



South Coastal MA Breeze



November 2017

The Twelve Steps to a Better Holiday Season (from Nov. 2007 Lifeline)

1. We admitted the holiday season has a deeper meaning than devouring food.
2. We came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.
3. We came to believe our Higher Power could help us appreciate the joyfulness of the season as we understand it.
4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.
5. We admitted to our Higher Power the exact nature of our food habits during holiday seasons past.
6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays.
7. We humbly asked Him to remove our desire to partake of holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of friends and family and other nonfood aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at this time.
12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

SCMI Board 2017-2018

Chair-Mary W.
 Vice Chair - Kathy B.
 Recording Secretary - Laureen W.
 Corresponding Secretary - Rita A.
 Treasurer - Lee R.
 Breeze Editor - Joan T.
 Lending Library - Sandi G.
 Region 6 Delegates - Phyllis S.
 Joan T.
 Region 6 Trustee- Karin H.

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 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

Meeting Changes

Randolph, MA. Monday Morning Meeting-The Senior Veteran's Center has moved to 128 Pleasant St. It will continue to meet 9:30-11:00am.

Plymouth, MA. Thursday Morning Meeting- December 7th Only!!! Will meet at St. Peter's Parish Center, 10 Memorial Drive from 9:30- 10:30am.

INTERGROUP CALENDAR

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

Sat. Nov.11	Randolph MA- Monday morning meeting at the Senior Veteran's Center is moving to 128 Pleasant St. It will continue to meet from 9:30 am-11:00 am.
Sun. Nov. 12	"Twelve Steps Within" make care calls to persons who haven't been to meetings lately.
Sat. Nov. 18	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.
Sat. Nov. 18	IDEA DAY- International Day of Experiencing Abstinence , Celebrated the third Saturday in November. Worldwide, all OA members are encouraged to reaffirm their abstinence.
Thu. Dec. 7	ONE DAY ONLY- Plymouth Thursday Morning Meeting will move to St Peter's Parish Center at 10 Memorial Drive from 9:30am-10:30am
Mon. Jan. 1	NEW YEAR's Day Round Robin Meeting, Plymouth, MA , Beth Israel Deaconess Hospital 275 Sandwich St., In the Funkhauser Room from 10am- 12noon
Thu. Jan 11	Plymouth, MA. Thursday Morning meeting will celebrate its First Anniversary , St Mary's Parish Center, 347 Court St., 9:30am- 11:00am. Speakers

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

Nov.23 Thanksgiving Phone Marathon Meetings all day-Dial 712-432-5200 Enter Pin 428115#
Dec 5, Ocean and Bay Intergroup sponsors a mini workshop "Carrying the Message" 6:00pm 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 (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, 128 Pleasant St. (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)

"Remembering that our goal is to develop a closer conscious contact with God, prayer is simply what we do when we talk to our Higher Power, and meditation is simply the way of stilling our minds and opening our spirits to God's influence."

Twelve Steps and Twelve Traditions of O.A., p 93.

I always believed in God; however, Steps Three and Eleven showed me a healthy close contact with this God. I began every day with prayer, quiet time, and meditation. This seems to help center and calm me so I can go about my day. When I take the time each day to make contact with God the day goes so much better. I can handle the joys and the pain without looking for and using food. At first it was easier to pray than to meditate. My magical mind was always moving, and it took awhile to slow it down and to empty it, so I could listen to God speaking to me. God speaks to me in nature, in my OA friends, at meetings, and through the work of the Twelve Steps. He speaks in many ways. I just need to learn to listen, and to follow my heart not my head. My head can lead me astray. My heart is never wrong.

Voices of Recovery, p. 313.

Let GO and Let GOD

OA slogan

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

Telephone Marathons are held on all holidays



Call 712-432-5200

Enter the Pin Code

428115#

Marathons are held all day

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.