


**SCMI Board**

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 3rd-Alayna C.

Region 6 Trustee-Mary Rose D

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 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.

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**Unity in OA**

What works for one person may not work for another. As a result, there is a need for (and room for) many different meeting formats under the OA umbrella. We are all part of OA, joined by the desires to stop eating compulsively and to carry the message of recovery to the still-suffering compulsive overeater. Meeting formats and the ways people work their programs may change. The steps, tool, traditions, and concepts of OA, however, do not change. From Unity Intergroup July 2010

**FALL SHARATHON - Oct 2**

Make plans to attend the half-day sharathon October 2. Registration will begin at 9 a.m. and the sharathon will start at 9:30. We will have an inspirational speaker followed by workshops and a raffle. There also will be a clothing swap. You're invited to bring your lunch and hang-out for fellowship until 1:00. Suggested donation \$5.00.



See you at the Pilgrim Church in Duxbury, Saturday October 2.

**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)
THURSDAYS SUMMER SCHEDULE	Thurs. AM Hingham BBSS 10:00-11:00 AM Reading/disc. VOICES + FOR TODAY NO BABYSITTING
MONDAY August 16	HINGHAM Anniversary Meeting 9:30-11:30
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>
SATURDAY Sept 4th 6 (SIX) AM Sunrise	Hull, MA SCMI Annual Gratitude Sunrise Mtg "H" Street Beach Nantasket. Bring a blanket or beach chair. Arrive quietly-neighbors are sleeping. Dress warm- cancelled if heavy rain. Bring a friend!
MONDAY Sept 6	LABOR DAY SCITUATE Monday night NOT meeting
FRIDAY Sept 10	HINGHAM Anniversary Meeting 10:00-11:30
SUNDAY September 19th	Plymouth Meeting Anniversary 10 AM-12 Noon [Early start] Speakers/Raffle
SUNDAY September 19th	South Coastal Mass Intergroup meets at 12:15 PM Come and represent your group -Jordan Hospital, PLYMOUTH Election of officers will be in Oct.
SATURDAY Oct 2	Save this date for the fall Sharathon in DUXBURY see details
September 24-26 WEEKEND	Cape Cod Intergroup Retreat OA RECOVERY BY THE SEA Wareham MA details and registration form <a href="http://www.ccigoa.org">www.ccigoa.org</a>
Oct 22-24th 2010	OA Region 6 Convention Burlington Vermont. Website is and registrations online. <a href="http://oaregion6.org/2010">http://oaregion6.org/2010</a>

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

(*) Handicap (Baby Stg) 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 [Baby Stg]) (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 )
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)

COMPLETE GROUP FINANCES REPORT WILL RETURN IN THE FALL	
INTERGROUP FINANCES	
BALANCES	
1/10/2010	4044.51
2/25/2010	7082.48
3/21/10	10,095.42
5/23/2010	3080.07
6/27/2010	2921.46

To Intergroups, Groups and OA members:



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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:

**Opportunity Knocks-** We are looking for articles for the October issue of The SouthcOastal Breeze, your Intergroup newsletter. In particular, we are soliciting articles by people who came into OA in their youth (under 25). Submit your writing to: [breeze@scmioa.org](mailto:breeze@scmioa.org)

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.