
FRIDAY							
9:30-10:30am	Portsmouth, RI	Design for Living	BB	St. Mary's Episc. Church, 324 E. Main Rd., Rte 138 (Parish House/Downstairs)	Sandy	401.855.0518	
7:30-8:30pm	Cranston, RI	Courage to Change	ST/OA2/SP/FT	Garden City Center, 100 Midway Place, Conference Rm	Susanna	401.946.3314	yes
SATURDAY							
8:30-9:30am	Plainville, MA	One Purpose Only	ST	Plainville United Methodist Church, 16 E Beacon St	Cher	617.835.4417	no
9:00-10:30am	Greenville, RI	Big Book Step Study	BBSS	Greenville Library, 573 Putnam Pike (Rt 44) Lower level	Jean	401.475.3461	yes
9:30-10:30am	Middletown, RI	A Room With A View	ST/TO/TR/P	Newport County YMCA, 792 Valley Rd, Board Room	Jeanne	401.835.2849	no
10:00-11:00am	E. Greenwich, RI	12 Steps Within	NB/ST/ST/ST	St. Luke's Church, 99 Pierce St	Faith	401.828.7859	no
10:00-11:00am	Fall River, MA	Saturday Salvation	ST/D/D/R	Stop & Shop Conference Room, 333 Mariano Blvd	Michelle H.	401.954.4674	yes

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

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 at St. Patrick Catholic Church, 2068 Cranston Street, Cranston, RI 02920. Literature sales take place from 7-7:30pm; meeting from 7:30-8:30pm.

For detailed directions, information and resources, or to sign up for our monthly e-newsletter, please visit: www.oceanandbay.org.

WE CAN HELP!

Overeaters Anonymous: offers a program of recovery from compulsive eating
 • uses the Twelve Steps and Twelve Traditions • is not a religious organization
 • does not promote a particular diet; has no weigh-ins • charges no dues or fees; each group is self supporting through its own contributions • has a variety of meetings every day of the week • offers experience, strength and hope

Meeting List Key: AB=Abstinence; BB=Big Book; BBSS=Big Book Step Study; D=Discussion; FT=For Today; L=Lifeline; LT=Literature; N=Newcomer; NB=New Beginning; OA2= OA Abstinence Book 2nd Edition; P=Promises; R=Relapse; SP=Speaker; ST=Step; TO=Tools; TR=Traditions; V=Varies; VR=Voice/Recov; WR=Writing

Meeting List Changes e-mail: oceanandbayoa@yahoo.com