



Last updated on: 10-15-18



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	Doreen	401.439.5789	no
6:00-7:00pm	Portsmouth, RI	The Art of Abstinence	VR	St. Paul's Episcopal Church, 2679 East Main Rd	Connie	401.862.4130	yes
MONDAY							
10:00-11:00am	Johnston, RI	Let's Be Honest	VR/ST/NB/SS/TR	Johnston Public Library, 1 Memorial Ave (Front door, elevator down)	Dottie	401.837.2762	yes
6:30-7:30pm	Providence, RI	The Recovery Team	Varies	VA Hospital, Fifth Floor, Wing C, Meeting Room 1	Ray L	401.516.0587	yes
7:00-8:00pm	Cranston, RI	Dignity Seekers	VR	St. Patrick Catholic Church, 2068 Cranston St (Downstairs)	Susanna	401.946.3314	no
TUESDAY							
9:30-10:30am	Portsmouth, RI	Just for Today	FT	St. Mary's Parish House, 324 East Main Rd (Park in lot; use door on left)	Pat D	401.683.2761	yes
6:30-7:45pm	East Providence, RI	Big Book Step Study	BBSS	Evergreen House Health Center, 1 Evergreen Drive	Fran	401.935.2410	yes
7:00-8:00pm	Warwick, RI	Surrender to Win	ST/BB /FT/OA3/TR	Kent County Hospital, Trowbridge Building, Room 5B	Melissa S.	401.935.8982	yes
7:00-8:00pm	Mansfield, MA	Moving Forward	BB/BB/ST/ST	First Baptist Church, 52 North Main Street	Laurie	508.344.3903	yes
WEDNESDAY							
6:30-7:30pm	Kingston, RI	Steps to Serenity	ST/AB/V/BB/SP	Kingston Congregational Church, 2610 Kingstown Rd (near URI)	Christi S	401.527.8940	no
7:00-8:00pm	Middletown, RI	Stop & Step	ST/ST/ST/TR	Middletown Police Station, 123 Valley Rd	Eileen	401.497.5797	yes
7:30-8:30pm	Providence, RI	100 Pounder(all welcome)	SP/AB/SP/ST	Miriam Hospital, Hurvitz Conference Room (Main door, take right, on left)	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/SP/FT/ST	St. Patrick Catholic Church, 2068 Cranston St (Downstairs)	Tina	401.952.2485	no
7:30-8:30pm	Riverside, RI	Riverside Meeting	ST	Riverside Cong. Church, Bullocks Pt Ave	Fran	401.935.2410	yes
FRIDAY							
9:30-10:30am	Portsmouth, RI	Design for Living	BB	St. Mary's Parish House, 324 East Main Rd (Park in lot; use door on left)	Sandy	401.855.0518	yes
7:30-8:30pm	Cranston, RI	Courage to Change	ST/OA3/SP/FT/TR	Garden City Center, 100 Midway Place (First floor conference room)	Susanna	401.946.3314	yes
SATURDAY							
8:30-9:30am	Plainville, MA	One Purpose Only	ST/TR	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, Route 44, 573 Putnam Pike (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 -2 nd Floor)	Jeanne	401.835.2849	yes
10:00-11:00am	E. Greenwich, RI	12 Steps Within	NB/ST/ST/ST	St. Luke's Church, 99 Pierce St (Last room on left past bathrooms)	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	Diane	401.573.3489	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 George C Arnold Jr Conference Center, Eleanor Slater Hospital, Regan Building, 3 Regan Court, Cranston, RI (same complex as the Cranston DMV). Literature sales take place from 6-6:30 pm; meeting from 6:30-7:30 pm.

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

For detailed directions, information and resources, or to sign up for our monthly e-newsletter, please visit 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; OA3= OA Book 3rd Edition; P=Promises; R=Relapse; SP=Speaker; SS=Seeking the Spiritual Path; ST=Step; TO=Tools; TR=Traditions; V=Varies; VR=Voices of Recovery; WR=Writing