

JAN 3

HONESTY

Identify Your Triggers and
Transform Your Food Plan



Ocean & Bay
INTERGROUP

oceanandbay.org
oceanandbayoa@yahoo.com 401.438.1301

JUL 11*

ACCEPTANCE

Is The Answer

*2nd Tuesday, this month, only

FEB 7

EASY DOES IT

Do It

Presents Monthly

2017

Mini Workshops

- Speakers
- Exercises & Handouts
- Questions & Answers

AUG 1

SPIRITUALITY

Discovering, Defining, Uncovering
and Refining Your Relationship
With Your Higher Power

MAR 7

TOOLS

Reorganize Your Tool Box

SEP 5

STEP 4

INVENTORY

Using the Worksheets in
the New OA Workbook

APR 4

BODY IMAGE

Learning to Love My Self

First Tuesday

of Every Month

6:00 to 7:00 pm

Admission is FREE

7th Tradition Basket will be Passed

OCT 3

CHARACTER
DEFECTS

Chipping Away at The Fears and
Revealing The Strengths
That Are Within Me

MAY 2

12-STEPPING A
PROBLEM

Use the New OA Pocket
Guide on Any Situation

Please join us after

7:00 pm Fellowship &

Literature Sales

7:30-8:30 pm

Intergroup Meeting

NOV 7

ABSTINENCE

A Plan of Eating
AND Going Further

JUN 6

SPONSORSHIP

I'm Not Ready But My
Sponsor Thinks I Am

St Patrick Catholic Church

2068 Cranston St

Cranston, RI 02920

Sorry, no handicap access

Please check www.oceanandbay.org for
updates on NEW accessible location

DEC 5

CARRYING THE
MESSAGE

To Those Who Still Suffer