



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	Roberta	401.548.5684	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
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 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 Building, Room 5B	Liz	401.413.4073	yes
7:00-8:00pm	Mansfield, MA	Moving Forward	SP/ST/SP/LT	First Baptist Church 52 North Main Street	Darian	508.543.9421	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, Valley Rd	Marge W	401.835.3759	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/ST/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 (Writing 1st Thurs. of month)	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 back; go downstairs)	Sandy	401.855.0518	yes
7:30-8:30pm	Cranston, RI	Courage to Change	ST/SS/SP/FT/TR	Garden City Center, 100 Midway Place, Conference Rm (last room on left)	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, 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	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 7-7:30 pm; meeting from 7:30-8:30 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; OA2= OA Abstinence Book 2nd 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