



# South Coastal MA Breeze



APRIL 2017

**You Are Invited to Celebrate  
the 43rd Anniversary of the  
Abington OA Meeting  
Saturday May 13, 2017 10am-12pm  
Parrish Hall, St Bridget's Catholic  
Church, 455 Plymouth St.  
Route 58 at Center St.**



**Listen to Speakers, Find Recovery, Get a Wardrobe Update**

SCMI Board  
2016-2017

- Chair-Mary W.
- Vice Chair - Kathy B.
- Recording Secretary - Lauren W.
- Corresponding Secretary - Rita A.
- Treasurer - Lee R.
- Breeze Editor - Joan T.
- Lending Library - Sandi G.
- Region 6 Delegates - Lauren W.  
Joan T.
- Region 6 Trustee- Karin H.

## Save the Date: **October 28th**

**Place: Beth Israel Deaconess Hospital, 275 Sandwich St, Plymouth**

**More Information to Come**



Our website: [www.scmioa.org](http://www.scmioa.org)

### SCMI EDITORIAL POLICY

This is your newsletter. Forward your submissions to [breeze@scmioa.org](mailto:breeze@scmioa.org) (300-400 words max.) Your contributions, comments, and experiences in the OA way of life are needed. The opinions expressed in the Breeze reflect those of the writers and not the South Coastal Mass Intergroup or OA or as a whole, nor does the publication of any article imply endorsement. We are neither able to pay for nor return any submissions. All material from this newsletter may be reprinted without permission by other OA groups, unless otherwise noted. Names will be withheld upon request. The editor gladly welcomes contributions and reserves the right to edit articles with the intent of preserving the Twelve Steps and Twelve Traditions. Announcements and upcoming events are also listed in the publication.

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### Opportunities to do Service



Ask a few of your OA friends to attend a different meeting than usual with you? Could you and your OA friends attend one or both of the following meetings?

**Randolph-Monday 9:30-11:00am meets at (\*) Senior Veterans Center, 16 Fencourt Ave.** (off Rt. 139), parking in front of building, use front entrance (no stairs) and take first left, then go to the second doorway on your left, (dining room)

**Stoughton-Friday 9:30-11:00am, Congregational Church 76 Pierce St.** park in lot, go through door marked entrance, then go to 4th door on right

**Your Service will be Greatly Appreciated!!!**

**Please update your Meeting Secretary's  
Contact Information at [info@scmioa.org](mailto:info@scmioa.org)**



### INTERGROUP CALENDAR

**SOUTH COASTAL MA INTERGROUP WEBSITE: <http://www.scmioa.org>**

**ALL INFORMATION - CONTACT INFO AND LINKS ON OUR WEBSITE CALENDAR**

<b>Apr 18 Sat.</b>	ABINGTON MA-South Coastal Mass. <b>Intergroup meeting</b> , 455 Plymouth St., Route 58 at Center St., Priority Building, 11:45-am immediately following the regular OA meeting
<b>May 13</b>	ABINGTON MA.- <b>Anniversary Meeting</b> St Bridget's Catholic Church, 455 Plymouth St., Route 58 at Center St., Parish Hall, 10:00- 12:00pm, speakers clothing swap, raffles, sharing

**OA Events Outside the SCMI Area - Go to [www.scmioa.org](http://www.scmioa.org) for more information**

Apr. 15-17 Framingham, MA, "Step Into Recovery" Retreat

June 2-4 "A Guided Journey Through the 12Steps" Western Mass. Intergroup Retreat

June 2-4 "Using the 12 Steps to Navigate the Ups and Downs of Relapse" Metro west Intergroup Retreat

**Our Intergroup maintains a lending library of recorded meetings from Region 6 Conventions. All you have to do is sign them out and remember to return them for another listener. They are available at South Coastal MA Intergroup meeting place (the Sat. Abington meeting).**

(\* ) Handicap Accessible; (BB) Big Book; (Bg) Beginners; (FT) For Today; (H) How; (L) Literature; (M) Men's Focus; (P/TR) Principles/Traditions; (R) Rotating Format; (R&R) Relapse/Recovery; (SP) Speaker; (ST) Step; (T) Tools; (VOR) Voices of Recovery; (VS) Virtual Speaker; (W) Writing; (WM) Women's Focus; (100) 100 Pounder's Focus

Abington	St. Bridget's Catholic Church, 455 Plymouth St., Rte 58 at Central St., Priory Bldg (Sat-10AM SP)
Braintree	1st Cong Ch-12 Elm St. (Parking lot off Steadman Ave) in basement Chapel (Mon-7-8PM SP) (Tues-7-8 PM SP/BG welcome) (Fri 6:30-7:30 PM ST meet in library in lower level)
Braintree	St. Clare's Catholic Church (Rectory), 1244 Liberty St, (Wed.10:00 to 11:00 AM FT)
Braintree	First Baptist Church, 594 Washington Street (lower level library) (Thur 5:30 - 6:30 PM SP)
Brockton	(* ) Good Samaritan Hospital Moakley Center 235 N. Pearl St Brockton, Tuesday 7-8:30PM
Duxbury	(* ) Church of St. John the Evan-410 Washington St. Library (Thur-7:00PM SP)
Easton	(* ) Holy Trinity Lutheran Ch -143 Lincoln Street Sat-10AM R)
Hingham	(* ) House of Prayer Lutheran Church - 916 Main Street (Route 228) (Mon-10-11 AM, child friendly (L) (Tue 10 AM W) (Thurs-6:30 M) (Fri-10AM-VOR)
Lakeville	(* ) United Church of Christ-3 Precinct Street-Crn of Rts 18 & 105 (Mon-7-8 PM) (L)
Marion	(* ) St. Gabriel's Episcopal - 124 Front Street (Sat-8:00 AM L & Sat-9:00 AM SP)
Plymouth	(* ) Beth Israel Deaconess Hospital formerly Jordan Hosp.-275 Sandwich St. (Sun-10:30AM SP Funkhouser Conf. Rm.) (Tue-5:45 PM BB-ST Boynton Conf. Rm.)
Plymouth	(* ) St. Mary's Parish Center 347 Court St. Plymouth (Thurs 9:30 ST) enter through side door
Randolph	(* ) Senior Veterans Center, 16 Fencourt Ave. (off Rt. 139), parking in front of building, use front entrance (no stairs) and take first left, then go to the second doorway on your left, (dining room), (Mon. 9:30 to 11:00 AM)
Stoughton	(* ) Goddard Center - 909 Sumner Street (Sun-6:00 PM ST), meet in lobby, proceed to meeting room
Stoughton	(* ) Congregational Church , 76 Pierce St., 9:30AM -11:00AM
Taunton	First Parish Universalist-On 71 Church Green off Rts 44&140 (Wed-7:00 PM)

#### Step 4 : Made a searching and fearless moral inventory of ourselves.

The Fourth Step calls for us to examine our lives up to the present day, writing down all important actions and events of a moral or ethical nature, our feelings about them, and the character traits in us from which these actions stemmed. Writing this inventory is an important process which tests our commitment to the twelve-step program. **How can we face this challenge fearlessly, as the step asks us to do?**

OA Twelve Steps and Twelve Traditions pg. 29

#### Some members share their thoughts on this question.

**Lee R.** For me , a big factor in facing step 4 fearlessly had to do with trust. I had learned to trust in a Higher Power that I really believed wanted only the best for me, and wanted me to rid myself of the shackles caused by excess food. I believed that it was this H.P. that led me to my sponsor who I trusted completely and believed when she said what worked in her recovery (the 12 steps), would also work for me. I had trust that in writing my inventory, I would see the blue print for needed change, and that when I subsequently shared my " baggage" with my sponsor in step 5, I had trust that she would never talk of this with anyone else (which she never did).

**Mary W.** When I started the Big Book Step Study process, it was from a backwards point of view. I heard in the Promises that "If we are painstaking about this phase of our development, we will be amazed before we are half-way through. ... Fear of people and economic security will leave us." But those Promises come true after Step 9. When I started my step work, I was getting ready to retire and had huge fears about economic insecurity. I wanted to go through the Steps as they are laid out in the Big Book, so that I could attain those Promises. A journey always starts with Step 1, so that's where I had to start. I would be kidding everyone if I claimed that writing my "fearless moral inventory," in Step 4 was easy. It's probably one of the most difficult things that I've ever done. It was filled with a lot of fear, pain and regret. I got through it with the help of my Higher Power, my Big Book Step Study Sponsor and by keeping my eye on the prize of having the Promises come true in my life. I'm here to say that IT WORKED!

#### Donations to South Coastal Mass Intergroup February 19-March19 2017

There were no donations from individual meetings during this period

**Joan T.** When I started in the Steps, I was filled with fear and a large amount of denial about my character defects. I really only fooled myself that I was honest. It took prayer to be shown where I had made mistakes. For this to work, I also prayed for willingness because I wanted freedom from my glaring character defects. I worked with God, my sponsor, and listened to how others had done it. I committed to work on it 30 minutes daily. It took a while for the fear to leave me, but I am so glad I did this. As the OA Twelve Steps and Twelve Traditions states, "it is the most loving thing I've ever done for myself. Having met this goal gives me the courage to reach out to do the next Step.

**We are members of Region 6. Find information at: [www.oaregion6.org](http://www.oaregion6.org)**

**SCMI 2017 Meeting Dates: Jan. 21, Feb. 18, Mar. 18, Apr 22, May 20, Jun 17, Sep. 9, Oct 14, Nov. 18, Jan. 20, 2018**

**Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.**