

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 our meetings Rhode Island and nearby Massachusetts. We update and maintain this meeting list; stock OA literature for groups and individuals to purchase; sponsor OA events such as workshops; send delegates to regional and national conferences; and much more. All members of OA are welcomed and encouraged to attend our monthly Intergroup meetings.

We meet on the first Tuesday of each month in the Library on the 3rd floor of the Eleanor Slater Hospital – Regan Building at 3 Regan Court, Cranston, RI. Literature sales take place from 6-6:30 pm followed by the Intergroup meeting from 6:30-7:30 pm.

To submit meeting list changes, e-mail: OceanAndBayOA@yahoo.com

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

For more information and OA resources or to sign up for **Waves of Hope**, our monthly e-newsletter, please visit OceanAndBay.org.