

UNITY

April 2017

A publication of **Overeaters Anonymous Gold Coast Intergroup** • www.oabroward.org


Overeaters Anonymous

is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.



“Those of us who have completed Step Four have found that taking this searching and fearless moral inventory was one of the most loving things we ever did for ourselves.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous p.29

Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.



Notes from the Chair

A season of holy holidays for many. Holidays to be shared with loved ones and friends. A time of loneliness for many who do not have loved ones in town to share their joy with.

Remember to go to meetings. There we will not be alone. We will not have to binge or purge or act out in disease. We will do our step work, use the tools of recovery, make some phone calls, listen to a phone meeting, or find a meeting whether it is a holiday or any day. We will hear what we need to hear. We will be inspired. Remember our higher power speaks through other people. Together we will do the 12 steps of recovery no matter what, no matter where, no matter when.

Respectfully serving,

Lila V.

Ft. Lauderdale

Please Consider Giving Service By Chairing Our:

Public Information/ Professional Outreach Committee

Service: To coordinate the efforts of OA groups and Intergroups to carry the message of recovery to the public and the professional community which can include hospitals, institutions, professionals, and the military (active duty personnel and dependents). To encourage and assist groups and Intergroups to make the public aware of Overeaters Anonymous through print and broadcast media, participation in community health fairs, and any other public means.

Gold Coast Intergroup *Trusted Servants*

Chairperson	Lila	954-593-6621	goldcoastoa+chair@gmail.com
Vice Chair	Andi	954-295-1123	goldcoastoa+vchair@gmail.com
Recording Secretary	Blanca B.	954-383-5613	goldcoastoa+sec@gmail.com
Corresponding Secretary	Linda R.	954-240-0297	goldcoastoa+csec@gmail.com
Treasurer	Louis	954-496-3278	goldcoastoa+treas@gmail.com
Parliamentarian	Booky	561-573-4372	odatbook@yahoo.com
12th Step Within	Heather	305-206-7486	hvaug001@fiu.edu
Public Info/Professional Outreach			
Oa Literature	Diana	954-270-9169	goldcoastoa+lit@gmail.com
Ways and Means	Joyce	954-684-8152	
Webmaster	Paul C.	954-593-3881	paul1212oa@gmail.com
Unity Editor	Sara B.	954-328-4178	goldcoastoa+unity@gmail.com

Join us

Gold Coast Intergroup Meeting

Saturday
April 15, 2017
10:00 am

Broward Health North Classroom 8

201 E. Sample Road

Living Steps Workshop

Daily Reprieve through Steps 10, 11 and 12



Please enjoy speakers and an interactive learning session to incorporate steps 10, 11 and 12 into your daily action plan regardless of what step you are on.

April 15, 2017 1pm-4pm

Feel free to bring your lunch for fellowship from 12noon to 1pm

**Broward Health North, Classrooms 7,8
201 Sample Road
Pompano Beach, FL**

Progress, not perfection.

Speakers Bureau

Below are OA members who are available to share their experience, strength and hope. Please confirm their availability and be sure they meet your group's speaker qualifications if applicable.

Andi S.	954-295-1123	Lonna	305-338-0423
Billi Z	508-294-5136	Louis	954-496-3278
Booky	561-573-4372	Martha	954-971-3932
Cheryl S.	954-336-6467	Maureen H	954-600-1483
Dolores	561-265-5668	Mike	954-270-9169
Flo M.	954-870-7233	Mort B.	954-969-9516
Heather	305-206-7486	Patty G.	561-927-0542
Joyce M.	954-684-8152	Samantha	954-240-6450
Kevin	786-566-8112	Ted S	954-921-8370

A Sponsor's Role

A newcomer recently expressed frustration to me about the lack of available sponsor in the area and how there seem to be three categories of OA members: those who sponsor but who are not taking on new sponsees, those who are newcomers, and those who are in relapse. Sadly, I have to agree with her, but I want to stay in the solution, so here's my pitch on sponsoring.

I remember when my first sponsor said I should raise my hand as an available sponsor. I thought she was crazy because I was still so crazy myself. But she said I needed an opportunity to share positive thoughts and words with someone and to start developing an image of myself as a recovering compulsive overeater. When I am just receiving from a sponsor, it is easy to stay in my moans and groans. Knowing someone is looking to me as a channel for OA wisdom pulls me out of my self-centeredness.

By being a sponsor, I learned the following:

Sponsorship does not mean I am a guru, god, or teacher to someone in the program.

Sponsorship means I share the program up to the level of my experience, as it says in OA literature. If I don't have experience with an issue, I simply say so and suggest that my sponsee get support with that issue elsewhere. I can still be her sponsor even though I cannot solve any of her problems. Sponsoring others is good for me because I often find myself saying to my sponsee is the things I need to hear.

Sponsorship keeps me accountable because if I make a suggestion to someone, I should be willing to do it too.

Sponsorship teaches me how to be in a close relationship with someone, learning communication skills and other lessons, often for the first time.

Sponsorship shows me how to practice letting go and accept that everyone has his or her own path. That perhaps is the hardest lesson facing me in sponsorship, but one for which I am grateful for the opportunity to learn (most of the time).

– *From Celebrating Sponsorship: Stories from the Global Fellowship of Overeaters Anonymous*



Literature For Sale

We have almost all of the books, workbooks, pamphlets and flyers published by OA for sale. Contact Diana (or your Intergroup Rep) and we'll be happy to get you all that you need.

(954) 234-7696 • goldcoastoa+lit@gmail.com



Lifeline, OA's international magazine, is an indispensable "meeting-on-the-go" ready to provide inspiration and support when needed. Don't miss the opportunity to laugh, learn and love with members in recovery.

Subscribe today! Go to: www.oa.org

Tradition Four:

Each group should be autonomous except in matters affecting other groups or OA as a whole.

B T L B G Z M L D B U Y I U S
 S L E S N U A H F T H L E X W
 U X V F O M T Q L I C K L N C
 A Q D L Q O T F C H V Y T G N
 S F I I M J E P I E D S Y T K
 H P F I P L R V C T P E C X E
 M L U E Y I S B B G N R S X X
 Z F U O C C I O P F L H A B P
 P E K C R T E I W H O L E X N
 U L A N W G I L T U O B B R D
 O U O C K G M N L Q C M E V Q
 R A B M H U L D G M D H B C K
 G J U X H W Z N Y S T K R R E
 J Z E L J Z M V K O J C G Z M
 A U T O N O M O U S J R C E L

AFFECTING
 AUTONOMOUS
 EACH
 EXCEPT
 GROUP
 GROUPS
 MATTERS
 OTHER
 SHOULD
 WHOLE

Around-the-Clock Telephone Hotline

These members are available for calls during their specified time blocks for OA general info and support for newcomers, out-of-town visitors and struggling members.

7am-8am	Joyce	954-684-8152
9am-1-m	Andi	954-295-1123
1pm-3pm	Dorothy	954-429-3576
3pm-5pm	Paul	954-593-3881
5pm-7pm	Terri	954-551-7827
7pm-9pm	Lois	954-604-8490
9pm-11pm	Mort	954-815-2058
11pm-1am	Marcia	954-707-7778
1am-3am	Keisha	754-224-8835
3am-5am		
5am-7am	Donna	954-295-8271

Please announce this kind service at all your meetings.

Recovery = a lifetime of work.
 That's why we're given a lifetime to do it.

Holding a Resentment is like drinking poison and expecting the other person to die.

Expectations = Resentments under construction.

The spiritual principles of the OA program

The Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service have principles related to them.

Principle of Step 4 *Courage*

Principle of Tradition 4 *Autonomy*

Principle of Concept 4 *Equality*

Not Every Spiritual Experience Involves a Burning Bush!

“Ideas, emotions and attitudes which were once the guiding force of the lives of these men were suddenly cast to one side and a completely new set of conceptions and motives begin to dominate them.” [There is a Solution”, AA Big Book page 27.]

What an inspiring Chapter of the Big Book! I love the way page 26 begins, describing Roland Hazard’s visit to the psychiatrist, Dr. Carl Jung. Roland thinks he is so full of self knowledge and so thoroughly understands himself that he will never relapse again! And immediately following that is that short sweet sentence: “Nevertheless, he was drunk in a short time.” That is so understated and funny, but of course it isn’t funny, it’s tragic.

I too thought some kind of self knowledge was the answer. I just needed to understand or figure out that terrible event in my early childhood that made me the way I was; then I would be cured. Sadly I never did discover anything and self knowledge or book knowledge was not the answer; nor were college or advanced degrees!

But, a vital spiritual experience, not knowledge or religious conviction, would be the answer!

Visit Our Website Today
www.oabroward.org

Your online destination for up-to-the-minute information on new literature, events, meetings (phone, online and face-to-face), conventions, workshops and more from your OA Gold Coast Intergroup, Region 8 and World Service Organization!

Be sure to subscribe online to your Unity newsletter FULL COLOR digital edition and enjoy FREE DELIVERY to your email the first of every month.

Surrendering means
you don't have to
fight any more.

“A Vision For You”
**Overeaters Anonymous Big Book Study
Telephone Meeting**

Live Meetings

Call 712-432-5210 • Conference ID: 876148#
Monday through Friday
7am-8am (recorded) 9am (unrecorded)
10am-11am (recorded)
Sunday Special Edition Meeting 8:30am

Meetings cover various topics and personal stories of transformation made possible through the teaching and practice of the Twelve Steps and Twelve Traditions of OA. Check the calendar online to view upcoming Special Editions.

Archived Meetings

712-432-5210 • Conference ID: 876148#
All recordings are archived indefinitely and available by phone and online at **www.avisionforyou.info**
24 hours every day.

www.avision4you.info

Robust online site where you can listen and/or download podcasts of daily and Special Edition meetings and read AA's *Big Book/12&12* online

I remember how I kept waiting for some great lightning bolt change, some burning bush to appear in my life after I joined OA. After six months of abstinence I began to despair of getting it, of having that vital spiritual experience essential to recovery. My sponsor wisely suggested I read Appendix II in the BB and the clouds were lifted from my brain! I realized that I had indeed had a spiritual experience because I was now living and thinking in an entirely different way by an entirely different set of rules. The first amazing thing I noticed was that I now loved getting up in the morning! I could hardly wait to start my wonderful day. And wonder of wonders I was hungry in the morning!! The second big thing I noticed was that I had friends whom I loved and valued and did things with! All I cared about doing was doing my part to keep up that friendship. I did- n't have to hide anymore.

Speaking of my part, I no longer blamed anything and anyone I could find for my problems. I first looked for my part; I had begun to take personal

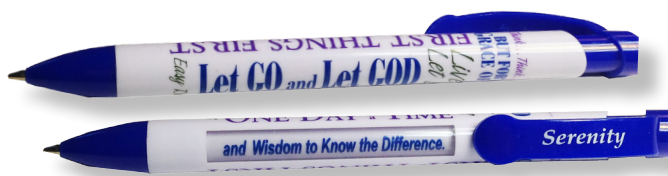
responsibility for my actions. It was a kind of paradox that once I admitted I was helpless I was able to take action! I had always cared about doing a good job at work, but it always came from a place of fear. Now I cared because I wanted to do my part, to pull my then considerable weight! I wanted to really be part of the team, instead of trying to slide in, under the radar.

I was beginning to live my life by spiritual principles, no longer obsessed and driven solely by food. Somehow, some way, without realizing it I had found the God of my understanding. I found that yes, I too "must have this thing" and I was on my way to a beautiful start! And here I still am, 15 plus years later, thank you God, my sponsor, 12 steps and 1000 of my closest friends or however many people I have met or attended OA events with! Keep coming back and trust God, Clean House, Help Others. Thanks for letting me share!

-Gloria L

Inspirational Gifts

To purchase, call Joyce at 954-684-8152
 Proceeds Support Our Intergroup



Serenity Prayer Click Pens \$3

(Shown in Blue. Pink and Green also available.)

Serenity Knots \$7



Solid Pewter
 Engraved on both sides • Serenity,
 Courage, Wisdom
 • Serenity Prayer

(Shown Actual Size)

The Miami-Dade and The Keys Intergroup of Overeaters Anonymous presents

Step Zero: Recovery after Relapse

Join us for a recovery marathon in
 Islamorada in the Florida Keys

Saturday, April 8, 2017
 From 10am to 3:00pm

Islamorada Library
 Mile Marker 81.5
 81850 Overseas Highway,
 Islamorada, FL 33036
 (305) 664-4645

Contact person: Mary (305) 508-2098

We suggest you bring a Brown Bag Lunch. (We enjoy our lunch inside the room or out at picnic tables on the water behind the library).

Carpool or caravan down to paradise in the Keys!

Broward County OA Meetings • www.oabroward.org | April 2017

Sunday			
Wilton Manors	12:15pm	Newcomer / Speaker	Pride Center , 2040 North Dixie Hwy. (first bldg. on left) Contact Darlene 954-299-8038 #46694
Pompano Beach	6:00pm	Voices of Recovery/For Today	Christ Church , 255 NE 3rd Avenue, Classroom 6 (across from playground) Contact Martha 954-971-3932 #51690
Monday			
Plantation	10:00am	Big Book/Newcomers Welcome	St. Benedict's Episcopal Church , 7801 NW 5th Street Contact Charles 954-563-3453 #21830
Hollywood	10:30am	12 Step	4th Dimension , 4425 Hollywood Blvd. (N. side of Hollywood Blvd. (between I-95 and Turnpike) Contact Sheila 786-837-3093 #51180
Plantation	7:30PM	Newcomer/Speaker/Step1-3	St. Benedict's Episcopal Church , 7801NW 5th Street Contact Leigh 954-682-2653 #50467
Tuesday			
Boca Raton	10:00am	OA/AA 12 & 12 Step Meeting	Good Shepherd Lutheran Church , 6301 SW 18th Street Contact Robin 561-445-9636 #02797
Hollywood	6:30pm	OA Steps & Traditions Study	Rebel's Drop-In Center Behavioral Health Outpatient building of Memorial Regional Hospital 3400 North 29th Avenue Contact Susan 954-593-4232 #00304
Wednesday			
Hollywood	10:00am	Big Book / Feelings (1st, 3rd, 5th) Steps & Traditions / Feelings	Oasis at TY Park , Park entrance at Atlanta Street (off of N. Park Rd. Keep right and follow sign to the Pavilion 2) Contact Ellen 305-682-1569 #27545
Margate	6:30pm	Beginner/Literature	Prince of Peace Lutheran Church , 6012 NW 9 Court Contact Lois 954-604-8490 #00880
Thursday			
Pembroke Pines	10:00am	OA Literature Pines	Baptist Church (in rear trailer), 800 NW 102 Avenue (Palm Ave & Johnson) Jeanette 954-430-0928 #31812
Plantation	10:00am	OA Steps/Abstinence/ Literature	St. Benedict's Episcopal Church , 7801 NW 5th Street Contact Brenda 954-609-7393 #40172
Boca Raton	1:00pm	Big Book Study	Patch Reef Park Community Center , 2000 W. Yamato Rd. Contact Marcella (561) 451-8758
Boca Raton	7:00pm	Literature	Our Lady of Lourdes , 22094 Lyons Rd., Room 207 Contact Ron 561-483-0500 #00903
Fort Lauderdale	7:00pm	Literature (Leader's Choice)	Christ Church , 4845 NE 25 Avenue, Room 4 (Federal and Commercial Blvd.) Contact Joyce 954-684-8152 #46364
Friday			
Margate	6:30pm	Big Book	Prince of Peace Lutheran Church , 6012 NW 9 Court Contact Mort 954-815-2058 / Mike 954-675-738 #52805
Saturday			
Boca Raton	9:30am	90 Day Speaker (Special Interest)	Good Shepherd Lutheran Church , 6301 SW 18th Street Contact Bobbie 561-477-7914 #39822
Coral Springs	10:00am	Big Book / Discussion	Coral Springs Medical Center , 3000 Coral Hills Drive (First Floor) Contact Sue 754-307-5678 #48428
Plantation	10:00am	A Vision 4 You/ Big Book	St. Benedict's Episcopal Church , 7801 NW 5th Street Contact Cheryl 954-336-6467 #41217
Hollywood	10:30am	Big Book / Discussion	Sober Today Club , 1633 South 21st Ave, Contact Sherri 954-612-1250 / Drew 954-612-1251 #20653