



South Coastal MA Breeze



January 2017

What is Unity Day?

Unity Day is all about Tradition One: Our common welfare comes first, personal recovery depends on OA unity. Most of us who came into OA spent a lot of time isolating so we could practice our compulsion in private. My desire to live free of compulsive eating has forced me to change my attitudes. Recovery began when I got out of the isolation and into an OA group.

From OA Twelve and Twelve pg 109



Come to Unity Day February 25 at BI Deaconess Hospital in Plymouth from 1:00-4:00 PM to learn more about connecting with OA groups around the world.

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 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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NEW: OA is NOW on FACEBOOK !!!

[Facebook.com/OFFICIALOVEREATERSANONYMOUS](https://www.facebook.com/OFFICIALOVEREATERSANONYMOUS)

Check out OAs new social media platform to attract newcomers and inform the fellowship.



To join click WWW.facebook.com/OFFICIALOVEREATERSANONYMOUS

Then "Like" our page — Or — log into facebook.com and type @OFFICIALOVEREATERSANONYMOUS in the search bar or Messenger. Then click the "Like" button at the top of the page.

With each "like" the number of page followers goes up and helps carry the message to the still suffering overeater searching for a solution.(See OA's Statement on Public Media below)

from WSO New Bulletin Special Edition January 2017

Overeaters Anonymous Statement on Public Media Policy

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2016 World Service Business Conference recommend that any OA member, group, or service body using social media for public information and public awareness maintain the personal anonymity of OA members.

Members of Overeaters Anonymous are anonymous, the Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity and respecting the anonymity of other OA members.

Quoted from WSO News Bulletin Special Edition January 2017

NEW MEETING



Continues on Thursday mornings from 9:30-10:30 am focusing on OA

Steps & Traditions at St Mary's Parish Center 347 Court St. Plymouth

INTERGROUP CALENDAR

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

Jan. 21 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
Feb 25 Sat.	PLYMOUTH, MA UNITY DAY—Beth Israel Deaconess Hospital meeting from 1:00-4:00 PM(registration begins at 12:30PM.)This event is being co-hosted by South Coastal Intergroup and Cape Cod Intergroup, for more information call Joan T. 508-560-5945 or Mary W.508-208-2504

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

Feb. 10-12 Greenfield, NH, "Practicing These Principles in All Our Affairs"

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 SP)
Duxbury	(*)Church of St. John the Evan-410 Washington St. Library (Thur-7:00PM SP)
Easton	(*) Holy Trinity Lutheran Ch -143 Lincoln Street (Thur-7PM & 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) (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)
Marshfield	Marshfield Senior Center (Conference room), 230 Webster Street, Marshfield, (Wed. 10:00 to 11:00 AM)
Plymouth	(*) Beth Israel Deaconess Hospital formerly Jordan Hosp.-275 Sandwich St. (Sun-10:30AM SP Funkhouser Conf. Rm.) (Tue-5:45 PM BB-ST Boynton Conf. Rm.)
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	(*) Goddard Center - 909 Sumner Street (Sun-6:00 PM ST), meet in lobby, proceed to meeting room
Stoughton	(*) Public Library- 84 Park St. (Route 27 & Walnut St.) (Tues-7:00-8:30 PM) & (Fri-9:30-11:00 AM)
Taunton	First Parish Universalist-On 71 Church Green off Rts 44&140 (Wed-7:00 PM)

Step 1: We admitted we were powerless over food-that our lives had become unmanageable. OA Twelve Steps and Twelve Traditions

"At the very first meeting we attended, we learned we were in the clutches of a dangerous illness, and that willpower, emotional health, and self confidence which some us once possessed, were no defense against it."

Overeaters Anonymous, Second edition. p.1

What a relief to discover that it wasn't just a matter of willpower! I came to OA in a state of demoralization. I just couldn't get a handle on diet and exercise. I'd quit drinking years before my first OA meeting, and quit smoking soon after I discovered I was pregnant. Surely I could muscle my way through this one. I understood about taking a leap of faith and surrendering my desire to drink to a power greater than myself. I thought I should be able to handle food on my own.

After all it wasn't a drug. That's what I thought! OA taught me an entirely different perspective on food. I was an addict, and I was as addicted to diets as I was to junk foods. These things affected my mind, body, and spirit the same way alcohol had. I had to surrender to this obsession as well.

Voices of Recovery page 84

Donations to South Coastal Mass Intergroup Will resume being reported after the January 21st meeting of Intergroup



New Podcast Explores Anonymity and Humility

These are the spiritual principles underlying the Eleventh Tradition

And the Eleventh Concept of OA Service. Stream "Anonymity Inside and Out" WSO latest podcast, and hear speakers discuss how they use these principles to give service.

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.