



South Coastal MA Breeze



February 2017

Come to Unity Day

BI Deaconess Hospital in Plymouth MA.

February 25, 2017

from 1:00-4:00 PM

Registration begins at 12:30pm

At 2:30pm EST

connect with OA members world wide

5 Speakers, Literature Sales, Raffle Baskets, Find a Sponsor
Refreshments, Sharing



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- Karen K.

Many thanks to those who give service by filling these positions.

Our website: www.scmioa.org

SCMI EDITORIAL POLICY

This is your newsletter. Forward your submissions to 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.

South Coastal Mass Intergroup
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breeze@scmioa.org

New Website for Lifeline



Read Lifeline any way you choose on your PC, tablet or other mobile device, just like you do with your favorite websites

at

www.oalifeline.org

A US \$23 annual subscription gives you access to every Lifeline story published since January 2016 plus all new stories. Hit the translate button to read it in another language.

Toronto (Richmond Hill) Canada Keynote Speakers Wanted

Four keynotes will be selected

Submit your recording for consideration.

Keynote speakers receive a free hotel room during the convention

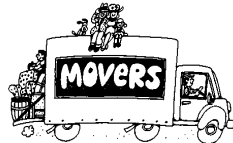
Meal plan can be purchased separately.

In order to be considered, a candidate must:

- △ Be an OA member with a minimum of 3 years current continuous abstinence.
 - △ Submit in digital format (MP3 or CD) a talk recorded at an OA event/ Registered meeting.
 - △ Register for the 2017 Convention prior to recording submission.
- Email submission to R6conventionchair@oaregion6.org

Deadline for Submission is Saturday April 22 nd

Stoughton Meetings Moving:



The Stoughton Library will be closing for renovation and expansion at the end of February.

The Tuesday night and Friday morning meetings will be temporarily moving probably beginning March 1, 2017.

Please check www.scmioa.org for the latest information about location and other changes.

INTERGROUP CALENDAR

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

Feb 18 Sat.	ABINGTON MA-South Coastal Mass. Intergroup meeting, 455 Plymouth St., Route 58 at Center St., Priory Building, 11:45-am immediately following the regular OA meeting
Feb 25 Sat.	PLYMOUTH, MA UNITY DAY —Beth Israel Deaconess Hospital meeting from 1:00-4:00 PM(registration begins at 12:30PM.)This event is being co-hosted by South Coastal Intergroup and Cape Cod Intergroup, for more information call Joan T. 508-560-5945 or Mary W.508-208-2504
May 13 Sat.	ABINGTON MA.- Anniversary Meeting St Bridgets' 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 for more information

Feb. 10-12 Greenfield, NH, "Practicing These Principles in All Our Affairs"

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

June 2-4 Retreats in Reading MA. And another in Westfield, MA

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)
Duxbury	(* Church of St. John the Evan-410 Washington St. Library (Thur-7:00PM SP)
Easton	(* Holy Trinity Lutheran Ch -143 Lincoln Street (Thur-7PM & 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)
Marshfield	Marshfield Senior Center (Conference room), 230 Webster Street, Marshfield, (Wed. 10:00 to 11:00 AM)
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	(* Public Library- 84 Park St. (Route 27 & Walnut St.) (Tues-7:00-8:30 PM) & (Fri-9:30-11:00 AM) see page 1
Taunton	First Parish Universalist-On 71 Church Green off Rts 44&140 (Wed-7:00 PM)

"At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health, and self confidence, which some of us once possessed, were no defense against it."
Overeaters Anonymous, Second Edition p.1

The only defense I have against the disease of compulsive overeating is a spiritual one. After years in the program, after weight loss, after learning and practicing healthy eating habits, after discovering better ways to react to life's changes, I must continue to search for acceptance and guidance from a Higher Power. How many times have I fallen for the mistaken notion that after a few days or months of successful eating and living, I can again take charge of my life? I've learned the hard way, by successive relapses and humiliations, that no matter how much better I look, act, or feel, God must always be in charge of my life. My continued recovery depends on the continual maintenance and growth of my spiritual condition. That hasn't changed from the day I set foot in my first Overeaters Anonymous meeting, and I hope it never will.

Voices of Recovery p. 129

Donations to South Coastal Mass Intergroup November 13, 2016-January 21, 2017		
Easton	Sat. AM	\$ 25.00
Braintree	Mon. PM	100.00
Plymouth	Tues. PM	200.00
Plymouth	Sun. AM	200.00
Abington	Sat. AM	150.00
Hingham	Thurs. PM	40.00
Randolph	Mon. AM	15.00
Hingham	Fri. AM	85.00

Phone Support on Holidays



Marathon Phone meetings held every hour on the hour beginning at 8am Around regularly scheduled meetings

Dial 712-423-5200
Enter pin 4285115#
Find a phone meeting
Feb 14, Feb 20, Feb 25



Virtual Workshops

New Podcast Available

Spirituality, Sponsorship, And Service go Hand in Hand

Go To WWW.OA.org/Podcasts

We are members of Region 6. Find information at: 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.