

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 -2nd 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