



South Coastal MA Breeze



APRIL 2018

Starting May 10th

The Breeze is going digital!!!

"The Breeze" will be available at the South Coast Mass. Intergroup Website.

Meeting secretaries or others who want copies can download the

latest edition by doing the following:



Go to the Website (scmioa.org)

Click on the box titled "Our Intergroup"

Click on "The Breeze" drop down box

Click on the download button for the most recent edition

April 2018 is the last month "The Breeze" will be delivered via e-mail.

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.

Webmaster- Marilyn S.

Region 6 Delegates - Laureen
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 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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breeze@scmioa.org

Lifeline Magazine is now accepting articles for the July/August issue.

Please indicate the topic and month for which you are submitting the article based on the dead line in parentheses.

Typed letters by email, mail, or fax are preferred.

Letters must contain the author's name and address, even if the author wishes to remain anonymous in print.

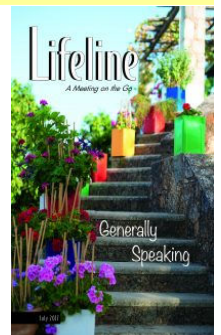
Lifeline promotes "unity with diversity" regarding the race, nationality, gender, age, physical challenges and sexuality of its writers.

This issue write about:

Sponsorship Day ** Service Inside and Out *****My Professional Community
Deadline: April 15, 2018**

Mail, email or fax your story to:
Fax: 505-891-4320 / Email: info@oa.org
Online WWW.OAlifeline.org

Lifeline
P.O. Box 44020
Rio Rancho, NM 87174-4202 USA



Acceptance

And acceptance is the answer to all my problems today. When I'm disturbed, its because I find some person, place, thing or situation -some fact of my life- unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly as its supposed to be at this moment. Nothing , absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as in what need to be changed in me and my attitudes. The Big Book of Alcoholics Anonymous, 4th edition, p.417.

INTERGROUP CALENDAR

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

April 12, 2018 Thurs.	"Twelve Steps Within" - make care calls to those members who you haven't seen at meetings lately,
April 21, 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
April 28, 2018 Sat.	Abington Meeting 44th Anniversary, 455 Plymouth St., Route 58 at Center St., Chapel Building, 10am-12noon, Speakers*** Raffle*** Refreshments*** Clothing Swap. Please if donating clothing ,arrive 15 min. early with clean washed clothes.

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. Hotel registration and meal plans now available online.

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.)
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)

"Believe that you can be abstinent. You will be. Believe that you can have sanity, peace of mind, and the freedom to live the life you want. You will have them. Believe that you will recover. You will." - For Today p. 354

Believing in something that seems impossible takes a leap of faith. The gift of abstinence, freedom from compulsive overeating, the peace and sanity which result from working the program seem like elusive dreams to the newcomer or the relapse. Faith requires that I keep doing what work, no matter what. Sometimes it takes days, weeks, months or even years before I can see or feel like I have gotten "it." And when I do "get it," I don't get to keep it because the "it" keeps changing.

The hope and belief that things will get better is not a tangible commodity that I buy; it is something I must earn. I believe it is possible for everyone to be abstinent, to recover, to have all our dreams come true. We get what we expect, so "expect a miracle." We are all miracles. *Voices of Recovery p.139.*

Donations to South Coastal Mass. Intergroup February 11-March 17, 2018	
Plymouth Sun. AM	\$150.00
Plymouth Tues. PM	150.00
Hingham Fri. AM	100.00
Hingham Tues. AM	200.00
Stoughton Fri. AM	75.00

Because you cannot think your way into right acting, Act your way into right thinking.
— OA SLOGAN

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.