



South Coastal MA Breeze



July 2017

OA Announces a New Event Day

Sponsorship Day, Saturday August 19, 2017

Celebrate that Special Relationship

I think it is great that OA is establishing a day to recognize the importance of sponsorship, which I believe is one of the most important aspects of our Fellowship. I have been in OA for about 33 years, and have had a sponsor for about 32 years. Currently, I sponsor 5 people, 3 call Monday through Friday and the other 2 call weekly. I know I owe so much recovery as a result of the various sponsors (all wonderful) that I have had over the years. Specifically, I learned the importance of being completely honest with another person. Because one sponsor was able to share the concept of "act as if," I was able to develop a close relationship with both the God of my understanding and my mother. These are only a few of the so many other blessing obtained by doing the 12-step work with a sponsor. Likewise, I have learned that sponsoring brings its own blessings, It is such a joy to hear and see recovery in someone that you sponsor (although I am careful to remember that this is the result of God and I am just a tool for His good work.). I am also pleased to be able to offer some suggestions based on experience when a sponsored person is floundering. I have learned over the years to be a good listener, and I try to offer ideas to ponder, rather than dictate what a person should do. I believe that we are all on our own individual journey in this program and life, but it is nice to have someone to share the sights along the way.

In closing, I thank my High Power for both my sponsor and those who extend their trust to me as a sponsor.

Lee R..

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SCMI Board 2016-2017

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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.

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breeze@scmioa.org

R6 Overeaters Anonymous

Convention Reminder

October 20-22 Sheraton Parkway Toronto North
 Register online at www.oaregion6.org/2017
 Early Bird Registration Ends August 15th



When Going on Vacation

Don't Forget
 Your Program
 It's portable !!!

In July, World Service will be randomly contacting your group secretary for a member survey.

Is your group contact information up to date?



Group Secretaries are the vital information link between the group, Intergroup, and World Service. E-mail us at info@scmioa.org or call SCMI hotline at 781-925-1903

INTERGROUP CALENDAR

SOUTH COASTAL MA INTERGROUP WEBSITE: http://www.scmioa.org	
ALL INFORMATION - CONTACT INFO AND LINKS ON OUR WEBSITE CALENDAR	
July 12 Wed.	"Twelve Step Within " care calls to people you haven't seen at meetings lately
July 28 Fri.	Nantasket Beach 1-8 pm O.A. meeting at 6:30 pm. For more details see the flyer or check our website
Aug 11 Fri.	Nantasket Beach 1-8 pm O.A. meeting at 6:30 pm For more details see the flyer or check our website
Oct 28 Sat.	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 for more information

Tuesday July 11- Cranston RI Mini Workshop-"Acceptance is the Answer" 6-7pm, St Patrick's Church, 2068 Cranston St. Cranston, RI.

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)

My Sponsors,

My first sponsor was "D". I chose her because she exhibited self confidence, and I had none. My next sponsor was "M", whom I chose because of her long term abstinence. Next "J" was chosen when I was newly single again because she had lots of experience in dating. "R" was next and was the only one to raise her hand at a meeting when I told myself I wasn't leaving that meeting without a sponsor. At that time, I was getting to know my junior high age step children, and she was a junior high school teacher. Next was another "D" chosen because she was seeing a counselor whom I thought could help me too. My current sponsor, "B" whom I chose because she has a strong personality and will not put up with any of my excuses. When a sponsor and I had to part company, it was always because of some life situation (a move, job change, shift change) interfered with our making a connection. Whenever it was time to find a new sponsor, I prayed for guidance. The best person for me always appeared and was exactly the right person for me at that time. These women all continue to be dear friends. I can share anything with my sponsor and I can rely on her to tell me when I'm lying to myself or when I'm in denial. She keeps me grounded and I value our relationship. I need someone in my life who knows me and knows how I, as a compulsive overeater, think. I cannot imagine working this program without a sponsor.

Mary W.

For More Information about Sponsoring GO to www.oa.org /Podcasts Select: "Sponsorship Success" (new)

Donations to South Coastal Mass Intergroup 2017 May 21-June 17 2017 Hingham Friday A.M. \$75.00

Urgent Request from Region 6 !!!
 The R6 treasurer has stepped down. If you are sending your Seventh Tradition contributions, on behalf of your meeting, intergroup or individually, at this moment please strongly consider using the online method. It is fast efficient and you'll have peace of mind knowing immediately your contribution has been received. We appreciate your support of Region 6, however at this time, there is no individual to do the service of picking up and depositing your checks. For the near future, we can expect substantial delays in receiving any contributions made by check or USPS. Your help and cooperation and of course your contributions are appreciated. Thank you Debbie H Region 6 Chair.

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.