



South Coastal MA Breeze

**OVEREATERS
ANONYMOUS.**

February 2018

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.

WS Delegate - Lee R.

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 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
breeze@scmioa.org



UNITY DAY 2018

Saturday, Feb 24, 1:30 - 4:00pm
Newton Wellesley Hospital
2014 Washington St., Newton, MA.
Bowles Conf. Center, 2nd Floor.

On the last Saturday in February, at 2:30 pm Eastern Standard time, OA members all over the world pause to reaffirm the strength inherent in OA's unity.

For more information, see the flyer or go to www.metrowestoa.org.

Bring a friend!

All are welcome!

Raffle - Clothing Swap - Fun!

"Always to extend the
Hand and Heart of OA
to all who share my
compulsion for this
I am responsible"



(The OA Responsibility Pledge)

"I picked up the phone; my life changed and OA's future abruptly took a new direction."
- Beyond our Wildest Dreams, p. 85

What a simple program we have. Just reaching out to each other makes our lives change and affects the future of meetings. I have had many telephone calls which have been just the "right" message I needed at the time I was most needing a helping hand. Often I called someone because my desire to overeat was strong, and just the act of dialing the phone changed the emotion from negative to the release of energy, which can start meetings, begin new intergroups, and even save lives. I am grateful that the tools of telephone, anonymity, service, and meetings all work together in recovery.

- Voices of Recovery, p. 63

SCMI, your Intergroup, has begun a new Public Information Professional Outreach Project. We have purchased 25 copies of the Third Edition of *Overeaters Anonymous*, which will be donated to the public libraries of each of the towns or cities where our meetings are held. Each book contains a book label telling the reader how to reach our Intergroup. It book will be available to be checked out soon.



We are sad to announce the closing of the Hingham Thursday night Men's Meeting.

INTERGROUP CALENDAR

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

Feb.11, 2018	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
Feb.12, 2018	"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 ?

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

Feb. 1, 2018, Early bird registration opens for the R6 Convention in Portland, Maine, Oct.26-28,2018, register online at www.oaregion6.org/2018.

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 (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
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)

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

"I can't; God can; I think I'll let God."-the Twelve Steps and Twelve Traditions of OA p. 19

Before I came to OA, God showed me that I hurt my relationship with Him when I ate sweets. I was a glutton, and I couldn't eat junk food in moderation. I vowed that I would never eat these harmful substances again. Of course, I couldn't stick to my vow! I made the vow for the right reasons, knowing by then that my weight wasn't the main issue, but I was trying to keep the vow through my own strength. Thank God for OA, which brought the reality of Steps One, Two, and Three into my life. I now trust God to do for me what I have never been able to do for myself. I am powerless over food and the rest of my life. By God's grace, I am able to stay abstinent and live in His will "one day at a time"!

Voices of Recovery p. 6

Tradition Two: For our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Donations to South Coastal Mass. Intergroup Nov. 19 to Jan. 22, 2018	
Hingham Thu. PM	\$ 60
Plymouth, Sun. AM	220
Braintree Thu AM	60
Marion Sat 8&9AM	150
Duxbury, Thu. PM	75

Turn
II
Over

We are members of Region 6. Find information at: 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.