



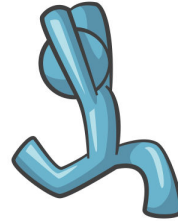
# South Coastal MA Breeze



January 2018



We're told "Our Dis-Ease does push-ups when we're not abstinent."



We're told "It works if we work it."



How strong is your Program?

### SCMI Board 2017-2018

Chair-Mary W.  
Vice Chair - Kathy B.  
Recording Secretary - Laureen W.  
Corresponding Secretary - Rita A.  
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Region 6 Trustee- Karin H.

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

Our website:

[www.scmioa.org](http://www.scmioa.org)

### SCMI EDITORIAL POLICY

This is your newsletter. Forward your submissions to [breeze@scmioa.org](mailto: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

### Braintree Thursday Night Meeting moving to Quincy

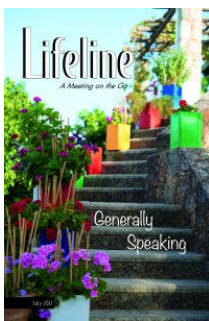
First Presbyterian Church  
270 Franklin St., Quincy MA.  
Thursday 6:30-7:30 pm

back entrance up the stairs to the parlor.  
Format: 90 day Virtual Speaker Meeting

### New Meeting-Scituate Tuesday Night

St Luke's Episcopal Church  
465 First Parish Road Scituate, MA.  
Tuesday 6:30-7:30 pm

in classroom off the main meeting area  
Format: Steps



### Lifeline Magazine is now accepting articles for the May/June issue on:

**Recovery and Relationships** How has recovery affected relationships with family, friends, or your spouse or partner? Did relationships end or improve? Were there struggles along the way? What practical changes in your relationships helped you keep your abstinence and maintain your recovery? How has practicing the Traditions helped?

**Sexuality and Intimacy in Recovery** How has physical, emotional, and spiritual recovery affected your sexuality and the role of intimacy in your life? Has recovery helped you overcome sexual abuse or find a new harmony with your sexual identity? What gifts has program given you in this area of your life?

Mail, email or fax your story to:

Deadline: January 15, 2018

Fax: 505-891-4320 / Email: [info@oa.org](mailto:info@oa.org)

Lifeline

P.O.Box 44020

Rio Rancho, NM 87174-4202 USA

### INTERGROUP CALENDAR

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

Jan. 9, 2018 Tues.	New Meeting, Scituate, MA., St. Luke's Episcopal Church, 465 First Parish Road, 6:30-7:30pm. Welcome. Format - Step meeting - See above.
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. 11, 2018 Thurs	New Location Braintree Meeting is moving to Quincy, MA., First Presbyterian Church, Quincy, MA., 270 Franklin St.. 6:30-7:30pm., back entrance up stairs to the parlor. Format -90 day virtual speaker meeting
Jan. 12, 2018 Fri.	"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 ?
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](http://www.scmioa.org) for more information

Saturday February 24, UNITY DAY 2018, Newton Wellesley Hospital, 2014 Washington St., Newton, MA., 1:30-4:00PM, Bowles Conference Center, 2nd Floor, For flyer go to [www.metrowestoa.org](http://www.metrowestoa.org)

Our Intergroup maintains 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)
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 (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
Quincy	First Presbyterian Church- 270 Franklin Ave. (Thurs 6:30- 7:30pm) back entrance, upstairs to parlor, 90 day virtual speaker meeting
Randolph	(* ) Senior Veterans Center, 128 Pleasant St. (Mon. 9:30 to 11:00 AM)
Scituate	St. Luke's Episcopal Church, corner of 465 First Parish Rd. and Route 3A (Tues. 6:30-7:30pm) ST
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) (L)

*When old words die out on the tongue, new melodies break forth from the heart; and where old tracks are lost, new country is revealed with its wonders. - Rabindranath Tagore*

What new territories have opened up for me since I came to OA? Abstinence is a country whose beauty and variety I could not have imagined in my most indulgent dreams. Here I am at peace with myself and with the world. I am free of food obsession, self obsession, and other forms of mental enslavement. My words and actions reflect a balanced rational mind free of delusion. Dependence on a Power outside myself has released me from the whims and caprices of a hollow independence. Without erasing the past or ignoring the future, I am living in and enjoying every minute of the present.

That is the new vista that opened up for me when I came to OA and let myself be persuaded to give up old answers, old ways of thinking and acting.

The new melody in my heart is the most beautiful sound I have ever heard.

**For Today: The process of recovering in OA is a journey from which I never want to return. I am open to the vistas that unfold today. -For Today pg.71**

**Donations to South Coastal Mass Intergroup November 18- January 18 Will be reported in the February Breeze**

**Telephone Marathons are held on all holidays**



**Call 712-432-5200  
Enter the Pin Code  
428115#**

**We are members of Region 6. Find information at: [www.oaregion6.org](http://www.oaregion6.org)**

**SCMI 2017 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.**