

Southcoastal MA Breeze

December 10 2009



Welcome to Intergroup- Our Newest meeting -Saturday Plymouth 9:30 AM

The latest member group to join our intergroup is reading and discussing the "OA 12 & 12" Saturdays at the Plymouth Methodist church on Carver Road.

Take exit 6B to Route 44 and follow straight until you see the fire station on the left. Take the next sharp left at the lights (on to Carver Rd) the church is a short ways down on the left. Look for a white church sign and follow driveway into the church. They are saving you a seat in the bright and sunny room. Extra copies of the book can be borrowed. 9:30 AM to 11:00 AM



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- 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 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

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

HOLIDAY MEETING CHANGES					
WEYMOUTH 12 PM	NO MEETING	DEC 24	NORTON THUR	NO MEETING	DEC 24 DEC 31
EASTON THU RPM	NO MEETING	DEC 24 DEC 31			
HINGHAM FRI AM	NO MEETING	DEC 25	STOUGHTON FR AM	NO MEETING	DEC 25 JAN 1
DUXBURY PM	NO MEETING	DEC 24 DEC 31	BRAINTREE FRI PM	NO MEETING	DEC 25 JAN1

SCMI INTERGROUP CALENDAR	
SAT Dec 12	A great day to make a 12th Step call. Your fellow members need calls in this holiday season. Make plans to go to a meeting together, or invite someone you miss.
DECEMBER 2009	No Intergroup Meeting this month. Resuming January 10th in Plymouth at Jordan Hospital -12:15 PM Come to represent your group.
FRI Jan 1	Annual Plymouth round Robin meeting 10AM-12 PM Jordan Hospital
NEW BEGINNINGS IN 2010	The Monday HINGHAM Step/Traditions/Big Book meeting at 9:30 a.m - 11:00 at Lutheran HOP in Hingham will be starting again at Step 1 on January 4. January 11, the meeting will read The Doctor's Opinion. January 18, the meeting will read Bill's Story. On January 25, the focus will be on Tradition 1.
SAT Jan 30	Abington 36th Anniversary Meeting 10:00AM-12:00 Noon Raffle, Clothing Swap and Speakers

Give yourself the gift of recovery! Sign Up now SCMI sponsored retreat - "Spring Serenity by the Sea" - to be held at the Miramar Retreat Center in Duxbury from April 30 to May 2. Registration is open and forms are online. Early registration discount before March 31 2009

Not Buying In

This time of the year I find it easy to put aside my program. In all the excitement, chaos, frenzy and stress of preparing for what is supposed to be a beautiful spiritual time of the year, I can readily justify putting myself and my program last. After all, there is an army of us running from store to store, party to party, kid's pageants, craft fairs, decking the halls, and buying all sorts of things we don't need, worst of all buying all the hype. All of us feeling stressed but virtuous, being told by the media, society, and each other that this is what we are supposed to be doing, putting ourselves last. Well not this year, I'm not buying into it all, I'm not buying!! I am sitting down and writing out my wish list for putting myself and my program into some part of each day. My abstinence and spirituality are at the top of my list this year and all I want is a stocking stuffed full of tools and tips and meeting lists and friends, program friends who I know are always there when I need to reach out. So join me in making a program wish list for ourselves this year and putting our program at the top. Take time for meeting or a phone call, a moment of meditation or a chapter in the big book. Take time for yourself and your program, it is the most important thing you can do for yourself and for your life. *L. from Hull*

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-Cnr 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)
	Plymouth Methodist Church- 29 Carver Road (Sat 9:30 AM ST)
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)

GROUP DONATIONS NOV	
MON Hingham AM	30.00
FRI Hingham AM	125.00
WED Braintree PM (Men's)	25.00
THUR Duxbury PM	50.00
TOTALS	230
INTERGROUP FINANCES	
BALANCES	
3/22/2009	6798.27
5/31/2009	3816.60
9/13/2009	4190.86
10/17/09	3910.48
11/22/09	3392.24

~ ~ ~ ~ ~ OA ~ ~ ~ ~ ~ is the only place where you can walk into a room full of strangers and reminisce. ~ ~ ~ ~ ~

I heard a clever saying at a meeting!
Resentment is when I didn't get my way in the past. Anger is when I'm not getting my way in the present. Fear is when I'm afraid I won't get my way in the future. In each of these cases, my own expectations are the source of my resentments, angers, and fears. I can't claim credit for this wisdom. I heard it in a meeting and from my own experience found it to be true. -Sue, NJIOA, Oasis, Summer 2007

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

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.

Find out what's going on. Represent your meeting!
Intergroup Meeting Plymouth Jordan Hospital
Funkhouser or Boynton Conference room Lower Level -See signs that day
2010 Dates Jan 10 Feb 28 March 21 April 25 May 23 June 27 Sept 19 Oct 17 Nov 21