

Welcome back

More sharing and recovery from members of South Coastal mass Intergroup. Your contributions are welcome. Please share this publication at your meetings.

On any level service helps

Service helps me at every level. When I returned to OA after a relapse I found members opening the door and waiting for me. I had no meeting list, and I had not called. My memory of the meeting place was solid in my mind. I knew there would be someone there. I took up the service of helping to be responsible for that meeting. It helped me stay in the program as I struggled to get abstinent. Any one can do service-and should. When my abstinence returned I agreed to lead other meetings and speak, and later started working on a IG level. Any service helps others. We all need to do service for a period of time to truly work the program., service is like insurance for your own program. L

**Service is a way to help another person.
Reach out to someone who comes through
the door at your next meeting.**

This program is about the food and it's also not about the food. This "heard-at-a-meeting" moment is about Step 12 and "practicing these principles in all our affairs."

When I have difficulty with others, ask:
"How does God see that person?"

When I'm down on myself, ask: "How does God see me?"

SCMI Board

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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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INTERGROUP CALENDAR

WEDNESDAYS	HINGHAM	NOW MEETS 7-8 PM WEEKLY
TUESDAYS	7-8 PM	HINGHAM Step and Traditions Meeting
TUESDAY	May 12	Twelfth Step Outreach call reminder. Make a call to someone you miss.
THURSDAYS	Norton	"seeking serenity " group Meeting format change to rotating
WEDNESDAY May 13th	Quincy Wellness Fair	Your chance to do outreach To do service contact Taube at: tmw913_6@YAHOO.COM
Monday May 22	Holiday	Scituate 6:30 PM and Hingham Monday WILL NOT meet this date
SUNDAY	May 31	Intergroup Meets Plymouth 12:15 PM
SATURDAY	June 27th	SCMI Summer Sharathon Weymouth MA 9-3:30 PM Speaker, raffle, workshops. Bring your lunch, beverages available.
WEBSITE	NEW-link to OA Podcasts from the newcomers page	
August 21-23	Wareham MA Cape Cod Intergroup "Recovery by the Sea" Sponsored retreat. See flyers. Early registration discount.	

MEETINGS ASKING FOR SUPPORT

Tuesday 7 PM Hingham Thursday Weymouth 12-1 Wed Hanover 9:30 AM

New to OA?

If you are having problems with food, we invite you to reach out and see if Overeaters Anonymous can be helpful for you. You are welcome to use the information in this publication to find a meeting, call us, or receive literature.

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

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-10-11AM L&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 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)
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 71 Church Green off Rts 44&140 (Wed-7:30PM)
Weymouth	(*)Church of the Nazarene-385 Ralph Talbot Str/Pine (Thurs 12-1 PM FT)

INTERGROUP FINANCES

END OF MONTH BALANCES

10/18/08	5471.48
11/30/08	6260.80
12/31/08	5880.84
1/11/09	6318.84
2/22/09	6616.21
3/22/09	6798.97
4/26/09	6060.33

GROUP DONATIONS APRIL

Hingham Thur AM	100
Stoughton Fri AM	135
Abington Sat Am	200
Total	435



**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
April 26 May 31 June 28 Sept 13
Oct 18 Nov 29

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

Downloaders and Secretaries

Please reprint his page for distribution to members. It replaces the monthly calendar.

To add your name send your email to: breeze@scmioa.org or to our PO Box mailing address on page 1.