

OVEREATERS ANONYMOUS MEETING LIST -- MARCH 2010



REV. 3-9-10

TIME	CITY	GROUP'S NAME	FORMAT	LOCATION	CONTACT	PHONE	♿
SUNDAY							
5:00-6:00 pm	Cranston RI	Let Go and Let God	BB	St. Ann's Church, Cranston St., Next to St. Ann's Cemetery	Dottie L.	401-942-3456	yes
5:30-7:00 pm	Rumford RI	Friendship	V/R	Church of the Epiphany 1336 Pawtucket Ave.	Paula H.	401-725-2514	no
6:00-7:00 pm	Fall River MA	Super Sunday	D/R	Stop & Shop Conference Room, 333 Marianno Bishop Blvd.	Judy	508-678-1310	—
7:00-8:00 pm	Portsmouth RI	The Art of Abstinence	BB/BB/BB/St	St. Paul's Episcopal Church, 2679 East Main Road	Marge W	401-835-3759	—
MONDAY							
10:00-11:00 am	Johnston RI	Let's Be Honest	D/St/NB/St	Johnston Senior Ctr, 1291 Hartford Ave.	Joan M.	401-785-1827	yes
11:30-12:30	Block Island RI	—	D	Harbour Baptist Church	Grace	401-466-9833	yes
1:00-2:30 pm	N. Kingston RI	Action Not Reaction	V	Cole Springs Community ctr. Beach St.	Mary Louise	401-295-1424	yes
6:30-7:30 pm	New Bedford MA	Stepping Up	St	First Church of the Nazarene Parish House, Hathaway Rd.	Jackie	508-997-2265	—
7:00-8:00 pm	Cranston RI	Dignity Seekers	blue book/Sp	St. Ann's Church, Cranston St., Next to St. Ann's Cemetery	Susanna	401-946-3314	yes
7:00-8:00 pm	Wrentham MA	—	Brown book	Trinity Episcopal Church, Route 140, 47 East St.	Paula	508-695-3895	—
7:00-8:15 pm	Providence RI	—	St	Sarah Doyle Center, 26 Benevolent Street	Anthony	401-255-0586	no
TUESDAY							
9:30-11:00 am	Coventry RI	Jolly Abstainers	V	Sts. John & Paul Ch., Parish House Tiogue Av. & S. Main (Rt. 3)	Mary Louise	401-295-1424	—
9:30-10:30 am	Portsmouth RI	Just For Today	Ft	St Mary's Church Episcopal Parish Hall, 324 East Main Rd.	Pat D.	401-683-2761	no
3:15-4:15 pm	Fall River MA	Safe Haven	D	Bristol Community College, 777 Elsbree St., Bldg. C, Room 110	Rachelle	508-675-0295	yes
5:30-6:30 pm	Providence	Women's Meeting	D	Sarah Doyle Center, 26 Benevolent Street	Holly	617-821-6167	no
7:00-8:00 pm	Warwick RI	Surrender To Win	St/BB/W/Sp/Tr.	Kent County. Hospital, Trowbridge Building, Room 5B.	Melanie L.	401- 615-9961	yes
7:00-8:00 pm	Mansfield MA	Moving Forward	Sp/St/Sp/Lit	First Baptist Church, 52 North Main Street	Vasa	508-543-7462	yes
WEDNESDAY							
6:00-7:00 pm	Kingston RI	Promises Kept	V	Kingston Pub. Library, Rt 138 & Upper College Rd	Paula	401-474-1909	yes
7:00-8:00 pm	Fall River MA	Deep Thoughts	BB/St	Stop & Shop Conference Room, 333 Mariano Bishop Blvd.	Lisa	508-674-6110	yes
7:00-8:00 pm	Middletown RI	Stop & Step	St	St. Lucy's "Cry Room", 909 West Main Road	Marge	401-835-3759	yes
7:30-8:30 pm	Providence RI	100 Pounder/All Welcome	R	Miriam Hospital, Hurvitz conference room next to the gift shop	Anne D.	401-467-4044	yes
THURSDAY							
10-11:00 am	N. Scituate RI	Recovery	Ft, VR	North Scituate Baptist Church, Route 116	Jeannette	401-934-1270	—
7:00-8:00 pm	Chepachet RI	Promises	V	Union Church, Main St. Rte. 44 - Across from Library	Jean	401-568-5542	no
7:30-8:30 pm	Riverside RI	—	D	Riv. Cong. Church, Bullocks Pt. Av. 1st Thurs. Mo. Writing	Fran	401-935-2410	yes
FRIDAY							
6:00-7:00 pm	Providence RI	Miriam Tools	To/D	Miriam Hosp. Hurvitz conference room next to the gift shop	Holly	617-821-6167	—
7:30-8:30 pm	Cranston RI	Courage to Change	St/Ab/Sp/W	100 Midway Place, Garden City Center Conference Room	Susanna.	401-946-3314	yes
SATURDAY							
8:30 - 9:30 am	Plainville, MA	One Purpose Only	St	Plainville United Methodist Ch., 16 E. Beacon St.	—	—	no
10:00 - 11:00 am	East Greenwich	12 steps within	St	Saint Luke's Church, 99 Pierce Street	Karen P.	401-884-6254	—
9:30 - 10:30 am	Middletown RI	A Room With A View	St/V/Tr/V	Newport County YMCA, 792 Valley Rd., Board Rm.	Jeanne	401-846-2410	no
10:00-11:00 am	Fall River MA	Saturday Salvation	St/D/D/R.	Stop & Shop Conference Room, 333 Mariano Bishop Blvd.	Michelle	401-624-6666	—
5:30 - 6:30 pm	Providence RI	Saturday Nite Live	BB	Miriam Hospital, Hurvitz conference room next to the gift shop	Holly	617-821-6167	yes

Welcomes You to Overeaters Anonymous

Do you eat when you're not hungry? Do you eat when you're tired, or lonely, or angry? Do you eat in secret? Have you lost weight, only to find yourself regaining the weight loss and more? Is food or your weight affecting the quality of your life? **OA CAN HELP.**

We are a mutual self-help organization, a fellowship of men and women who meet to share experience, strength and hope in order to solve our common problems.

Our primary concern is with the feelings that lie behind our over-eating, **not** with diets, calories, or weight. We have no weigh-ins; each member is the sole judge of his or her own food plan and ideal weight. We offer love, support, and a sane, honest way of living and eating.

There are meetings every day of the week. Please feel free to visit any meeting. There are no dues or fees. Each group is self-supporting through its own donations. The only requirement for membership is a desire to stop eating compulsively.

Each meeting is autonomous and determines its own format. We recommend that you try several meetings before you decide if OA is for you.

We can't do it alone...

We need your support. Please send a group representative, to come and be a part of what holds us together! Intergroup has many functions. We update and print meeting lists, stock OA literature for groups to purchase, sponsor OA events such as marathons, retreats and dances, send delegates to regional and national conferences, and more. We need your representation to do this. All groups have a vote, and all are welcome. You can help us to carry the message... and give 12th step service.

Directions to:

Park Place Congregational Church, 71 Park Place, Pawt. RI:

From the south: 95N to Exit 27. Left at 3rd light (see *).

From the north: 95S to Exit 27. Right at end of ramp. *

* Left at stop sign in front of Motor Vehicle Registry. Immediate left at light. Park Place Congregational Church on right (white columns). Enter through side door on left, downstairs and through kitchen. First Tuesday of each month at 7:30 p.m.

Ocean & Bay Intergroup

Call: 401-438-1301
Write: P.O. Box 41273
Providence RI
02940-1273

OA World Service Office

Call: 505-891-2664
Write: 6075 Zenith Ct
Rio Rancho, NM
87124

Meeting List Key: Format Column: A=Anniversary, Ab=Abstinence 90=90 days abst. req. to speak BB=Big Book, D=Discussion, F=Feedback, Ft=For today book, L=Lifeline, Lit=Literature, N=Newcomer, NB=New Beginning, P=Principles Sp=Speaker, St=Step, R= Relapse, To=Tools, Tr=Tradition, V=Varies, VR= Voices of Recovery Book, W=White Book,

Meeting List Changes: Call Mike at: 401-284-0130

or e-mail at: mike@MikeMonahanDesign.com

Online List: <http://www.oceanandbay.org>