



South Coastal MA Breeze



December 2017

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.

World Service Delegate - Lee R.

Many thanks to those
who give service.

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



New Year's Day Round Robin

Monday, January 1, 2018
Beth Israel Deaconess Hospital
275 Sandwich St. Plymouth, MA.
Funkauser Room
10am-12noon



Come Celebrate the First Anniversary of the Plymouth Thursday Morning Meeting January 11, 2018

at St. Mary's Parish Center
347 Court St. Plymouth MA.
9:30-11:00 am

Speakers will share on the value
of studying and practicing the Twelve Steps of OA



It is with great sadness,
we announce that the
Braintree Thursday night meeting,
First Baptist Church,
594 Washington St., will close.



The Last Meeting will be December 27, 2017

"True Comfort is to be found in the balance and sanity of abstinence. So deep and pure is this comfort that it is well worth whatever trouble or pain I might have to pass through to attain it."

For Today p. 253

Holiday Meeting Schedule Changes:

The following meetings will Not Meet December 25th or January 1st.

Braintree Monday Night Meeting - Congregational Church, 12 Elm St., Braintree, MA

Lakeville, Monday Night Meeting - United Church of Christ, 3 Precinct St. Lakeville, MA.

Randolph, Monday Morning Meeting - The Senior Veteran's Center, 128 Pleasant St., MA.

Hingham, MA Monday Morning Meeting House of Prayer Lutheran Will Not meet December 25th only.

Stoughton, Sunday Night Meeting Will Not meet December 24th and December 31, 2017

INTERGROUP CALENDAR

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

ALL INFORMATION - CONTACT INFO AND LINKS ON OUR WEBSITE CALENDAR

Dec. 12, 2017 Tues.	"Twelve Steps Within" make care calls to persons who haven't been to meetings lately., celebrate your abstinence by sharing with a newcomer at a meeting. What can you do to Carry the Message ?
Dec. 27, 2017 Thurs.	Last meeting of Braintree, Thursday Night. Meeting at the First Baptist Church, 594 Washington Street. After that, the meeting will close permanently. The last meeting will be December 27, 2017.
Jan. 1, 2018 Mon.	NEW YEAR's Day Round Robin Meeting, Plymouth, MA, Beth Israel Deaconess Hospital 275 Sandwich St., In the Funkhauser Room from 10am- 12noon
Jan. 11, 2018 Thurs.	Plymouth, MA. Thursday Morning Meeting will celebrate its First Anniversary, St Mary's Parish Center, 347 Court St., 9:30am- 11:00am. Speakers
Jan. 20, 2018 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

Dec.24th and 25th Phone Marathon Meetings all day-Dial 712-432-5200 Enter Pin 428115#

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) (Thurs 5:30 - 6:30 PM (S) Last meeting, 12/27/17
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)

"The celebrations of this day will be over at midnight, and tomorrow I will wake up glad to be alive and abstinent." *For Today, p. 151*


A holiday, a birthday, a wedding: these events roll around and allow me to reach for the tools the program has lovingly handed me.

I start my day by asking the God of my understanding for help. I've learned to pick up the phone, and kind words receive me on the other end. They gently remind me of the pain I thought would grip me forever and of the most important thing I will do today: keep my abstinence.

Gratefulness envelops me, I say a quiet thank-you, and go through my day.

When I lay my head down, gratitude lulls me to sleep.

Donations to South Coastal Mass Intergroup September 10 - November 18	
Abington Sat. AM	\$260.00
Braintree Mon. PM	100.00
Braintree Tues. PM	50.00
Hingham Tues. AM	100.00
Hingham Thurs. PM	70.00
Hingham Fri. AM	100.00
Hingham Fri. AM	150.00
Hingham Fri. AM	100.00
Marion Sat. 8&9 AM	220.00
Plymouth Tues. PM	100.00
Randolph Mon. AM	75.00
Stoughton Tues. PM	25.00



Telephone Marathons are held on all holidays



Call 712-432-5200

Enter the Pin Code

428115#

G. I. F. T. S.

Grateful

I

Follow

Twelve

Steps

We are members of Region 6. Find information at: www.oaregion6.org

SCMI 2018 Meeting Dates: Jan. 20, Feb. 10, Mar. 17, Apr 21, May 19, Jun 16, Sep. 15, Oct 13, Nov. 17, Jan. 19, 2019

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.