



SCMI Board
2016-2017

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Many thanks to those who give service by filling these positions.

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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South Coastal MA Breeze



October 2017



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!!!

Saturday, October 28th

Place: Beth Israel Deaconess Hospital
275 Sandwich St., Plymouth, MA.
1:00 pm—4:00 pm

"Surviving the Holidays 101"

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

4 speakers, practical checklists, and helpful hints



Q. In our meeting we read a piece of literature called "How Miracles Can Happen;" where does this reading come from? Is it OA approved?

A. "How Miracles Can Happen is a letter written by program founder Rozanne and the members of her group. They created this form letter to respond to the seven thousand letters they received when OA was mentioned in Dear Abby (a grateful recovering member's letter appeared in Dear Abby's column on February 25, 1965, along with OA's post office box address). You can read the story and read "How Miracles Can Happen" in Beyond Our Wildest Dreams (pgs. 179-183)

Beyond Our Wildest Dreams (#998) is OA's history book; it is considered Conference Approved Literature. Find it at bookstore.oa.org.

INTERGROUP CALENDAR

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

Oct. 12 Thurs.	"Twelve Steps Within" make care calls to persons who haven't been to meetings lately
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" 1-4 pm see 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

Sun-Oct. 15-South Dennis, MA. Workshop—"Experiencing the 12 Steps", 12:30- 4pm, Police Dept. 90 Bob Crowell Rd., Exit 9B off Rt. 6, sponsored by Cape Cod Intergroup. see website

Sat. Nov. 4- Medford, MA "Coming Back to OA: A New Beginning" 10:30am-12noon, Lawrence Memorial Hospital, Johnson Rm., 17 Governor's Ave., sponsored by Mass Bay Intergroup. see website.

Tues. Nov. 7-Cranston, RI. Mini Workshop-ABSTINENCE- "A Plan of Eating and Going Further", 6-7pm St. Patrick's Church, 2068 Cranston St., sponsored by Ocean and Bay Intergroup. see website.

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 pro-
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)

"Those of us who live this program don't simply carry the message, we are the message. Each day that we live well, we are well, and we embody the joy of recovery."

The Twelve Steps and Twelve Traditions of OA pg. 106.

When I came into the rooms of Overeaters' Anonymous, I was like a candle whose light is flickering and close to going out. I was sick in mind, body, and spirit. I was hopeless.

Many OAs describe OA as the last house on the block. I do not know if that is true since I do not know where the block begins or ends. I do know that what I found in OA, can only be found in the heart and mind of another recovering compulsive overeater. The flickering light I came in with became stronger and the hopelessness turned into hopefulness.

I can be a living example or a dying example of how the program works. My courage to recover and my experiences in OA serve as an example to those who know me. I represent and carry the message of hope.

Voices of Recovery Pg. 16.

Which message will you carry?

We are always happy to share our secret: the twelve steps of OA which empowers each of us to live well and be well one day at a time.

OA Twelve Steps and Twelve Traditions p.106



Donations to South Coastal Mass Intergroup September 9 - October 10 will be in the November Breeze.

OA Acronyms

F.E.A.R.

Face Everything And Recover

F. R. O. G.

Fully Rely on God

G.O.D.

Good Orderly Direction

P.U.S.H.

Pray Until Something Happens



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.