

SCMI Board

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Our website:

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

**SCMI 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.

South Coastal Mass Intergroup

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## SCMI INTERGROUP CALENDAR

Summertime Beat the Heat !	Abington Sat AM reminds you it's now Air conditioned at St. Bridget's Church 10-11:30 AM, Wed Night Hingham 7 PM Virtual speaker meeting continues with meditation ending the meeting. (also an air-conditioned location)
July 4th Sunday	Special "Freedom from the Food" Meeting North Shore Intergroup. Marblehead MA 8- 9:30 AM
June 18th-20	Retreat Ivorytown CT Tranquility in Recovery. Southeast CT Intergroup
June 17th and 18th	Local Intergroups have purchased booth space at a large national obesity conference in Cambridge. To volunteer for OA booth please contact Peggy at <a href="mailto:pegdoherty@comcast.net">pegdoherty@comcast.net</a> if you would like to help.
July 11-17th ONLY Change of Location	Special Summer Meetings HINGHAM Monday 9:30 AM July 12th ; Tuesday 10 AM July 13th; Friday 10 AM July 16th at the HOP location will move to Hingham Harbor. (outside near the statue) Bring a chair or a blanket. No meeting if heavy rain. Call 781-925-1903
August 26-29 2010	OA Los Angeles Worldwide Convention 50 Years of OA Recovery Hilton Los Angeles Airport Hotel. details at <a href="http://www/oa.org">www/oa.org</a>
SUNDAY June 27	South Coastal Mass Intergroup meets at 12:15 PM Come and represent your group -Jordan Hospital, PLYMOUTH
Oct 22-24th 2010	OA Region 6 Convention Burlington Vermont. Website is now up and ready to accept registrations online. <a href="http://oaregion6.org/2010">http://oaregion6.org/2010</a>

## REPORT FROM THE RETREAT CHAIR, Margie P

Our Spring retreat at Miramar resumed after a long hiatus. I think it is fair to say people really enjoyed the retreat and the event was an amazingly successful. The time of year, the blooming gardens and gorgeous grounds helped create a wonderful sense of being away in a special place. We have reserved the same weekend in the Spring of 2012 for those who want to return or join in recovery.

The "Facing our fear leads to Serenity" theme of the weekend was well received and many commented on the meditation closing exercise the first night and found it helpful in determining their fear -- or having HP reveal it to them.

People loved the 'ransom note activity' -- receiving (creating) notes from our fear and what our fear tells us. Another activity that helped create an environment of community and equality was the "The 60-Second Qualification". We were randomly paired with another attendee and we shared what it was like, what happened and what it is like now, and our partner shared our story with the group. There was ample opportunity to work with other OA members and make new connections all weekend.

The interior renovations and improvements made the retreat house even more user-friendly than in the past. The size of the downstairs conference room allowed for us to vary the seating from rows the first night to tables for the rest of the weekend.

A real stand-out for the weekend, and a contributing factor in the overall high satisfaction rating, was the food and the kitchen staff.

Thank you to all who gave service before, during and after and to all who came and shared so openly.

OUR INTERGROUP 09556 MEETINGS our Website [www.scmioa.org](http://www.scmioa.org) for more details "New" website coming soon!

(*) 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 (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 VS/11th Step) (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)
	Plymouth Methodist Church- 29 Carver Road (Sat 9:30 AM ST)
Quincy	(*)Quincy Medical.Cntr-114 Whitwell St./McCauley Bldg/Conf.Rm A (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-7-8 PM BB)
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)

GROUP DONATIONS THRU MAY	
Hingham Friday AM	50
Braintree Monday PM	200
Lakeville Monday PM	100
Scituate Monday PM	25
<b>TOTALS</b>	<b>375</b>
INTERGROUP FINANCES	
<b>BALANCES</b>	
12/31/09	3557.51
1/10/2010	4044.51
2/25/2010	7082.48
3/21/10	10,095.42
5/23/2010	3080.07

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.

**To Intergroups, Groups and OA members:**



Gloria 978-927-4754 [pobie@juno.com](mailto:pobie@juno.com) or Charlene 978-687-0755 [charoasis@verizon.net](mailto:charoasis@verizon.net)

**Here is a unique, creative and fun service opportunity.**

Our upcoming Burlington, VT Region 6 Convention is being held October 22nd - 24th

Fundraiser raffling of baskets/items contributed by members, groups and intergroups. We invite you to get together with your OA friends and create a basket to be raffled off at the Convention Friday, Saturday and Sunday. Let your imagination soar. Questions ??? Please call or email:

**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 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

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