

# NEW OVEREATERS ANONYMOUS LITERATURE AVAILABLE

## *Enhance Your Recovery with an Exclusive Journal*

This 60-Day guided journal features space for recording your food plan, daily writing, listing gratitudes, evening reflection, and 10<sup>th</sup> Step review along with a list of morning and evening prayers and Twelve Step inspiration.



**JOURNAL**  
**OCEAN & BAY INTERGROUP**

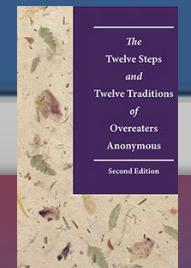
*OceanAndBay.org*

## *Ocean & Bay Journal*

**\$15.00 – Hot Off the Presses!**

*The 12 Steps & 12 Traditions of  
Overeaters Anonymous, 2<sup>nd</sup> Edition*

**\$15.00 – Brand New Book!**



*Available for purchase at monthly*

## **INTERGROUP MEETINGS**

*to be held at the*

**George C. Arnold, Jr.  
Conference Center**

**3 Regan Court  
Cranston, RI 02920**

Meeting Times

**6:00 pm – Lit. Sales**

**6:30 pm – IG Meeting**

Upcoming Meeting Dates

**Tuesday July 10th**

**Tuesday August 7<sup>th</sup>**