



Welcome

Welcome to recovery online. Your health and well being can change with the weather. A soft Breeze is blowing towards you this Spring. We hope you find recovery and strength here online. Your fellow members of OA in the area have a message for you and those who find recovery in all seasons.

SCMI Board

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- Vice Chair-Kristen S
- Recording Secretary-Christine M
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- Treasurer-Lee R
- Region 6 Delegate
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Our website: www.scmioa.org

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.

SCMI

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Message from the Chair Service: My Way of Thanking OA and HP

Hi, I'm Margie, the new SCMI chairperson and a compulsive overeater. I have been a member of OA since June 1986, suffered through a horrendous three- year relapse in the late 1990s, during which I never left OA and never stopped giving service, and have been out of relapse (TYHP) for the past eight years. I love the Steps and the Traditions. I work the Tools. I ask HP for help to practice the principles in all my affairs. I am a perfectly imperfect human being, working on living up to my fullest potential.

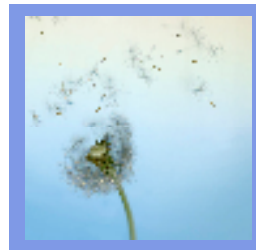
One way I work my program is that I almost always say yes when I am asked to do service. Why? Well, for starters, our 12 & 12 tells me I need to be willing to do something I do not want to do, most especially if it will further my recovery. The reference is about doing a 4th Step Inventory, but I feel it also can be applied to giving service and choosing abstinence and following Good Orderly Direction.

Now, I did not wake up one day and *want* to be SCMI chair. But I have the abstinence requirement to serve as Chair (thank you HP) and we all learned the hard way what can happen when the same people do the same job over and over - apathy, over-dependence on one or two people, and inappropriate use of the position.

Still, I have done so much service over the years.

Did I really have to do more?

And then, this thought came through to me while meditating: *"Every recovery-based thing you do, that is not required of you, strengthens your recovery twofold."* And I suddenly became willing to do something I did not want to do. I volunteered to be Intergroup chair for a few reasons. But most importantly, HP revealed to me



This program works in any weather and all year long

that giving this service was an action that would *show* how deeply grateful I am for all OA has given me.

Are you grateful for what OA has given you?

If so, I am asking you to say, "Thank you, OA" by stepping up your service. In particular, I am asking you to push beyond your comfort zone and take on being an Intergroup rep.

Half of all SCMI meetings are not represented at Intergroup meetings.

Perhaps you do not know what Intergroup does. Come to one of our meetings and see! Perhaps you don't feel Intergroup addresses your needs. Again, come to one of our meetings and tell your Intergroup what you need.

You don't have to do it forever (the traditions frown on that, actually). Just come, one month at a time. Or share the position with another member and alternate meetings. (Our meeting schedule is in this newsletter.)

We pulled together to save our Intergroup when we were hit with that emotional and financial tsunami two years ago. Let's not fall apart now that we are back sailing on smoother financial seas.

Margie P

INTERGROUP CALENDAR

SUN	March 22	Intergroup Meets Plymouth	12:15 PM
WEEKEND	April 17-19th	Groton Woods retreat sponsored by Metrowest IG	See Website

MEETINGS ASKING FOR SUPPORT

Tuesday 7 PM Hingham Wed Hanover 9:30 AM

The SCMI Spring Sanity retreat at Newton has been cancelled due to low registration.

Why I Stay

I was having lunch a few weeks back with an old "diet club" buddy, who happened to be the person that brought me to my first OA meeting some 25 (almost) years ago. I stayed, while she left OA never to return. During lunch we talked about our struggle over the years with our weight and the fact that we were both heavier now than before. She made the comment "sometimes I wonder why I don't just give up and eat myself into oblivion".

Driving home that day, my mind was in motion thinking how I had recently thought something similar a few months ago. Although my past included eleven years of abstinence during which I maintained a relatively "normal" body size, I had relapsed. For years now I have struggled, putting together several months of abstinence only to blow it and having to start over. So, I had asked myself the question "why not just quit OA?" The committee that resides in my head immediately starting sending an answer to this question.

Because of the OA twelve-step program, I now have a Higher Power (God) that is loving, kind, compassionate, and is always there during both good and bad times. God is my friend, so I never feel alone and I no longer have to let fear cripple me in its grip. I have also learned how to heal relationships with family members. Through the application of "act as if" I learned how to love my mother, turning my "faking it" into a reality. I have also learned through the Step process that I am

not in control of others and that there are clear boundaries with the people I love. Consequently, I have a healthy non-meddling relationship with my daughter and son-in-law. I have also learned not to let resentment take hostage of my mind. In short, I have a quality of life that blows me away. I feel such joy every morning I wake up and know that I get to enjoy one more day on this earth -- regardless of my lack of success with weight loss. I realize that even in relapse, the tools for living that I learned during my long period of abstinence did not vanish. I also know that God is not done with my learning process, and that when I abstain from compulsive eating I am more open to hearing His message of how I can be a healthier example of the miracles that are possible through our OA twelve-step program. I know that this program works if I am willing to completely commit to it one day at a time. And that is why I stay in OA, because I know there are still blessings and miracles yet to unfold.

Lee R

Service: The Best Insurance Policy Money Can't Buy

When I entered the halls of OA almost 22 years ago, I was told that "in order to keep it (the benefits of program), you have to give it away". I never understood what that phrase meant until I became active in my OA group (by my then sponsor's gentle suggestion). At first, I was uncomfortable and doubtful that I could perform services that required time, effort and commitment, but one day it all clicked.

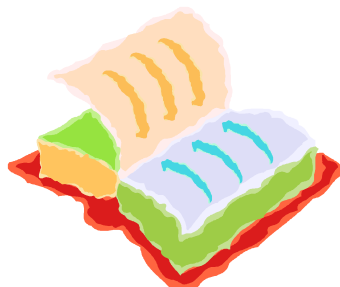
I was at a meeting that needed a Literature person, and I volunteered. I asked just what was expected of me, and the person replied "all you need to do is put out the literature every week". I thought this was easy enough, and was the Literature person for that meeting for one year. For me at that point, all I needed was a feeling of belonging and importance in my life. The job itself got me to the meeting whether I was abstinent or not.

Little did I know at the time that was the best service I could ever do for myself, just keep showing up no matter what. That is how I

stayed in meetings for twenty-two years.

For me, Service is an Insurance Policy that money can't buy, because it insures my seat in this program. I do service willingly and get so much back in return. There has never been a time that I have ever regretted doing service on any level. My service resume spans from one-on-one service with a fellow compulsive overeater, to having a position in Intergroup. No matter where I am literally or figuratively, Service remains an important constant that is vital to my own recovery as well as to the lifeblood of this fellowship.

Kristen S.



A member of our fellowship attended the OA LA Intergroup's 49th Birthday Party in February.

Quotes from Speakers at the OA Los Angeles Intergroup's 49th Birthday Party

The following are a few nuggets jotted down during the many panels and speaker meetings the member attended.

"Ego is the archenemy of Recovery. It has marvelous recuperative powers. It is important to keep Ego in abeyance. I do this by constantly working the Steps and Tools."

"I have to remember to keep my head where my feet are."

"I have learned that the road to the goal IS the goal."

"When I rest on my laurels, my laurels tend to spread."

"I'm in a long-term relationship with OA."

Question: (asked of Panelist with 20 years in OA/ 2 years of current abstinence): "Why do you think you still have not gotten thin even though you are working the program?"

Answer: "Because I did not put down the food".



**Writing Rocks at
Plymouth Rock
...a Convention Gift**

October's Region 6 Convention in Plymouth was in itself an uplifting gift for all who attended. At the writing workshop, I heard two particularly poignant prayers, written by K.D. from Malden. She was kind enough to grant her permission to share them with you in our newsletter. Enjoy. Thank you, K.D.

B.B. from Marshfield



MORNING PRAYER

Dear God,
As I begin this brand new day
I pray for you to guide my way
Keep me abstinent, safe, and sane
Living in joy in spite of pain.
Slow me down from life's rat-race
And set me to your calmer pace.
Remove temptation from my sight
Inspire me to do what's right
Help me to trust your plans for me
Accepting a future I cannot see.
Make me constantly aware
Of your presence - ever there.
Then bathed in your light from above
May all I do reflect your love.

NIGHT TIME PRAYER

Dear God,
I have lived another day
Loved and laughed and worked and prayed
Now I close my eyes to sleep
And trust my life to God to keep
When I wake tomorrow morn
Let me live as though reborn
God - please hold me in Your hands
And help me to follow Your commands
May Your love fill me with peace
All my fears and worries cease
Help me to live the OA way
Through every hour of the day
Then when it's time again to rest
I will know I've done my best.

K.D. Malden, MA

Don't miss these valuable words from the BB page 317

.....If asked what the two most important things in recovery are, I would have to say willingness and action.

.....when I am willing to do the right thing I am rewarded with an inner peace no amount of (food*) could ever provide.....

*substituted

Anon

Service: God's Will for Me

The tool of Service, says, "Do what you can, when you can."

Sure I can set up chairs, put literature out or stuff it back in the box after the meeting. But I know after many years in OA that those are excellent jobs for a newcomer, a way to get that person involved in the program at the grass roots level. But as my recovery progresses, so must my service.

After coming around for a while and getting abstinent, it then was time for me to take on a service position and start sponsoring people who had less time in the program than I did. I didn't feel qualified to become a treasurer of a meeting, because I'm a poor bookkeeper, but my sponsor said, "That's just why you need to take that job." Likewise, I didn't feel ready to sponsor another person but, again, my sponsor told me to push past my comfort zone. And my sponsor was right. Each time I bumped up my program, I grew in recovery.

Then came the big one: service *above* the group level. This time it wasn't my sponsor so much as my Higher Power that said, "It's time to give back what you've so generously been given." Despite my deep desire to avoid such service, I became willing to go to Intergroup, simply because I could feel myself falling into a rut and could tell that, before long, I'd be falling out of OA altogether, thinking I could do it by myself.

And you know what? A funny thing happened at my first Intergroup meeting. I began to get the feeling of "sane and happy usefulness" I was promised in the Service tool description.

Since that first Intergroup meeting I attended almost two decades ago, I have held several positions on the SCMI board, dealt with issues that threatened to shut down our service body, and played a part in the rebuilding of SCMI to where it is stronger today than ever and better able to serve everyone reading this newsletter.

Most importantly, I have ample proof that serving on the Intergroup --and beyond -- is more than a good idea and a great way to stay right-sized in body and mind. It is God's will. How do I know? Because the idea didn't come from me... it wasn't MY will.

May you who read this piece also hear God's will next time your group is asked to send a representative to an Intergroup meeting.

Gil P.

heard at a meeting:I brought my mess to my sponsorand the message to the meeting

OUR INTERGROUP 09556 MEETINGS Website www.scmioa.org for more details

(*) Handicap (B) Babysitter Available

(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 (100) 100 Pounder's Focus

Abington	St. Bridget's Catholic Church- 455 Plymouth St. Rte 58 at Central St (Sat-10AM SP)
Braintree	1st Cong Ch-12 Elm St [Use Steadman Ave Door] lower level Library (Mon-7-8PM SP) (Wed 7 PM M) (Fri 6:30-7:30 PM ST)
	Emmanuel Episcopal Church-519 Washington St- (Tues-7-8 PM SP)
Duxbury	(*) Church of St. John the Evan-410 Washgton St. Library (Thur-7:00PM SP)
Easton	(*) Holy Trinity Lutheran Ch -143 Lincoln Street (Thur-7PM & Sat-10AM R)
Hanover	St. Andrews Ep Ch.-17 Church St.) off 139/53 (Wed 9:30 AM) Park in Tedeschi/Bank lot and take marble stairs to Church St. above
Hingham	(*) House of Prayer Lutheran Church - 916 Main Street (Route 228) (Mon-9:30AM ST-BB) (Tues-10-11AML&W) (Tu-7-8PM ST) (Wed-7PM SP) (Th-10:00AM BBST) (B) (Fri-10AM- VOR)
Lakeville	(*) United Church of Christ-3 Precinct Street-Crn of Rts 18 & 105 (Mon-7:30PM) (L)
Marion	(*) St. Gabriel's Episcopal - 124 Front Street (Sat-8AM S & Sat-9AM L)
Norton	Trinitarian Congr. Church- 2 Pine St. (Thur- 7:30PM -100)
Plainville	United Methodist Church - 16 East Bacon Street (Sat-8:30AM)
Plymouth	(*) Jordan Hosp.-275 Sandwich St. (Funkhouser Conf. Rm.) (Sun-10:30AM SP)
Quincy	(*) Quincy Medical.Cntr-114 Whitwell St./McCauley Bldg/Conf.Rm D (Tues-7PM) Fort Square Presbyterian - 6 Pleasant Street (Rear Door) (Sat-10AM ST)
Scituate	(*) St. Mary's Parish Hall- 1 Kent St. corner Edward Foster Rd/Front St. (Resource Room) (Mon-6:30-7:30PM VS)
Stoughton	(*) Goddard Center - 909 Sumner Street (Sun-7:30PM ST) (*) Public Library- 84 Park St. (Route 27 & Walnut St.) (Tues-7PML & Fri-9:30AM)
Taunton	First Parish Universalist-On 71Church Green off Rts 44&140 (Wed-7:30PM)
Weymouth	(*) Church of the Nazarene-385 RalphTalbot Str/Pine (Thurs 12-1 PM FT)

GROUP DONATIONS DECEMBER		INTERGROUP FINANCES	
		BALANCES	
Braintree Mon PM	150	4/27/08	6127.88
Duxbury Thur	50	6/29/08	6193.83
Hingham Mon AM	50	09/28/08	6154.81
Lakeville Mon	50	10/18/08	5471.48
Marion Sat 8AM	60	11/30/08	6260.80
Marion Sat 9 Am	60	12/31/08	5880.84
Stoughton Fri	100	1/11/09	6318.84
Totals	570		

Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Please reprint this page for distribution to members.

This page has replaced the SCMI local meeting list. For changes and additions please send email to :
info@scmioa.org.
For notices and meeting announcements.

We are members of Region 6 Find information at: www.oaregion6.org

Find out what's going on. Represent your meeting!
Intergroup Meeting Dates 2009 Plymouth Jordan Hospital
Funkhouser or Boynton Conference room
Lower Level -See signs that day
March 22 April 26 May 31 June 28 Sept 13 Oct 18 Nov 29