

UNITY

Step 6 ~ Were entirely ready
to have God remove all these
defects of character.



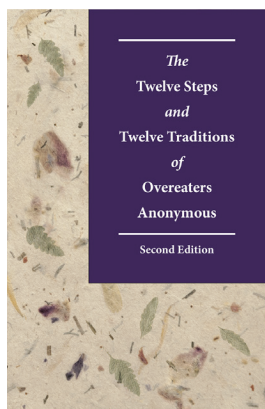
**Always to extend the hand and heart of OA
to all who share my compulsion, for this I am responsible.**

This newsletter is locally produced; reflects the experience, strength, and hope of various OA members; does not represent OA as a whole.

OA's Keystone Book

Updated and Improved

Created specifically as a study of the OA Twelve Step recovery program, the OA Twelve and Twelve, Second Edition has been revised for clarity and inclusivity-with



a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found “physical, emotional, and spiritual healing that we don’t hesitate to call miraculous.”

A new, second edition of The Twelve-Step Workbook of Overeaters Anonymous will be available later this year.

Note that the current workbook references page numbers in the older, first edition of the OA Twelve and Twelve book, however, the questions in the current workbook can be used with either edition. **Get it locally, no shipping fees.**

The Spiritual Principles of the Twelve Steps

- 1 Honesty
- 2 Hope
- 2 Faith
- 4 Courage
- 5 Integrity
- 6 Willingness
- 7 Humility
- 8 Self-discipline
- 9 Love
- 10 Perseverance
- 11 Spiritual Awareness
- 12 Service

The Spiritual Principles of the Twelve Steps

- 1 Unity
- 2 Trust
- 3 Identity
- 4 Autonomy
- 5 Purpose
- 6 Solidarity
- 7 Responsibility
- 8 Fellowship
- 9 Structure
- 10 Neutrality
- 11 Anonymity
- 12 Spirituality

The Concepts of OA Service

- 1 Unity
- 2 Conscience
- 3 Trust
- 4 Equality
- 5 Consideration
- 6 Responsibility
- 7 Balance
- 8 Delegation
- 9 Ability
- 10 Clarity
- 11 Humility
- 12 Guidelines
- Selflessness
- Realism
- Representation
- Dialogue
- Compassion
- Respect

Your Gold Coast Intergroup *Trusted Servants*

| | | |
|--|--------------|--------------------------------|
| Chairperson, Andi | 954-295-1123 | goldcoastoa+chair@gmail.com |
| Vice Chair, Louis | 954-496-3278 | goldcoastoa+vchair@gmail.com |
| Treasurer, Lila | 954-593-6621 | goldcoastoa+treas@gmail.com |
| Corresponding Secretary, Lara | 786-444-5432 | goldcoastoa+csec@gmail.com |
| Parliamentarian, Booky | 561-573-4372 | odatbook@yahoo.com |
| 12th Step Within, Sande K. | 954-610-6205 | blueskiesinhollywood@gmail.com |
| Public Info/Professional Outreach, Maureen | 954-600-1483 | goldcoastoa+pipo@gmail.com |
| Oa Literature, Diana | 954-234-7696 | goldcoastoa+lit@gmail.com |
| Ways and Means, Lila | 954-593-6621 | goldcoastoa+treas@gmail.com |
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| Unity Editor, Sara B. | 954-328-4178 | goldcoastoa+unity@gmail.com |

Please join us at Intergroup at the Community Presbyterian Church

4433 Bougainvillea Dr., Lauderdale-by-the-Sea 33308

Located one block north of Commercial Blvd and one block west of A1A

On the 4th Saturday of Every Month

The only requirement to be a member of Overeaters Anonymous is a desire to stop eating compulsively

From your Chair,

It has been my honor and privilege to represent our Intergroup and Region as I traveled in May. First the Mobile Regional Assembly where we got the bid for the Spring 2019 Region 8 Assembly & Convention here in Broward County. It's a wonderful opportunity for us to invite the entire Region 8 to our convention... So the planning has started and we are looking forward to working together to have a wonderful convention. We need your help. Please contact me or Maureen as we will be putting the committees together soon.

As I travel to Albuquerque for the World Service Convention I was able to represent not only Gold Coast Intergroup but also Region 8 as a delegate. If you can imagine 188 abstinent members of OA from around the world. Seven countries were represented and at least 12 different languages. Much was discussed and shared and here is just a few of the things that went on during the week.

Five trustees were voted onto the OA Board of Trustees by delegates to World Service Business Conference 2018.

The newly elected trustees are:

- Pat O. — Region One
- Neva S. — Region Three
- Dora P. — Virtual Region
- Bonnie L. — General Service
- Judy H. — General Service

In addition, the following trustees were elected to serve as officers on the BOT through WSBC 2019:

- Cyndy L. — chair
- Bonnie L. — treasurer
- Karen B. — first vice chair
- Lawrie C. — second vice chair

Congratulations to our new and returning trustees and officers! More information will follow as my report will be put up on our website. I want to thank you so much for the opportunity to bring information on how OA is growing and carrying the message.

Blessings of light

— Andi S.

**West Broward Club
Plantation
Meetings
Have Moved**

*Check List
for Updated
Locations*

**Gold Coast OA Intergroup is excited to announce
that we are going to be hosting the**

**Spring 2019
SOAR REGION 8 Business Assembly
AND GOLD COAST INTERGROUP
Recovery Convention**

Hundreds of fellows are going to come together for a recovery-filled weekend full of workshops, speakers, fun, and fellowship! We will be hosting business assembly delegates and convention guests from all over the Southeast United States, Central and South America, and the Caribbean!

This is a huge undertaking for our Intergroup and we need your help! We are forming a planning committee and anyone willing to do service for the business assembly and recovery convention should contact:

Andi S, 954-295-1123, spiritmade351@gmail.com
Maureen H, 954-600-1483, OA.Maureen@gmail.com

**The success of this event relies on service.
Come help us carry the message of recovery!**

**Please visit OABroward.org
for more information and updates!**

Big Book Study & Spiritual Retreat

Presented by Miami-Dade and Keys Intergroup of OA

June 15-17, 2018

Morningstar Renewal Center
7275 SW 124th Street
Pincrest, FL 33156

Contact: Gary (305) 510-5150
onegarydavis@gmail.com

Registration form available on www.oamiami.org

Am I Actually Ready?

Well, this step isn't as simple as it may appear at first glance. Merely saying, "Yes, I'm ready", in my head is completely different from being truly and completely ready to undergo such an intense psychic change. After spending our entire lives living a certain way and reacting to situations the way we always have, completely changing who we are as people is not only a difficult feat to undertake but to be completely willing to undertake as well. Step Six requires complete and total consistent willingness to change the way I operate.

I can find comfort in my character defects. It is far easier to act out in jealousy and hate than trust and love. Learning to live out my life in character assets in lieu of character defects requires constant effort and vigilance on my part.

– *Anonymous*

The state of being ready
is also very fluid,
meaning it is not
necessarily constant.

Actively Working Step Six

Once we've made the decision to commit to working Step Six, it's time to actually start doing the work. Yes, there is real work associated with Step Six...It's not just a state of mind. Once I've made the commitment to work with my own higher power in removing my defects of character, it's now time to acknowledge the magnitude of this task. It is important to understand that getting rid of the character defects that plague me is not a week-long endeavor, but rather requires a life-long job. I did not get to the point I'm at in one day, so it is ridiculous to think that I can undo years of damage across a few days, weeks, or even months. Next, of course, I need to accept that like the rest of recovery, I look to progress, not perfection. That means I cannot be too hard on myself if I fall short in my endeavors. I merely set myself up for perpetual disappointment if I consistently look to achieve utter perfection in Step Six.

It's important to remember that tackling all of my defects at once is completely unfeasible. It's better to work at them piece by piece, defect by defect, as opposed to trying to run at this complex step head on. I need to keep in mind that remaining positive and possessing an open mind throughout the entire process will be the vital keys to my success. Lastly, I must give myself the credit I deserve. Celebrating my victories and successes, no matter how small they may seem, is important to keep growing along spiritual lines and give me the motivation to move on to Step Seven. – *Anonymous*

Around-the-Clock *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 | 954-790-8912 |
| 1am-3am | Keisha | 754-224-8835 |
| 3am-5am | Darlene | 954-299-8038 |
| 5am-7am | Donna | 954-295-8271 |

Please announce this kind service at all your meetings.

Speakers Bureau

These OA members are willing to give service by sharing their experience, strength and hope at your meetings. Please confirm their availability to speak and be sure they meet your group's speaker qualifications if applicable.

If you would like to join the list to share your strength and hope, please let us know and we will gladly add your name.

| | |
|-----------|--------------|
| Andi S. | 954-295-1123 |
| Bill Z | 508-294-5136 |
| Booky | 561-573-4372 |
| Dolores | 561-265-5668 |
| Flo M. | 954-870-7233 |
| Heather | 954-806-7766 |
| Joyce M. | 954-684-8152 |
| Kevin | 786-566-8112 |
| Lonna | 305-338-0423 |
| Louis | 954-496-3278 |
| Martha | 954-971-3932 |
| Maureen H | 954-600-1483 |
| Mike | 954-270-9169 |
| Mort B. | 954-969-9516 |
| Patty G. | 561-927-0542 |
| Ted S | 954-921-8370 |

OA Literature

– No Shipping or Handling Fees –

Your OA Literature is now available locally at cost. Intergroup absorbs shipping and handling costs to help make literature more affordable for you.

**If you or your meeting is in need of literature, please contact Diana, 954-234-7696
goldcoastoa+lit@gmail.com**

OA 12 & 12 \$13.50 / **Workbook** \$12

Voices of Recovery \$12 / **Workbook** \$12

For Today \$12 / **Workbook** \$12

12 Step Workshop & Study Guide \$13.50

Abstinence, Second Edition \$11

Beyond our Wildest Dreams \$6

Overeaters Anonymous, 2nd Edition \$5

Overeaters Anonymous, 3rd Edition \$13

Seeking the Spiritual Path \$9.50

Taste of Lifeline \$13.50

A New Beginning: Stories of Relapse from Recovery \$10

AA Big Book, 4th Edition \$9.50 hardcover / \$9 softcover

AA 12 & 12 \$9

Brochures, Pamphlets, and Recovery coins also available.

Recovery from Relapse Mentor Program

Are you aware that we have a Recovery from Relapse mentor program available through the Region 8 website? We can provide you with someone who is familiar with relapse. They are willing to share their experience, strength, and hope.

- 1) Go to www.oaregion8.org.
- 2) Select the "Committees" menu, and then "Twelfth Step Within"
- 3) Select "Online Relapse Mentor Request"
- 4) Complete and submit the online form

When I try to clean myself up with my own power, I get agitated, confused, in denial, and worn out. I become "the man who tears the scab off his arm every morning to see if his wound had healed."

A Strong Relationship with My HP

Step Six is as much a spiritual step as it is an action step. If I do not have a strong relationship with my Higher Power, I cannot be successful. The key to this step is having the utmost trust and faith that my Higher Power, not me, has the power to actually change me. If I could accomplish recovery on my human willpower alone, I would have no need for the 12 Steps nor would I be plagued with the disease of food addiction.

Step Six is a good measure of just how far along in I am in recovery and just how willing I am to continue on the path of healing. It is completely okay if I am not be ready to let go just yet. I cannot rush the process. The important thing is to identify where I am today and to go on from there. Rushing through this step is a common mistake. I need to just sit back, trust the process, and take as much time as it takes to complete the step fully and completely.

But it was in doing the sixth Step that I saw why I had become so exhausted. I'd been trying to do God's part in the spiritual growth and healing process. In the program I was told that my part was "being entirely ready", being ready to let God be the controller and life-changer of myself and others. When I did that, my sponsor said, I would see how God's power is released to flow through our lives to clean them only when we quit trying to control the how and when he is to use that power... At first this sounded like a call to complacency - until I got into

6

Step Seven. This attitude of readiness to let my Higher Power reach into my life and uncover and remove the things that make me spiritually and emotionally sick is paradoxically the doorway to active and effective change of specific lifelong habits. But it means turning loose of my control... even of my healing.



The only way to do meditation wrong is not to do it at all.

Meditation is our way of quieting our minds so we can get better acquainted with this Higher Power of ours. As with prayer, there is no one right way to practice meditation; in fact, most of us vary our practices from time to time.

The only way to do meditation wrong is not to do it at all. We compulsive people are oriented to action. Meditation is an action which gives us much-needed practice in the art of sitting still and opening our hearts to receive spiritual nourishment. Many of us have spent a lot of time running—running from the food, then running to it—and many of us have turned to excess food for its sedative effect. Eating compulsively was our chief means of relaxation. Meditation offers us a way to stop running and to relax without eating.

Serenity
isn't freedom
from
the storm;
it is peace
within
the storm.

Broward OA
www.oabroward.org

Local 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!

Get this newsletter (in color) delivered to your email the first of every month. Subscribe online.

Virtual Online Meetings
www.oavirtualsevices.org

More than 400 virtual telephone and online meetings each week for compulsive overeaters, bulimics and anorexics. Meetings are available every day and most any time during the day or night.

A Vision 4 You

OA Big Book Study
Live Meetings Call 712-432-5210
Conference ID: 876148#
Mon. - Fri. 7am-8am (recorded)
9am (unrecorded)
10am-11am (recorded)

Sunday Special Edition Meeting 8:30am
Check the calendar online to view upcoming Special Editions.

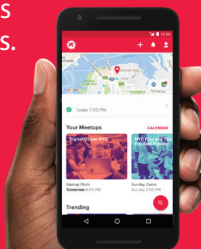
Archived Meetings 712-432-5203
Conference ID: 876148#
0# accesses most recent recordings

www.avision4you.info

Listen and/or download podcasts of daily and Special Edition meetings and read AA's Big Book/12&12 online

Your digital bulletin board for times and locations of our local OA meetings. Personal info is kept safe and anonymous.

meetup
Gold Coast
OA Intergroup



WORKING THE PROGRAM

What If I Don't Believe in "God"?

Members like you share their OA recovery

OVEREATERS ANONYMOUS

What If I Don't Believe in God? Available to Download, Free

What If I Don't Believe in God? is now available as a free download on the OA website. This OA-approved pamphlet has been discontinued and is no longer for sale in the OA bookstore, but it still carries the Conference Seal of Approval and is a valuable voice of "OA members who do not express a belief in 'God' but work the OA program." Download What If I Don't Believe in God? and carry it to your meetings to support the unity and diversity of our Fellowship.

Go to: <https://oa.org/files/pdf/What-If-I-Don't-Believe-in-God.pdf>

CALLING ALL OA MEMBERS! Region 8 is Hosting a Contest



Region 8 has been selected to host the next World Service Convention at the Renaissance Hotel in Orlando August 20-22, 2020

To make this a winning event in our Region, a lot of planning is required and we will need many volunteers! This is a great opportunity to provide service. One of our first tasks is to pick a theme for the event, so we are hosting a contest.

Here's how it will work:

- All submissions must be sent to R8Trustee@gmail.com
- Deadline June 15, 2018
- Region 8 Board will review all the submissions and pick three semi-finalists
- Semi-finalists will then be submitted to the Board of Trustees for final approval of one theme
- Winner will be announced Sept. 1, 2018 (Prize has not yet been determined)

*Good Luck!! We look forward to seeing your creativity.
Our wide world of recovery is waiting!*

Thanks for your service! – Linda Hartmann, Region 8 Trustee

June 2018 Broward/South Palm Beach Overeaters Anonymous Meetings
The only requirement for OA membership is the desire to stop eating compulsively.

GOING TO A MEETING FOR THE FIRST TIME? Please call the CONTACT PERSON to be sure the time and location are up-to-date.

Sunday

12:15pm Wilton Manors #46694

Newcomer / Speaker

Pride Center
 2040 N Dixie Highway
First building on left
 Darlene 954-299-8038

6:00pm Pompano Beach #51690

Voices of Recovery / For Today

Christ Church
 255 NE 3rd Avenue
Class 6 across from playground
 Martha 954-971-3932

Monday

10:00am Plantation #21830

Big Book / Newcomers Welcome

St. Benedict's Episcopal Church
 7801 NW 5th Street
 Charles 954-563-3453

10:30am Hollywood #51180

12 Step

4th Dimension, 4425 Hollywood Blvd.
*N. side of Hollywood Blvd. between I-95
 and Turnpike*
 Sheila 786-837-3093

1:00pm Pompano Beach #56038

Literature

Whole Foods
 2411 N Federal Hwy., *Community Room
 inside the store all the way to the left*
 Joyce 954-684-8152

7:00pm Boca Raton #27229

Beginners / Discussion

Regents Park Nursing Home
 6363 Verde Trail
 Bobby 561-477-7914

7:00pm Plantation #56171

12 Steps and 12 Traditions

St. Benedict's Episcopal Church
 7801 NW 5th St., St Marks Room
 Lee 954-701-7074

*New
 Location*

Tuesday

10:00am Boca Raton #02797

OA/AA 12 & 12 Step Meeting

Good Shepherd Lutheran Church
 6301 SW 18th Street
 Robin 561-445-9636

6:30pm Hollywood #00304

OA Steps & Traditions Study

Rebel's Drop-In Center
 Behavioral Health Outpatient building of
 Memorial Regional Hospital
 3400 North 29th Avenue, Susan 954-593-4232

6:00pm Boca Raton #09095

Big Book: Vision for You

Stratford Court of Boca Raton
 6343 Via De Sonrisa Del Sur (Park Team Parking /Guest
 Fred 561-716-4455

6:30pm Plantation #50467

Newcomer / Big Book

St. Benedict's Episcopal Church
 7801 NW 5th St., Leigh 954-682-2653

*New
 Location*

7pm Hollywood (Women focus) #56409

For Today/Voices of Recovery/Meditation

Sober Today (purple room)
 1621 S 21 Ave, Hollywood, FL 33020
 Lara 786-444-5432

*Closed meeting=open to all who want to
 stop eating compulsively*

Wednesday

10:00am Hollywood #27545

OA 12&12 (1st, 3rd, 5th)/Big Book (2nd, 4th)

Oasis at TY Park, Park entrance at Atlanta
 Street (off N. Park Rd. Keep right/follow sign to
 the Pavilion 2) Ellie 248-342-8822

6:30pm Margate #00880

Beginner / Literature

Prince of Peace Lutheran Church
 6012 NW 9 Court
 Lois 954-604-8490

Thursday

10:00am Pembroke Pines #31812

OA Literature

Pines Baptist Church (in rear trailer)
 800 NW 102 Ave (Palm & Johnson)
 Jeanette 954-430-0928

10:00am Plantation #40172

OA Steps / Abstinence / Literature

St. Benedict's Episcopal Church
 7801 NW 5th St.
 Brenda 954-609-7393

Friday

6:30pm Margate #52805

Big Book

Prince of Peace Lutheran Church
 6012 NW 9 Court
 Mort 954-815-2058 / Mike 954-675-7382

10:00am Boca Raton #56091

Speaker / Discussion: The Promises

Center for Spiritual Living:
 2 SW 12th Ave.
 Wendy G. 561-927-1818

Saturday

9:30am Boca Raton #39822

90 Day Speaker (Special Interest)

Good Shepherd Lutheran Church
 6301 SW 18th Street
 Phyllis 561-994-8664

10:00am Coral Springs #48428

Big Book / Discussion

Broward Health Coral Springs
 3000 Coral Hills Dr.
 Classroom A/B/C
 Sue 754-307-5678

10:00am Plantation #41217

Big Book: Vision for You

St. Benedict's Episcopal Church
 7801 NW 5th Street
 Cheryl 954-336-6467

10:30am Hollywood #20653

Big Book / Discussion

Sober Today Club
 1633 South 21st Ave.
 Sherri 954-612-1250
 Drew 954-612-1251

1:00pm Boca Raton #53679

Big Book Study

Patch Reef Park Community Center
 2000 W. Yamato Rd.
 Marcella 561-451-8758

7:00pm Boca Raton #00903

Literature

Our Lady of Lourdes
 22094 Lyons Rd., Room 201
 Ron 561-483-0500

7:00pm Hollywood #54106

Speaker / Discussion

Sober Today Club, 1633 S 21st Ave.
 Andrea 786-210-7977/Jessica 954-806-4206



OA Broward County

www.oabroward.org

OA Palm Beach County

www.oapalmbeachfl.org

OA Miami-Dade County

www.oamiami.org

OVEREATERS
 ANONYMOUS.