

# OVEREATERS ANONYMOUS MEETING LIST

REV 9-7-14



Day / Time	City	Group Name	Format	Location	Contact	Phone	
<b>SUNDAY</b>							
5:30-7:00pm	Rumford, RI	Friendship	VR	Church of the Epiphany, Living Room, 1336 Pawtucket Ave	Holly	401.487.8734	no
6:00-7:00pm	Fall River, MA	Super Sunday	ST	Stop & Shop Conference Room, 333 Mariano Blvd	Judy	508.678.1310	yes
6:00-7:00pm	Portsmouth, RI	The Art of Abstinence	VR	St. Paul's Episcopal Church, 2679 East Main Rd	Carol	401.619.4898	yes
<b>MONDAY</b>							
10:00-11:00am	Johnston, RI	Let's Be Honest	ST/NB/ST/TR	Johnston Senior Center, 1291 Hartford Ave	Joan	401.785.1827	yes
6:30-7:30pm	Coventry, RI	Monday's Miracles	ST/FT/NB/VR	Kent Cty Ch of Christ, Rt 3, Mapleroot Ctr, 2435 Nooseneck Hill Rd, Bldg C Faith		401.828.7859	yes
7:00-8:00pm	Cranston, RI	Dignity Seekers	VR	St. Patrick Catholic Church, 2068 Cranston St.	Susanna	401.946.3314	no
<b>TUESDAY</b>							
9:30-10:30am	Portsmouth, RI	Just for Today	FT	St. Mary's Ch Parish House, 324 Main St (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 Bldg, 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 St	Darian	508.543.9421	yes
<b>WEDNESDAY</b>							
6:30-7:30pm	Kingston, RI	Steps to Serenity	ST/TR/FT/V	Kingston Congregational Church, 2610 Kingstown Rd. (near URI entrance)	Christi S.	401.527.8940	no
7:00-8:00pm	Middletown, RI	Stop & Step	ST	Middletown Police Station, Valley Rd	Marge W.	401.835.3759	yes
7:30-8:30pm	Providence, RI	100 Pounder(all welcome) R		The Miriam Hospital, Sopkin Auditorium	Anne D.	401.467.4044	yes
<b>THURSDAY</b>							
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	SP/FT/ST/TR	St. Patrick Catholic Church, 2068 Cranston St.	Tina	401.952.2485	no
7:30-8:30pm	Riverside, RI		TO/BB/WR/SP/BB	Riverside Cong. Church, Bullocks Pt Ave (Writing on first Thurs. of month)	Fran	401.935.2410	yes
<b>FRIDAY</b>							
6:00-7:00pm	Providence, RI	Miriam Tools	TO/D	The Miriam Hospital, Sopkin Auditorium	Ellie	847.867.5359	yes
7:30-8:30pm	Cranston, RI	Courage to Change	ST/OA2/SP/FT	Garden City Center, 100 Midway Place, Conference Rm	Susanna	401.946.3314	yes
<b>SATURDAY</b>							
8:30-9:30am	Plainville, MA	One Purpose Only	ST	Plainville United Methodist Church, 16 E Beacon St	Cher	617.835.4417	no
9:30-10:30am	Middletown, RI	A Room With A View	ST/TO/TR/P	Newport County YMCA, 792 Valley Rd, Board Room	Jeanne	401.835.2849	no
10:00-11:00am	E. Greenwich, RI	12 Steps Within	NB/ST/ST/ST	St. Luke's Church, 99 Pierce St	Faith	401.828.7859	
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
5:30-6:30pm	Providence, RI	Saturday Night Live	BB	The Miriam Hospital, Sopkin Auditorium	Ellie	847.867.5359	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 7-7:30pm; meeting from 7:30-8:30pm.

Ocean & Bay Intergroup P.O. Box 41273 Providence RI 02940-1273 401-438-1301	OA World Service Office 6075 Zenith Ct. Rio Rancho, NM 87124 505-891-2664
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- For detailed directions, on-line meeting lists, and other information, please visit: [www.oceanandbay.org](http://www.oceanandbay.org)
- Do you eat when you're not hungry?
- Do you eat when you are tired, lonely or angry?
- Do you have feelings of guilt and remorse after overeating?
- Is your weight or food obsession affecting the way you live your life?

## 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; 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; ST=Step; TO=Tools; TR=Traditions; V=Varies; VR=Voice/Recov; WR=Writing

Meeting List Changes e-mail: [mike@MikeI](mailto:mike@MikeI)

To sign up for our e-newsletter, just send your email address by text message to:

**OCEANANDBAY**  
to 22828 to get started

Message and data rates may apply.

