

Sharing and Information

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

Raffle Baskets Wanted

Encourage your meeting to donate a gift basket to be raffled at the Region 6 OA Convention in Stamford October 23rd. See flyer on our website.

SCMI Board

Chair-Margie P
Vice Chair-Kristen S
Recording Secretary-Kathy B
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

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.

SCMI

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SCMI INTERGROUP CALENDAR ALL DETAILS AT www.scmioa.org

SATURDAY JULY 18	QUINCY	Saturday 10 AM Step meeting moves to the Quincy Medical Center (hospital) 114 Whitwell Street - Conference room A
July 13th thru 17th	HINGHAM DAYTIME MEETINGS	Meetings at the House of Prayer CHANGES MON meeting will move to Hingham Harbor (near the statue) bring a lawn chair or blanket TUE - cancelled THUR-AM no meeting FRI AM -will move to Hingham Harbor near the statue Night meetings at the church as usual
August 10 Monday	HINGHAM	Anniversary meeting 9:30-11:30 AM Raffle, Speakers
SUNDAY	September 13	Intergroup Meets Plymouth 12:15 PM . No meetings in July/August Come to represent your group. IG voted to move nominations for officers to September and election to October meeting.
WEBSITE	Link to OA Podcasts from the newcomers page. Take recovery with you this summer on your IPOD.	
OCT 10	6 Page FALL issue of the Breeze will be published with room for your sharings and creative submissions of poetry-art-and writing in the spirit of recovery from compulsive eating.. Share your recovery and your summer recovery success with others. See Editorial policy.	
MEETINGS ASKING FOR SUPPORT		
Tuesday 7 PM Hingham Thursday Weymouth 12-1 Wed Hanover 9:30 AM		

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)

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 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-
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)
Quincy	(*)Quincy Medical.Cntr-114 Whitwell St./McCauley Bldg/Conf.Rm D (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-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-7PM L & 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)

INTERGROUP FINANCES	
See complete reports at www.scmioa.org	
MAY BALANCE	5327.68
JUNE INCOME	450.00
JUNE EXPENSES	1961.08
END OF MONTH BALANCES	
6/28/09	3816.60

HAS YOUR GROUP GIVEN LATELY?		
GROUP DONATIONS JUNE 2009		
Hingham Fri AM		50
Easton Thur PM		50
Braintree Mon PM		140
Stoughton Tue PM		100
Braintree Tue PM		35
Scituate Mon PM		25
Hingham Wed PM		50
Total		450



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

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

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

Downloaders and Secretaries Next publication August 10
 Please reprint his page for distribution to members.

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