

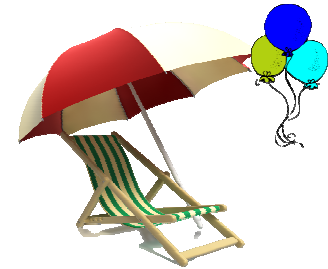


South Coastal MA Breeze



June 2017

Friday Beach Meetings Summer 2017 at Nantasket Beach



Friday July 28th (high tide 4:07 pm)

Friday August 11th (high tide 2:42 pm)

1 PM -8PM Meeting at 6:30 PM

Bring your lunch and/or supper, a chair, and enjoy fellowship and fun in the sun. (For more information go to www.scmioa.org)

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.

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
P O Box 421
Abington, MA 02351
781-925-1903
breeze@scmioa.org

Region 6

Overeaters Anonymous
Convention News



October 20-22

Sheraton Parkway Toronto North
Register online at www.oaregion6.org/2017

Registration Rates

\$50 CDN Now through August 15th

\$60 CDN August 16-October 6

\$75 CDN Registration at door

For more information go to www.scmioa.org

Save the Date- October 28

"Surviving the Holidays 101"
1-4 pm at

Beth Israel Deaconess Hospital
275 Sandwich St, Plymouth, MA.

Speakers, A Game, Prizes, Raffles
and a Survival Kit



Attention Meeting Treasurer's

The form to send with your group donations has been revised and is available on the SCMI website. Please fill in both secretary and treasurer's info.

DONATION FORM REVISED

INTERGROUP CALENDAR

SOUTH COASTAL MA INTERGROUP WEBSITE: <http://www.scmioa.org>
ALL INFORMATION - CONTACT INFO AND LINKS ON OUR WEBSITE CALENDAR

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|-----------------|--|
| June 12 Fri. | "Twelve Step Within " care calls to people you haven't seen at meetings lately |
| June 17 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 |
| July 4 Tues. | Plymouth Tuesday night BBSS at Beth Israel Deaconess Hospital will NOT MEET on this date only. |
| July 28 Fri. | Nantasket Beach Meeting at 6:30pm see above and our website for more details |

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 | (* Goddard Center - 909 Sumner Street (Sun-6:00 PM ST), meet in lobby, 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) |

"Clearly if we were going to remain abstinent and find serenity, we had to learn better ways of dealing with other people, ways that would bring us joy instead of pain."

The Twelve Steps and Twelve Traditions of Overeater's Anonymous p.67.

Learning better ways of dealing with people is a lifelong process and a challenge. Yet I have learned things in OA that have helped. The first is acceptance. I had all sorts of expectations about others abilities and behavior. I expected people to be competent, capable, and productive. I expected them to behave rationally and be true to their word. These are my expectations for myself, and I've had to let go of them for others. I am still disappointed when someone doesn't follow through on a commitment, but I don't let it ruin my serenity.

I've also learned that I don't have to prove I'm right. I can silently agree to disagree. I put aside my pride, acknowledge another's point by saying "You maybe right", and gracefully walk away from the situation. Finally, I look for the good in people. Sometimes it requires quite a stretch, but the stretch is worth it. Focusing on the bad brings the pain; the joy comes in finding the good. I'd rather have the joy.

Voices of Recovery p.249

Donations to
South Coastal Mass Intergroup 2017
April23-May 20th
Stoughton Tues PM- \$200.00
Duxbury Thurs PM- 75.00



"For Group Secretaries Only"

Did you know that you are a vital information link between the group, Intergroup, Region 6, and World Service.

In order to keep the link open, it is important for our service bodies to be able to make contact with you. Please email your updated information to us at info@scmioa.org or call SCMI hotline at 781-925-1903

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.