



South Coastal MA Breeze



September 2017

You Are Invited to Attend the
Anniversary of the Plymouth Sunday Morning Meeting
Beth Israel Deaconess Hospital
Funkhauser Room
275 Sandwich Road, Plymouth, MA.
Sept. 17, 10 A.M.-12 Noon



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2016-2017

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Many thanks to those who give

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.

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



Join us for a "Gratitude Celebration" to mark the
1st Anniversary of the Men's Meeting At
House of Prayer Lutheran Church
916 Main St. (Rt. 228)
Hingham, MA.
Thursday October 26th at 7pm
All Are Welcome!!!



Please join us in thanking our
Webmaster
 for 9 years of devoted service to our
 To Our Intergroup and Meetings.
 In that time the web has evolved from one page to the beautiful
 interactive site you see today.
 Next Year a new Webmaster will continue with
 that service.

Meeting Changes:

Hingham, Thurs, PM , House of Prayer Lutheran Church, 916 Main St. **NEW TIME: Now Starts at 7:00 PM**

INTERGROUP CALENDAR

SOUTH COASTAL MA INTERGROUP WEBSITE: http://www.scmioa.org	
ALL INFORMATION - CONTACT INFO AND LINKS ON OUR WEBSITE CALENDAR	
Sept. 12 Tues.	"Twelve Steps Within" make care calls to persons who haven't been to meetings lately
Sept. 17 Sun.	Plymouth Sunday Morning Anniversary Meeting , Beth Israel Deaconess Hospital, see above for more information.
Oct. 14 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
Oct. 20-22 Fri-Sun	Toronto, Canada— Region 6 Convention , Sheraton Parkway Toronto North, go to www.oa.org for more info.
Oct. 26 Thurs.	Hingham Thursday Night Men's Meeting, First Anniversary, Gratitude Celebration , Lutheran House of Prayer, see above for more information
Oct. 28 Sat.	Plymouth, MA. Beth Israel Deaconess Hospital Workshop " Surviving the Holidays 101 " 1-4see above for more information
Nov. 18 Sat.	IDEA DAY — International Day of Experiencing Abstinence , Celebrated the third Saturday in November. Worldwide, all OA members are encouraged to reaffirm their abstinence.

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

Tues., Oct 3rd Character Defects, Chipping away at the fears and revealing the strengths
 St Patrick's Church, 2068 Cranston St. Cranston RI

Sat. Oct. 6-8 Waltham, MA-Retreat Espousal Retreat Center sponsored by MBI go their web site for info.

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 (S))
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-7:00 PM, 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 Funkhauser 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)

"Thus, it is to promote our own recovery that we cultivate the attitude of humility implied in Tradition Twelve. As we continue to grow spiritually, we begin to lose our desire for prestige in OA and in other areas of our lives." The 12 Steps and 12 Traditions of OA ,p.205

I cultivate humility to promote my recovery. When I came into OA, I confused humility with humiliation. I had had enough humility in my life. I didn't want or need more. Over the years, I have learned that humility is different from humiliation. Humility means that I recognize that I'm not doing this alone. It means there is a God, and it isn't me! It means giving credit to the program, to the process of working the Twelve Steps, and to my Higher Power, who is doing for me what I could never do alone. When I receive recognition in OA or in other areas of my life, I silently thank God, for I know that only through Him have I achieved that for which I am being recognized.

Voices of Recovery, p.115.

Tradition Twelve:

Anonymity is the spiritual foundation of all these traditions, ever reminding us to put principles before personalities.

Twelve Steps and Twelve Traditions of OA, p.199

Donations to South Coastal Mass Intergroup June 18- September 9, 2017	
Abington Sat. AM	\$500
Lakeville Mon. PM	100
Plymouth Tues. PM	150
Hingham Fri. AM	100
Marion Sat. 8&9 AM	200
Stoughton Fri. AM	50
Plymouth Thurs. AM	165
Plymouth Thurs. AM	50
Duxbury Thurs. AM	75
Plymouth Sun. AM	150
Abington Sat. AM	300

NEW Address for Donations to R6 send to:

Region 6 Treasurer
P.O. Box 644
Peabody, MA., 01960

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.