



South Coastal MA Breeze



March 2018



Join Us in Celebrating
44 YEARS OF RECOVERY

APRIL 28, 2018, 10 AM-NOON
St. Bridget's Church Hall, 455 Plymouth St./Route 58
Speakers***Raffle***Refreshments***Clothing Swap

*Please if donating clothes, please arrive at least 15 minutes early with washed clean clothes.
Thank you for your service!

SCMI Board 2017-2018

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Corresponding Secretary - Rita A.
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Region 6 Delegates - Laureen W.
Joan T.
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Region 6 Trustee- Karin H.

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



OA's keystone book-
The Twelve Steps and Twelve Traditions of Overeaters Anonymous
Second Edition

has been revised for clarity and inclusivity-with a restructured Step Four chapter to increase usefulness. Copyright 2018, soft cover. Available at the OA bookstore.

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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The Randolph Monday Morning Meeting is Moving to the Avon Baptist Church, 119 North Main St. (Rte. 28). They will continue to meet Monday, 9:30-11AM



Coming soon!

There will be a different way the Breeze will be distributed.

More will be revealed in next month's Breeze.

INTERGROUP CALENDAR

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

Mar. 12, 2018 Mon.	"Twelve Steps Within" - make care calls to those members who you haven't seen at meetings lately, speak to a newcomer, or stay in touch with other members. What can you do to carry the message?
Mar. 17, 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:
June 8-10, 2018- An OA 12 Step Retreat Weekend, Sacred Hearts Retreat Center, Wareham, MA-contact Metro West Intergroup for flyer,
Feb. 1- Aug. 15, 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

Avon	Avon Baptist Church, 119 North Main St. (Rt.28), Avon. (Monday 9:30-11AM)
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. Until April 1st)
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
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)

Once we compulsive truly take the Third Step we cannot fail to recover."

The Twelve Steps and Twelve Traditions of OA, p.27

After telling my story at meetings, I get flurries of calls from old and new members asking for the "inside scoop" on how I really did it. It's not just the seventy three pounds I released; people want to know about the serenity, what keeps me centered and calm despite hair-raising personal experiences in my life. What made the program's tenets click now finally?

Simple: the Third Step corresponds to the principle of faith. Once we truly make the leap to believe, no matter what, that a power greater than ourselves will restore us to sanity and will take care of other issues in our lives as well, we cannot ever fail to recover, and the compulsion to binge disappears. It has to happen! That power I now know has always been there for me, like a bridge waiting to be crossed. Its so simple that most of us believe there must be more to it than that, some trick or other secret.

There are no secrets, no magic. Anyone can have what I have. I've been cornered, trapped. The gate to freedom has closed behind me. I looked inward and there was honesty. I looked outward and there was hope. I looked up and there was faith.

Voices of Recovery, p. 62

Donations to
South Coastal Mass. Intergroup
Jan. 21st-February 10, 2018

Hingham, Fri. AM \$150.00
Plymouth, Thu. AM 35.00

Abandon yourself to God as you understand God. Admit your faults to Him and your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road to Happy Destiny May God bless you and keep you until then.
Big Book of Alcoholics Anonymous,
4th edition, p.417

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.