

# 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.

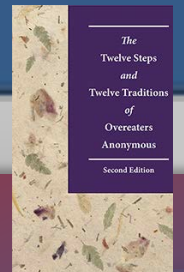


**JOURNAL**  
**OCEAN & BAY INTERGROUP**

*[OceanAndBay.org](http://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>**