

## Sharing and Information

Your local Intergroup is keeping you informed of meeting changes, special events, and OA news with this monthly newsletter.

### Revised Definition of Abstinence

OA World Service Business Policy defines abstinence and recovery as follows:

*Abstinence* in Overeaters Anonymous is the action of refraining from compulsive eating and *compulsive food behaviors*.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

**1988b (amended 2002, 2009)**

**Big news !**

#### SCMI Board

Chair-Margie P  
Vice Chair-Kristen S  
Recording Secretary-Open  
Corresponding Secretary-Gil P  
Treasurer-Lee R

#### Region 6 Delegate

1st-Penny C  
2nd-Sandi G  
Alternate-Margie P  
WSBC Rep-Bob P  
Region 6 Trustee-Mary Rose D

Our website: [www.scmioa.org](http://www.scmioa.org)

#### EDITORIAL POLICY

This is your newsletter. Forward your submissions to [breeze@scmioa.org](mailto: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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781-925-1903  
[breeze@scmioa.org](mailto:breeze@scmioa.org)

#### SCMI INTERGROUP CALENDAR

June 18-19th	Volunteer Thursday/Friday	Intergroups are sponsoring booth at 23rd annual "International Conf on Practical Approaches to the Treatment of Obesity" - Cambridge . Call 781-251-0028 to volunteer to assist at the booth
MONTHLY SUNDAYS on IG Meeting Dates	Intergroup <b>Audio library</b> PLYMOUTH MA	Borrow CD's and tapes of OA members from meetings and conventions to listen to. See Kristen or Lee.
June 27th	SATURDAY	SCMI Summer Sharathon Weymouth MA 9-3:30 PM Speakers, raffle, Suggested donation. Bring your lunch. Beverages available. Church of the Nazarene
June 28th	SUNDAY	Intergroup Meets Plymouth 12:15 PM . No meetings in July/August Come to represent your group. IG voted this month to move nominations for officers to September and election to October meeting.
July 3	FRIDAY	HINGHAM 10 AM WILL MEET
July 4	SATURDAY	ABINGTON 10 AM WILL MEET
August 10	Monday	HINGHAM Anniversary meeting 9:30-11:30 AM Raffle, Speakers
WEBSITE	NEW-link to OA Podcasts from the newcomers page	
OCT 10	6 Page FALL issue of the Breeze will be published with room for your sharing and creative submissions of poetry-art-and writing in the spirit of recovery from compulsive eating.. Send us your summer recovery success stories. See Editorial policy.	
<b>MEETINGS ASKING FOR SUPPORT</b>		
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](http://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

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

INTERGROUP FINANCES	
MARCH BALANCE	6063.33
MAY INCOME	320.00
MAY EXPENCES	1052.65
END OF MONTH BALANCES	
5/31/09	5327.68

GROUP DONATIONS MAY	
Hingham Tue PM	80
Hingham Tue AM	50
Plainville SAT	50
Duxbury Thur	50
Braintree Mon PM	80
Scituate Mon	10
Total	320



See your meeting representative for the registration forms and Convention details or go to: <http://oaregion6.org/2009/>

We are members of Region 6  
Find information at: [www.oaregion6.org](http://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  
June 28 Sept 13 Oct 18 Nov 29

Downloaders and Secretaries

Please reprint his page for distribution to members.

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