



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

We come to the program to feel better.

We feel anger better
 We feel sadness better
 We feel all the other emotions better
 And, eventually, we feel **joy** better too. (from OA Silicon valley)

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
 P O Box 336
 Hull, MA 02045-0336
 781-925-1903
breeze@scmioa.org

SCMI INTERGROUP CALENDAR		
MONTHLY SUNDAYS	Intergroup Audio library opens after PLYMOUTH Sunday morning meeting. Borrow CD's and tapes of OA members from meetings and conventions to listen to. See Kristen or IG members.	
FRIDAY Sept 11	HINGHAM	Anniversary—Voices of Recovery Meeting 10-11:30 AM
SATURDAY Sept 12	Stoneham 8AM-4 PM	NH/Boston Intergroup sponsored -90 Day Summit 100 Years of Abstinence Speakers- bring your lunch Microwave available
TUESDAY SATURDAY In QUINCY	STARTING SATURDAY SEPTEMBER 12TH UNTIL NOVEMBER 21ST THE SATURDAY MORNING OA MEETING (10-11:30am) WILL TAKE PLACE IN THE "ADMINISTRATION ROOM" WHICH IS IN THE OLDER PART OF THE HOSPITAL. FROM SATURDAY NOVEMBER 28TH WE WILL BE BACK IN CONFERENCE ROOM "A". WE WILL PUT SIGNS UP.	
QUINCY MEDICAL CENTER MEETINGS:	ADDITIONALLY, FROM SEPTEMBER 8TH THE TUESDAY NIGHT OA MEETING (7-8:30pm) WILL HAVE MOVED PERMANENTLY TO CONFERENCE ROOM "A" WHICH IS JUST ACROSS THE HALL FROM OUR PREVIOUS MEETING ROOM.	
SUNDAY September 13	Intergroup Meets Plymouth 12:15 PM Come to represent your group. Nominations for officers and election at October meeting.	
SUNDAY Sept 20th	PLYMOUTH	Jordan Hospital Sunday Morning Anniversary Meeting Starts early at 10 AM-13PM 3 Speakers and A Raffle
WEBSITE Sept 23 Wednesday	NEW-link to OA Podcasts from the newcomers page Anniversary Randolph MA BBStep Study meeting 7 PM Speakers, raffle 1st Baptist 528 Main Street	
OCT 10	Multi 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.. Share your recovery and your summer recovery success with others. See Editorial policy. Submit by Oct 4 please !	
WEEKEND October 23-25th	CONVENTION in Stamford Ct. Your group can donate a basket to be raffled at the OA Convention this fall in Stamford Ct. Call 781-925-1903 for details	
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 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 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 SP) (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)
Quincy	(*)Quincy Medical.Cntr-114 Whitwell St./McCauley Bldg/Conf.Rm D (Tues-7PM) Conference room A (Sat-10AM ST) See notes this month for changes on page 1
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)

HAS YOUR GROUP GIVEN LATELY?	
GROUP DONATIONS AUG 2009	
Quincy Tue PM	75
Hingham Wed PM	100
Taunton Wed PM	75
Lakeville Mon PM	75
Scituate Mon PM	10
Duxbury Thur PM	50
Hingham Tue PM	50
Total	435
FULL REPORT AT IG MEETING Sept 13	

Expanded issue of the October Breeze will be filled with your contributions of art, writing and sharing your recovery.



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
Sept 13 (nominations) Oct 18 (elections) Nov 29

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

Downloaders and Secretaries

Please reprint this 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.