



South Coastal MA Breeze

April 10 2010

SCMI INTERGROUP CALENDAR

SUNDAY April 25	South Coastal Mass Intergroup Meets at Jordan Hospital, PLYMOUTH at 12:15 PM Come and represent your group
WEEKEND April 30- May 1	Intergroup sponsored Retreat Miramar, Duxbury. Wonderful recovery at "Spring Serenity by the Sea" All spaces have been filled except one single for a gentleman to share. There is a wait list for possible cancellations or changes.
August 26-29 2010	OA Los Angeles Worldwide Convention 50 Years of OA Recovery Hilton Los Angeles Airport Hotel details at www/oa.org
Oct 22-24th 2010	OA Region 6 Convention Burlington Vermont. Save the Dates

SCMI Board

Chair-Margie P
Vice Chair-Kristen S
Recording Secretary-Kathy B
Corresponding Secretary-Pat S
Treasurer-Lee R

Region 6 Delegates

1st-Penny C
2nd--Lee R.
3rd-Alana C.

Region 6 Trustee-Mary Rose D

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

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Being Willing vs Trying

If you are willing to be abstinent, this is a state of great humility.
If you are trying to be abstinent, this is a state of great confusion.

A willingness to be abstinent implies you do not know how to do it, but are willing to learn.

Trying to be abstinent implies you should be able to do it, but are struggling with it.

If you are willing to be abstinent you are open to receive.

If you are trying to be abstinent, you are closed to guidance.

If you have been trying to give up the old ways and condemn yourself for failure to do so, simply be willing to learn how the old ways may be replaced with ways of peace.

If you are trying to be abstinent, you will judge yourself a failure.

If you are willing to be abstinent, no set-back becomes a problem, for you know you will be shown.

Trying to be abstinent places the responsibility on you.

Being willing to be abstinent places the responsibility on God.

Willingness to be abstinent is, in a sense, a prayer.

Trying to be abstinent is an act of separation from your higher power.

When you try, there is resistance.

When you are willing, there is acceptance.

If you are trying to be abstinent, everything is an interference.

If you are willing to be abstinent, everything is of assistance.

The freely made choice to be abstinent is the most important decision you make each day because it speaks of your willingness to be abstinent each day.

OUTSIDE the will of god there is no such thing as success; INSIDE the will of God, there cannot be any failure.

Anonymous

Intergroup Audio library CDs are available on the dates that Intergroup meets at the Jordan Hospital after the regular OA meeting. See intergroup members Lee or Kristen.

OUR INTERGROUP 09556 MEETINGS our Website www.scmioa.org for more details "New" website coming soon!

(*) 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 Washington 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-10-11AM L&W) (Tu-7-8PM ST) (Wed-7PM VS/11th Step) (Th-10:00AM BBST) (B) (Fri-10AM- VOR)
Lakeville	(*) United Church of Christ-3 Precinct Street-Cmr 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 R)
Plainville	United Methodist Church - 16 East Bacon Street (Sat-8:30AM)
Plymouth	(*) Jordan Hosp.-275 Sandwich St. (Funkhouser Conf. Rm.) (Sun-10:30AM SP)
	Plymouth Methodist Church- 29 Carver Road (Sat 9:30 AM ST)
Quincy	(*)Quincy Medical.Cntr-114 Whitwell St./McCauley Bldg/Conf.Rm A (Tues-7PM) Conference room A (Sat-10AM ST)
Scituate	(*) St. Mary's Parish Hall- 1 Kent St. corner Edward Foster Rd/Front St. (Resource Room) (Mon-7-8 PM BB)
Stoughton	(*) Goddard Center - 909 Sumner Street (Sun-7:30PM ST)
	(*) Public Library- 84 Park St. (Route 27 & Walnut St.) (Tues-7PM L & Fri-9:30AM)
Taunton	First Parish Universalist-On 71Church Green off Rts 44&140 (Wed-7:30PM)

GROUP DONATIONS THRU MARCH	
Braintree MON PM	150.00
Abington SAT AM	25.00
Duxbury THUR PM	25.00
Norton THUR PM	100.00
Unity Day share from 7th tradition	45.00
Plainville SAT AM	225.00
TOTALS	570.00
INTERGROUP FINANCES	
BALANCES	
12/31/09	3557.51
1/10/2010	4044.51
2/25/2010	7082.48
3/21/10	10,095.42

New Public Service Announcements Have Started

Local radio announcements for OA have started in the area. Be prepared for newcomers who might be calling group contacts or arriving at a meeting.

Remember -

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."



- OA Responsibility Pledge

Honest Look at What I'm Doing

- Do I have a sponsor -one who has what I want?
- Do I give some form of service?
- Am I working the program beyond Step 3?
- Am I still trying to diet, i.e. manipulate and control my food and my weight?
- Do I have a personal concept of a Higher Power that works for me?

- From For Today, page 54

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

Find out what's going on. Represent your meeting! Intergroup Meeting Plymouth Jordan Hospital
Funkhouser or Boynton Conference room Lower Level -See signs that day

2010 Dates Jan 10 Feb 28 March 21 April 25 May 23 June 27 Sept 19 Oct 17 Nov 21

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

In this wrestling match, the winner is ... God



The following was written during a recent Hingham Tuesday a.m. writing meeting. The weekly 10-11 a.m. meeting at House of Prayer Lutheran Church is a great place to motivate members who have difficulty putting pen to paper to write in a group for 15 minutes. Some writers share their work later in the meeting, others choose not to. All are welcome. The article below is presented exactly

the way it was written during the allotted time frame in that meeting, so that the reader will get a sense of the unedited freedom that exists in the meeting that allows us to be less than perfect:

Not a day, an hour, a minute goes by where I don't need to be reminded that God - not Gil - is in charge. It's absolutely the single hardest concept to remember for me. And it is vital that I do remember, because:

- ++ When God is in charge, my food is in balance;
- When Gil is in charge, I crave more before I've finished what's in my mouth (which is why the next forkful is already loaded).
- ++ When God is in charge, I think before I act and ask for Good Orderly Direction;
- When Gil is in charge, I do a swan dive off the high board, then look to see if there's water in the pool.
- ++ When God is in charge, I make a mental or written list of what needs to be done, set priorities and begin working steadily on the list, in the order laid out;
- When Gil is in charge, anxiety takes over and I start the job that I'm least prepared for mentally, physically and educationally, get frustrated with my lack of professionalism and perfectionism and spend large gobs of wasted time self-flagellating instead of working, then return to the task convinced I'm going to screw up -- which becomes a self-fulfilling prophecy.
- ++ When God is in charge, I take time to pray and get quiet so that I may hear and feel what God's will is for me; When Gil is in charge, life is a series of whitewater-rapids rides, with a Number 5 degree of difficulty and I'm exhausted just trying to stay in the boat.

And, overall:

+++++ When God is in charge, my life is serene regardless of the circumstances that swirl around me at any particular moment; When Gil is in charge, my life is chaotic, even if I'm sitting in a hot tub or lying in bed...especially lying in bed.

Hmm. I wonder if my sleep difficulties and frequent night-time awakenings are related to my constant wrestling match with God. If only I'd slow down long enough, that would be a great question to ponder.

Gil P

Wrong Image!

I came to OA six months ago, desperate and beaten down by six months of daily bingeing and purging, preceded by two years of anorexia. To get out of the insanity that had become my life, I was willing to try anything, even sitting around in the dark sharing shameful stories with other faceless, food-stained overeaters. This was my image of OA before my first meeting.

Wow, this image could not have been more wrong! In the rooms of OA I found warm, welcoming, caring individuals who were willing to help me, despite the fact that I was weak and didn't deserve it—or so I thought. I didn't understand Tradition Twelve and couldn't comprehend why they were willing to go to such lengths to help me. They accepted my phone calls, explained the Steps, listened to my rambling shares and mopped up my tears. I will be eternally grateful that they did.

Abstinence didn't come easily to me. I believed in a Higher Power, but not in one that could help me. I prayed every night for the strength not to binge the following day, but really I was praying to be able to binge and not deal with the consequences. As I took Steps One to Three with my sponsor, I developed a relationship with a Higher Power who helps me daily, and I have been abstinent from bingeing and purging for five months.

Now I need my Higher Power's help more than ever to keep me abstinent from restricting and having compulsive thoughts about food. Compulsive under - and over-eating often go hand in hand, and I am thankful to have found a Fellowship to support me in my struggle with the many faces of my illness. If I had not come into that room six months ago, I would have lost another valuable period of my life to this disease. Thank you.

— Anonymous - Reprinted from Lifeline magazine, Sept. / Oct. 2009, p. 26

"We" Program

OA is a "we" program. I realized this when I studied Step One: "We admitted we were powerless over food — that our lives had become unmanageable." Like many other compulsive eaters, I lived a life of isolation, and my feelings shut down. I lived with rationalizations because I couldn't control my eating. No matter how hard I tried, I couldn't reach my goal of self-sufficiency. Coming to OA brought me out of isolation and into recovery. The continued support of OA groups is vital to my ongoing recovery. Because compulsive eating is a fatal, progressive disease, the good of OA as a whole is a life-and-death matter to me. According to Tradition One, "It is every member's responsibility to protect the OA spirit of unity and mutual support" (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 111). Just as I take responsibility to work the Steps, I must take responsibility to do what I can for OA as a whole. Anything, no matter how small, that chips away at the Traditions that are the firm bedrock upon which my recovery is based can hurt my daily reprieve from this disease. I need to remember that.

- A.I., London, Canada, Reprinted from Lifeline, February 2007

Face To Face

I had a wonderful conversation today with a new fellow OA. A suggestion I made the week before helped the person achieve a string of days of abstinence. This is the wonderful miracle that happens. Something so simple is also the basis of all sponsorship. Exchanging ideas and enthusiasm for someone's recovery. I had forgotten the power of my own example and the fact that only we can help one another. Meetings are fine, speakers are great, but a one on one exchange and the trust that evolves is the most effective help. This is the miracle that is available to anyone who enters our doors. My sponsor told me once, don't forget the person who is sitting next to you! Don't leave without making contact with that newcomer. You may be the voice they hear that makes a difference. SG

On Happiness

Feeling good about myself is the most basic requirement of happiness. It is liking myself unconditionally, feeling worthwhile just because I exist. --For Today, p. 36.

We are sure God would like to see us happy, joyous, and free. (Alcoholics Anonymous)

Spiritual Path

Am I really in recovery, free from compulsive eating, or is it that today nothing diverts me from my primary purpose? It is easy for me to remain abstinent and live a sane and useful life when I am pain free. Pain can be physical, mental or emotional. Am I well because things seem to be going my way?

Am I right with the God of my understanding and the rest of the world because I work a good program, stay abstinent and have no amends to make? Do I feel as safe outside the rooms as I do in the rooms attending a meeting? Am I walking on eggshells, going along with the rest because I don't want to "make waves," or am I truly happy, joyous and free?

Do I feel like a hostage? Have I taken anyone hostage? Am I still cutting deals with God, or am I living life on life's terms? Am I walking around with a smile on my face when I feel like screaming? Am I working the Steps to resolve a situation, real or imagined? Am I coming clean with another human being? Am I abstinent? Am I really like the image I have of myself? For today, I ask God to walk with me. If my knuckles are white today, I have much work to do. The biggest thing I can do is let go! God is in charge, and I must be gracious enough to allow him to help and heal me. Today is a new chance to be the person I imagine God wants me to be. Seeking him and doing his will are what my life is about. How can I do that if I focus my brain and thoughts on food and people? I need to walk the walk with God and not be dependent upon people, places or situations to bring me peace and joy. It's an inside job.

From Lifeline sampler online Spring 2010

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Today I have a chance and a choice

IF YOU STAY "HOME"

Don't forget online and telephone meetings whenever you can't get out. See the Mass state meeting list page 2 or check online at www.aa.org for schedules.

