



# South Coastal MA Breeze



August 2017

## Sponsorship Day, Saturday August 19, 2017 What Is a Sponsor?

"...a loving witness, someone who doesn't judge or seek to fix us."

The Twelve Steps and Twelve Traditions of OA, pg 49. Someone who doesn't judge—I was not accustomed to that before OA. What a wonderful difference it is to find people who really listen to me! What a talent they have for listening and not attempting to solve my problems.

Can I also learn to do this? Why not? If I can work the Steps in the footsteps of my sponsor and others in program, I can also learn to listen. Slowly, this ability is coming to me. I no longer plan what I'm going to say while you are speaking. I actually strive to hear the feelings behind your words. The words are not as important as the feelings conveyed.

Discovering people who listen to me is one of the many gifts of the program. And it is one that I can pass on to others. God has blessed me with many gifts since I walked through the doors of OA. The ability to be a loving witness is but one of them. *Voices of Recovery*, p. 12

### SCMI Board 2016-2017

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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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### Events to Celebrate Sponsorship Day

**Marathon Phone Meetings August 19th 8am-8pm** Phone 712-432-5200 pin-428-5115

**Listen to a podcast "Sponsorship Success"** Go to [OA.org/](http://OA.org/) Podcasts select the title.

**Write an article for Lifeline.** Share your appreciation for your sponsor or for an opportunity to give service as a sponsor. Send articles to Lifeline, PO Box 44020 Rio Rancho, NM. 87174-4020 or email [myoung@oa.org](mailto:myoung@oa.org)



**You Are Invited to Attend the  
Anniversary of the Sunday Morning Plymouth Meeting  
Sunday, September 17th from 10am-12noon  
Beth Israel Deaconess Hospital  
Funkhauser Room**

### INTERGROUP CALENDAR

SOUTH COASTAL MA INTERGROUP WEBSITE: <a href="http://www.scmioa.org">http://www.scmioa.org</a> ALL INFORMATION - CONTACT INFO AND LINKS ON OUR WEBSITE CALENDAR	
<b>Aug 11 Fri</b>	Nantasket Beach 1-8 pm O.A. meeting at 6:30 pm. For more details see the flyer or check our website
<b>Aug 12 Sat.</b>	"Twelve Steps Within" make care calls to persons who haven't been to meetings lately
<b>Aug. 15 Tue.</b>	R6 Convention in Toronto- Early-bird registration ends.
<b>Aug 19 Sat.</b>	Marathon phone meetings from 8am to 8pm see above for more information
<b>Oct. 28 Sat.</b>	Plymouth, MA. Beth Israel Deaconess Hospital 275 Sandwich St. "Surviving the Holidays 101" 1-4pm

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

**Tue. Sept. 5th-Mini Workshop-6-7pm, Step 4 Inventory** St Patrick's Church, 2068 Cranston St., Cranston RI (using workbook sheets in NEW OA Workbook)

**Sat. Oct. 6-8 Waltham, MA-Retreat** Espousal Retreat Center sponsored by MBI see our web site for details.

**Sat. Oct. 6-8 Biddeford, ME-A Weekend Walk Through The Steps**

**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 7-8:00PM
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	(* Cura Health, 909 Sumner Street (Sun-6:00 -7:00PM ST), will wait in entrance area till 5:55 pm , then proceed to meeting room
Stoughton	(*Congregational Church , 76 Pierce St., (Fri. 9:30AM -11:00AM) (L)
Taunton	First Parish Universalist-On 71 Church Green off Rts 44&140 (Wed-7:00 PM)

*"A life of sane and happy usefulness" is what we are promised as a result of working the Twelve Steps"*  
*-Tools of Recovery, Page 6*

"Who would want that?" That was my reaction to reading this line for the first time, nearly seventeen years ago. I wanted a slim body and plenty of money, not service to others. Today I'm convinced that my Higher Power led me to Overeaters Anonymous. I got far more than I bargained for when I walked in the OA doors.

It had not occurred to me to try a spiritual solution to deal with what I thought was a physical problem. I had been compulsively overeating nearly all my life before coming to OA. I just didn't know there was a name for what I did. I am very grateful that I have kept coming back to meetings regularly, week after week. My Higher Power continues to challenge me to love and accept myself just as I am today and to pass on the message that recovery from the disease is possible. "Sane and happy usefulness" to myself and others is something I strive for today, one day at a time.

It has been a unique experience for me to reach out to still-suffering compulsive overeaters and know that there is a solution in OA, if they want.

Voices of Recovery p. 366

**"Service is Slimming"** program slogan

Donations to South Coastal Mass Intergroup Reporting will resume in September

### R6 Overeaters Anonymous Convention Reminder

October 20-22

Sheraton Parkway, Toronto North

Register online at [www.oaregion6.org/2017](http://www.oaregion6.org/2017)

**Early Bird Registration**

**Ends August 15th**

**Attention:**

**New OA Men's Focus Website**

Go to [WWW.OAMEN.org](http://WWW.OAMEN.org)



**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.