

Message from the chair- Inreach: Working the 12th Step Within OA

The first time I was an SCMI delegate to the twice-yearly OA Region 6 Assembly, I was told I had to pick a committee to be on for the afternoon session. The committees ranged from planning the annual Region Convention, to Public Information, to Fiscal Oversight, to 12th Step Within (and others). I had no idea what the 12th Step Within meant, so I signed up to be in that group. What I learned that afternoon was illuminating and in fact, it influenced how I have practiced my program and have used the tools ever since.

Our 12th Step states, "Having had a spiritual awakening as the result of the Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." I learned that The 12th Step Within is, at its most basic level, about me taking action. And The Big Book tells me over and over that "Action is the key." *cont. on page 2*

SCMI Board

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

Region 6 Delegates

1st-Penny C
2nd-Sandi G
3rd-Lee R.
WSBC Rep-open
Region 6 Trustee-Mary Rose

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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Hull, MA 02045-0336
781-925-1903
breeze@scmioa.org

SCMI INTERGROUP CALENDAR

SATURDAYS	New Step Meeting forming Saturdays 9:30 AM -Plymouth United Methodist church 29 Carver Road . All welcome
TUESDAY SATURDAY In QUINCY	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, THE THE TUESDAY NIGHT OA MEETING (7-8:30pm) HAS MOVED PERMANENTLY TO CONFERENCE ROOM "A" WHICH IS JUST ACROSS THE HALL FROM OUR PREVIOUS MEETING ROOM.
SUNDAY October 18	Intergroup Meets in Plymouth at Jordan Hospital -12:15 PM Come to represent your group. Election of board for 2009-2010 Corresponding secretary needed.
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
TUESDAYS Oct 20 and 27	HINGHAM Step and Tradition Meeting will be starting over at Step One. Come join us. 7-8 PM
MONTHLY SUNDAYS	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."
SUNDAY November 29	PLYMOUTH morning meeting at the Jordan Hospital WILL NOT MEET.

Retreat is Coming Save the Dates Now Start squirreling away your money now!

SCMI is sponsoring a retreat - "Spring Serenity by the Sea" - to be held at the Miramar Retreat Center in Duxbury from April 30 to May 2. Flyers later this month. Sign up early, to take advantage of the early bird sign-up discount.



Helpful hints! SEE PAGE 3

cont. from page 1

Basically, The 12th Step Within is about extending the heart and hand of OA to members who sit quietly in the back of the room, afraid and isolating. It's about extending the heart and hand of OA to the relapsing member who still has the courage and desperation to show up and look for recovery. It's about going outside my comfort zone to enhance my program and give back what I have so generously been given. On a simple level, it is about using the tool of telephone. I take a number of someone I don't usually call (from the sign in book) and call that person just to say hi and ask how they are doing.

If I want to go to a deeper level, I take the time and make the effort to look back in the sign in book a couple of months or more and take the number of someone whom I haven't seen lately at meetings. I am constantly surprised at how many people I have forgotten about and how many people simply just slip away. So, I take the phone numbers and I make the call. Truth be told, most often I leave a message and receive no call back. Sometimes I leave a message and receive a call back. Sometimes the person actually answers the phone and says, "I'm done with OA." I ask, "Would you like to talk about that?" We either do or do not. Sometimes, the person will say, "I know I need OA and I will come back soon." And once in a blue moon, we actually plan to connect at a meeting.

But it's not about results, is it? We learn **that** early and often in our 12 Step Program of Recovery. It's about reaching out the hand and heart of OA to all who share my compulsion. That doesn't mean just the enthusiastic or desperate newbie.

As your Intergroup Chair, I am asking you to consider doing 12th Step Within work - In-Reach (as opposed to Out-Reach). Use any of the suggestions above . . . and call someone you haven't seen for a while. I make it easy for myself to remember by making the call on or around the 12th of the month - 12th Step/12th of the month. Try it . . . and then consider using one more tool - write about your experience for the next issue of The Breeze. Margie P



Why I Give Service

In reflecting on this question, I can think of many reasons, but here are the first five that came to mind:

1. My first sponsor almost twenty-five years ago told me that it was my obligation as an OA member. She said to never refuse to do service when asked unless it was physically impossible to do so.
2. It kept me coming to OA even during relapse. Having a job at my home group required me to show up even when I didn't want to go.
3. The benefits I have received through service far out weigh any inconvenience I may have experienced. I have made friends from all over the world as a result of doing service. I have also discovered skills and abilities that were the result of doing service that extended beyond my "comfort zone".
4. I feel it would be mockery of the Third Step prayer that I say each morning if I didn't give service when asked or when I see a need. I believe that OA, like AA, is a God given program. When I say "I offer myself to Thee" it means that I offer to do God's work, which definitely includes helping another compulsive overeater find recovery.
5. I do service because it makes me feel good inside.

Lee R.

LOST...AND FOUND

I was lost in compulsive over eating...I could not stop crying....I was gaining weight at a rapid pace...

Then I met a lovely woman in OA who always seemed so happy and together.

I asked her how she could stay so level. She just talked to me...She did not give me any advice. She did not tell me what to eat or how to eat it....It sparked my curiosity....I kept asking....

She gave me "homework"I wanted what she had so much that I did it. She invited me over for coffee.....I wanted what she had so much that I did it. She and I read the Big Book together.....I wanted what she had so much that I did not complain.

We got on our knees and prayed....I wanted what she had so much that I got on my knees and asked for God's help.

She had me write....I wrote...and wrote and wrote and wrote.....

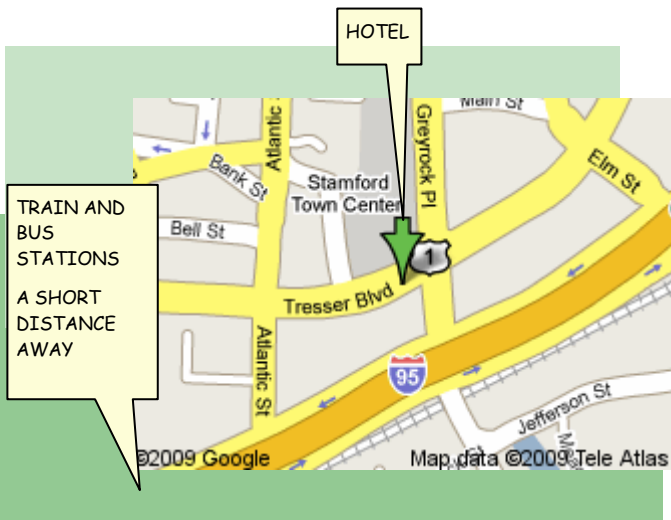
She knew her limitations....I saw a therapist and wrote some more..... I gave her my story...I gave my therapist my story as well.

I truly felt that spiritual connection with God..

Amends are being made to me on a daily basis....I get up and make sure I take my medication....I make sure I take my vitamins...I make sure I get my sunshine....I make sure I exercise....Even when I don't want to do it. I am no longer a baby. I have to do things for my own good even when I don't want to...

I have never felt so sane....It has been months of pure spirituality....I feel connected to God and the universe. I am no longer feeling sorry for myself. I feel the power of recovery running through my veins.. TP

Tradition 3
The only requirement for OA membership is a desire to stop eating compulsively



Stamford Marriott® Hotel & Spa

243 Tresser Boulevard Stamford, Connecticut 06901 USA

Phone: 1-203-357-9555

Fax : 1-203-324-6897

Toll-free: 1-800-732-9689

Marriot Parking

On-site parking, fee: 12 USD daily

Valet parking, fee: 18 USD daily

Bus Station

Greyhound Bus Station (0.6 miles)

30 Station Pl, Stamford, CT - (203) 327-7622

Train Station

Washington Blvd & S State St, Stamford, CT -

Amtrak / Metro North Station (0.7 miles)

Convention Help Page

Details that might help your trip to the Region 6 Convention.

Serenity in Stamford - R6 2009 Tips for Daytrippers

Having the Region 6 convention in your backyard can be a mixed blessing. On the one hand it is less costly and very convenient. On the other hand, you are not staying at the hotel and participating in the meal plan, so you can feel a little left out. Here are some tips we hope will help you get the most out of your convention experience:

≠ Your daytripper registration fee is good for all sessions of the convention, except for meals. Feel free to attend any and all workshops, meetings and marathons, as well as the talent show, bingo, etc.

≠ You can sign up to do service at the convention. Go to the Service Desk to check on available service slots.

≠ A quiet meditation room is available for the use of convention attendees. Even though you are not a hotel guest, you are welcome to use this room and other conference-related facilities.

≠ You cannot buy into the meal plan as a daytripper, but a Hospitality area is available for you to use to eat your meals and to socialize. A microwave is available for your use.

≠ We have information about Stamford available at the Hospitality table. Stop by to say hi and add to our information.

≠ If you are attending your first Region 6 convention, you will have a green dot on your nametag, and you will be given a sheet of tips for first time attendees.

≠ Conference committee members and others who are here to help will be wearing badges with ribbons. Feel free to ask them for information or support.

Have a wonderful convention!

THE ELEVENTH TRADITION...SPREAD THE JOY OF RECOVERY!

The 11th Tradition states that our public relations policy is based on attraction rather than promotion. This allows members and service bodies like the Intergroup to let the public know that OA exists without breaking a member's anonymity. One way to perform this service is by posting announcements on public bulletin boards. You could save someone's life today. Intergroup has designed a public notice with "pull tabs" available on our website.

www.scmioa.org

PRINT IT AND POST AT SUPERMARKETS-GYMS-LIBRARIES

Recovery Slogans

- Pain is God's microphone.
- I don't have to feel good. I have to feel God.
- It's about the food until we put the food down; then it's about the feelings.
- The problem in front of me is never as great as the power behind me
- My life is God's gift to me; what I make of it is my gift to God.
- Take your problems to your sponsor and your solutions to the meeting.
- Take the "I" in Illness and make it the "We" in Wellness.
- Change is painless; it's the resistance to change that is painful.
- All emotions masquerade as hunger.

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 www.scmioa.org or page 1 for temporary meeting changes
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 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)

GROUP DONATIONS AUG/SEPT	
MON Lakeville PM	\$75.00
MON Scituate PM	20.00
TUE Braintree PM	50.00
TUE Quincy PM	75.00
TUE Hingham PM	100.00
TUE Hingham AM	50.00
WED Hingham PM	100.00
WED Taunton PM	75.00
THUR Hingham AM	60.00
THUR Weymouth 12 PM	30.00
THUR Duxbury	50.00
FRI Stoughton AM	100.00
SAT Abington AM	150.00
TOTALS	935

INTERGROUP FINANCES	
BALANCES	
1/11/09	6318.84
2/22/2009	6616.29
3/22/2009	6798.27
5/31/2009	3816.60
9/13/2009	4190.86

Find out what's going on. Represent your meeting!

Intergroup Meeting Plymouth Jordan Hospital
Funkhauser or Boynton Conference room
Lower Level -See signs that day
2009 DATES Oct 18 Nov 29

2010 Dates
Jan 10 Feb 28 March 21 April 25 May 23 June 27
Sept 19 Oct 24 Nov 21

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

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

Thin is not well at Intergroup level Okay. Here's the skinny on Intergroup.

We all know service is slimming but also must realize we have a fat chance of continuing to provide support to every member when attendance at Intergroup meetings keeps thinning out.

Here's the meat and potatoes of this weighty issue:

South Coastal Mass. Intergroup (SCMI—that's us) currently has 29 meetings under its umbrella. Each group is entitled to send one representative to Intergroup meetings.

The simplest math says that 29 people, plus the board members, along with any interested non-rep members of OA, would fill the seats at every Intergroup meeting.

Yet, at the September 19 meeting in the Jordan Hospital's Funkhouser Room in Plymouth, only six people - a very slim number - showed up to do service for the hundreds of OA members who attend meetings in our Intergroup.

I remember a time, just 20 months earlier, when that same room was stuffed with OA

members. I was Intergroup chair then and we had just been hit with the news that our former treasurer had misappropriated \$20,000 of our funds. Nothing like a juicy scandal to pack the house!

Now I'm no psychic, but I cautioned our membership during that scary period to maintain the same gift of desperation, which restored us to fiscal sanity in less than a year's time.

Not only did everyone give generously from their purses and wallets in that span, but you all contributed time and energy to retool SCMI into a well-run, fiscally responsible Intergroup. During that rebuilding process, we regularly could depend on 14-18 reps participating at each Intergroup meeting.

But now - as all compulsive overeaters know too well - we have become complacent. When we let our program slide on an individual basis, we assuredly slip back to our old ways with the food. And when we grow lax at the Intergroup level, we wind up starving ourselves of a true group conscience. What's happening now, sadly, is that a very small group is making the decisions and allocating the seventh tradition funds that we all put

into the basket at each meeting.

As a result, the few trusted servants who attend each Intergroup meeting have no way of knowing whether our decisions reflect substantial unanimity or merely our best guess at what the fellowship of South Coastal Mass. OA members wants.

Enough said here. You get the point. This is your Intergroup. Don't let our wonderful Intergroup hunger for true representation.

Please, please, send someone - any member of your group - to the Intergroup meetings on Sundays, 12:15 at the Jordan Hospital. The last two meetings of this year are October 18 and November 9. The only requirement to be a rep is a desire to stop unhealthy behaviors around food and a desire to give back what you so generously have been given.

Gil P.,

outgoing SCMI Corresponding Secretary

WRITE THE 12 STEPS ON A PROBLEM

1. Powerless over _____. Life unmanageable. How?

2. Came to believe that God can restore me to sanity.

3. Made a decision to turn over _____ to Him.

4. Inventory. What is my part in this? List two fears and two resentments:

5. Admit to God and to another human being my part in this., which is:

6. I am entirely ready to have God remove what character defect(s) in this?

7. Humbly ask God to remove the aforementioned character defect(s).

8. Make a list of those I have harmed because of this problem, including myself.

9. How can I make amends to those people, including myself? Make the amends.

10. Continue to take inventory on this issue.

11. Keep in conscious contact with my Higher Power/God on this issue.

12. What spiritual awakening, insight, or epiphany have I had as a result of working these steps on this specific problem? How can I help others with my story?

-paraphrased from the North Jersey Intergroup "Oasis" newsletter.

You might be.....

Well, I'm doing service for myself and intergroup because while I am writing, I am not eating.

You know that comedian who says, "You might be a red-neck if . . .?"

Well here is this compulsive overeater's take on that routine:

You might be a compulsive overeater if:

... you've licked the sap on a wooden plank, thinking it would taste like syrup.

... you watched tv with a paper cup filled with candy, hidden under the afghan on the couch.

... your mother always blamed you for missing food.

... you stole your little brother's candy at Halloween.

... you have 3 different sizes of underwear.

... the scale at your doctor's makes you break out in nervous hives.

... your medical charts say you are obese.

... you think food will solve a problem.

... you like going to a bad restaurant because their serving size is huge.

... you threw out take-out wrappers in a dumpster so your husband won't find them.

... you say you are still starving right after you have finished a meal.

... you eat 'til you stomach hurts.

... you overdose on sugar free products and get a gas attack that frightens you and everyone around you.

... you hide the wrappers of those things that aren't on your plan of eating deep in the trash.

If you can relate to any of this, you might be a compulsive eater.

Keep coming. RS



HEARD AT A MEETING:

- Be where your feet are
- Before you stuff, unload your stuff
- Share it or wear it
- It may not be what you eat but what's eating you

EIGHT THOUGHTS

1. Don't talk to your scale; talk to your sponsor.
2. The truth only hurts when you eat it.
3. You can't feel with your mouth full.
4. Stop and smell the flowers, not the food.
5. Hug people, especially those you would rather hit.
6. Smile for yourself, as well as for others.
7. Listening is easier when the mouth is closed.
8. For Today is the perfect-picker upper in the morning

--from the Brandywine (Pennsylvania) Intergroup "Recovery Newsletter"

Clear communication

I have found that the disciplines within meetings of being positive, of offering experience, strength and hope, of not giving advice to people who share, make me aware of my own habits outside of meetings. I recognize my own negativity or superior attitudes, and those old familiar traits are no longer within my comfort zone. Meetings set standards of positivity and acceptance that influence my life outside of OA as well. Spiritual growth and freedom from obsession are my objectives in attending OA meetings and working the program. To have clear communication with my Higher Power, I need an open and static-free line, to ask for help as well as to receive guidance. Outside issues just create cosmic noise that keeps me from concentrating on what's most important.

Mary S.

reprinted St. Louis IG Oct 2009

NOV 21 2009

Since 1992, on the third Saturday in November, members of Overeaters Anonymous worldwide observe an International Day of Experiencing Abstinence (IDEA). The OA Fellowship created IDEA Day to encourage members and newcomers to abstain from compulsive overeating.

Hook up with the all-day phone marathon. Details are available on www.scmioa.org events page !