



South Coastal MA Breeze



May 2017

You Are Invited to Celebrate the
43rd Anniversary
of the Abington OA Meeting
Saturday May 13, 2017 10am-12pm
Parish 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
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Save the Date:
October 28th

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

"Surviving the Holidays 101"
Learn how to put the "Happy" in All your Holidays.

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 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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Did You Know ???

OA has guidelines for corresponding with compulsive overeaters who are in prisons.
Its called OA C.A.R.E.S

(Committed to Action for Recovery, Encouragement, and Support)
to find out more about this correspondent program and how it works, go to WWW.oe.org home page. Click on Menu on the right side. From the drop down list select "documents". From the list under documents select guidelines, and then go to the next to the last one on the list "OA CARES, Inmate Correspondence Program"
Click on that to open the document.

"Twelve Steps Within"

Have you noticed that there are several people who have stopped coming to your meetings? Sometimes, all it takes is one call from another compulsive overeater to let them know someone cares and noticed they weren't there. The Twelve Steps Within Program sets aside one day, the 12th of the month, as a reminder to make care calls to let these people know how much they are missed.

INTERGROUP CALENDAR

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

May 12 Fri.	"Twelve Step Within " care calls to people you haven't seen at meetings lately
May 13 Sat.	ABINGTON MA.- Anniversary Meeting St Bridget's Catholic Church, 455 Plymouth St., Route 58 at Center St., Parish Hall, 10:00- 12:00pm, speakers clothing swap, raffles, sharing
May 20 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

OA Events Outside the SCMI Area - Go to www.scmioa.org for more information

May 13 OA Sponsorship Workshop Newton Wellesley Hospital 9-11:00am

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., (Fri. 9:30AM -11:00AM)
Taunton	First Parish Universalist-On 71 Church Green off Rts 44&140 (Wed-7:00 PM)

"We are always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time."

The Twelve Steps and Twelve Traditions of Overeaters Anonymous p.106

Over the years that each of us have spent or will spend on our individual recoveries, we develop certain ideas and philosophies which help us walk the magnificent journey of physical, emotional, and spiritual discovery. One of mine is a belief in the Five "Ps" of Program: practice, prayer, perseverance, patience, and progress. If I want to stay in recovery on all three levels, I need to do these things everyday. I practice the program to the best of my ability; no half measures will do. Half measures get half results, and I'm not satisfied with that any more. I expand my spiritual awareness through prayer. I pray to the God of my understanding for his will for me, and I pray for the willingness and power to carry that out. Spiritual awareness is my breath of life, and it takes perseverance to sustain that in life. I learn patience by waiting for the fruits of my efforts, knowing they will come in time.

You will be amazed and grateful for the progress you make. Your spirit will soar, and you will be able to show your gratitude by passing on the secret of your recovery-the Twelve Steps- to others.

"Voices of Recovery" p. 342

Donations to South Coastal Mass Intergroup 2017 March 19-April 22	
Abington Sat. Morning	\$125.00
Easton Sat. Morning	10.00
Hingham Tues. Morning	50.00
Hingham Fri Morning	60.00
Lakeville Mon. Night	100.00
Marshfield Wed. Morning (closed)	114.63
Plymouth Sun. Morning	150.00
Plymouth Tues. Night	150.00
Taunton Wed. Night	100.00

Public Information Poster Contest Finalists

VOTE ONLINE

at oa.org/pi-poster-vote

By May 15 at 11:59 p.m. MDT



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.