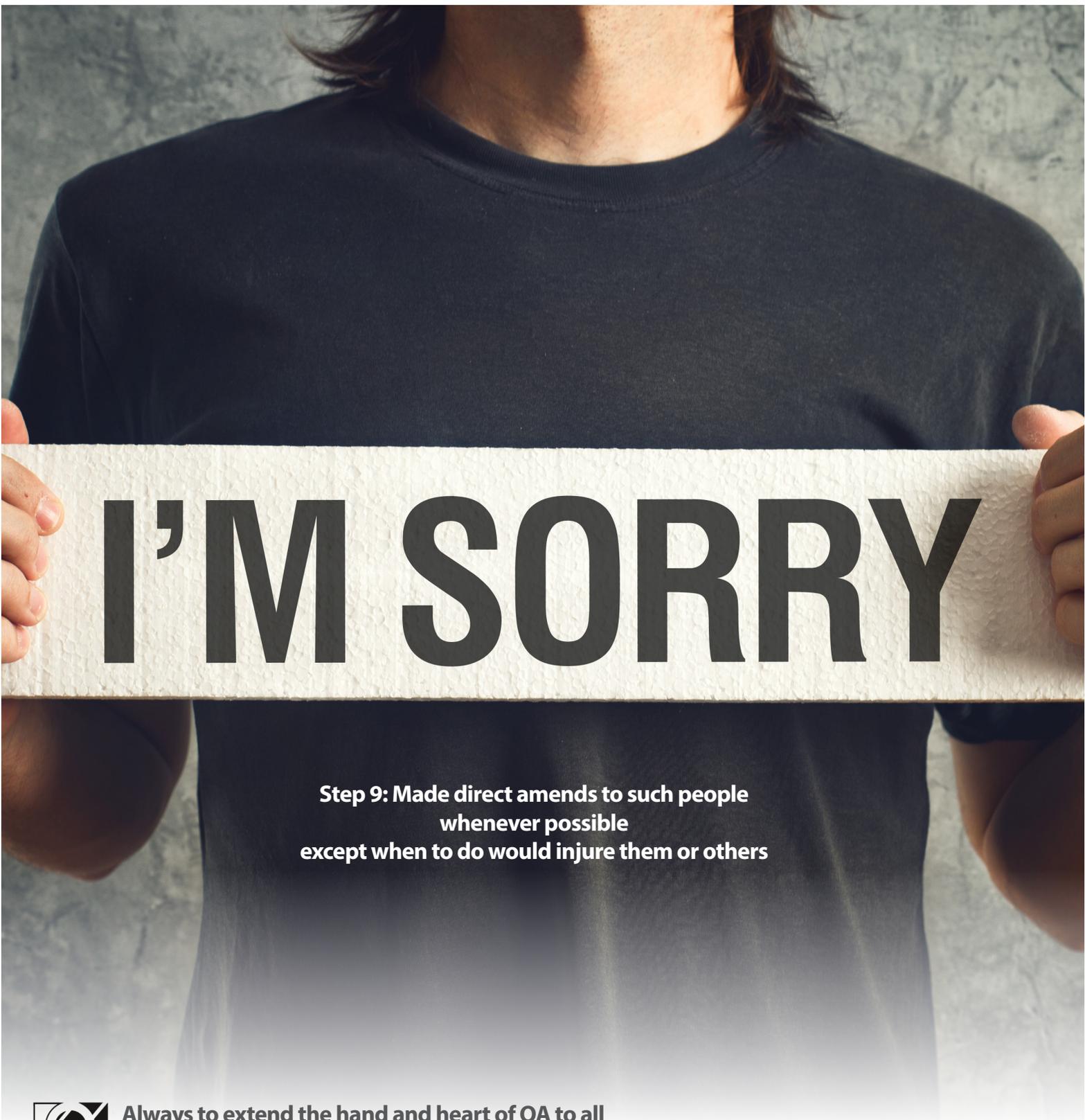


UNITY

Overeaters Anonymous Gold Coast Intergroup Newsletter • September 2018 • www.oabroward.org

A person with long dark hair, wearing a dark blue t-shirt, is holding a white rectangular sign with both hands. The sign has the words "I'M SORRY" printed in large, bold, black, sans-serif capital letters. The background is a textured, light grey wall.

I'M SORRY

**Step 9: Made direct amends to such people
whenever possible
except when to do would injure them or others**



**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.

From your Chair,

Have you ever wondered what your intergroup delegate does at the World Service Business Conference? The actual business info can be read on our Gold Coast Website. Yet much more can be learned by listening to other OAers sharing on what works for them at their Home meetings. Things like: "I came for the body. I learned with the mind. I found my heart," and "My head is in the most dangerous neighborhood for me to be in, so why do I keep going there?" and "when we are willing and eager, God joins in."

This year I found some great **"Hints for Abstinence"**. **1.** Stay away from that first compulsive bite, cause it will get you in the end. **2.** Get involved at meetings, intergroup, workshops, committees, Life. **3.** Use the 24 hour plan, "One Day at A Time" **4.** Remember your disease is incurable, progressive and fatal. **5.** Do first things first. **6.** Don't become too tired. **7.** Eat at regular hours. **8.** Use the telephone, not just after the fact but during it too. **9.** Be active. Don't just sit around. Idle time will kill you (it's the devil's workshop) **10.** Use the Serenity Prayer. **11.** Change old routines and patterns. **12.** Avoid loneliness. **13.** Don't become too hungry. **14.** Practice control of your anger. **15.** Handle your resentments daily. **16.** Be willing to give service whenever needed. **17.** Be good to yourself, you deserve it. **18.** Get out of the "If only . . ." and "Yes, but . . ." traps. **19.** Remember how it was...your last binge, the after feelings, etc. and **20.** Be aware of your emotions. As many wise people that have come before us have shared "Be neither judge nor jury. For no one is above his or her fellow man. That place is reserved for Higher Power alone."

Thank you for allowing me to be of service. Blessings of light.

– *Andi S.*

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
Webmaster, Paul C.	954-593-3881	paul1212oa@gmail.com
Unity Editor, OPEN	---	---

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*

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



CONVENTION PLANNING MEETING

The Gold Coast Intergroup of Overeaters Anonymous is hosting the Spring 2019 **Region 8 Business Assembly & Gold Coast Intergroup Recovery Convention!**

This is a huge undertaking and we need your help! Please join us for lunch and the planning meeting:

Saturday September 15th 2018 at 12 noon
Lester's Diner
4701 Coconut Creek Pkwy
Margate, FL 33063

We want your input in putting together this recovery-filled weekend of workshops, speakers, fellowship, and fun!

If you can attend the planning meeting, please RSVP with:

Andi S, 954-295-1123, spiritmade351@gmail.com, or
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!

Step 9: Made direct amends to such people whenever possible except when to do would injure them or others

How can I set high expectations to feed my husband healthily; while not feeding myself in ways that will restore my body to health. How can I expect to be kind and tolerant to others if I am unkind in my behaviors and intolerant of my own mistakes? How can I say I'm walking the walk and practicing the principles of the program when my behaviors with food exhibit the opposite?

When it comes to making amends, saying I'm sorry to my body for the inappropriate foods I ingested will do nothing to restore my body to health. For me, making true amends will require an action plan and a Director to guide me and give me the power I have not had in order to follow through with my best intentions. Making amends to my physical self requires defining a restorative food plan

and asking for help from a power greater than myself to give me the willingness and heartfelt desire to shop, cook and portion my healthy meals into reasonable quantities.

For the past few weeks, a dear friend has been sharing his food plan with me. I am inspired when I read his email and am encouraged by the simplicity of his daily planning. Each time we cross paths at a meeting I witness the transformation he is experiencing and his promise that it too can happen for me.

Making amends to my husband and myself by filling my grocery cart and pantry with healthy foods will be a true expression of love and respect. Disposing of the foods in my house that lead to my compulsive eating will be a first step to making amends to my spirit for diseasing the body that houses it.

Just for today

October 16th -- page 290

How shall we expect charity toward others,
when we are uncharitable to ourselves?

– Sir Thomas Browne

The injustice we do ourselves was aptly expressed by a member who said, “If someone treated me the way I try myself, I'd sue.”

While it may be true that I tend to be harder on myself than I am on others, in a larger sense, if I do not feel kindly toward myself, I cannot extend kindness to others. I am allowed to make mistakes, and so are other people. Errors can be pointed out and corrected without harsh measures or cruel words, without venomous self-recrimination.

For today:

Steps four through nine are a highly effective way to deal with my inability to accept imperfections – my own and others'.

“Higher Power,
I pray for the
right attitude to make
my amends,

Being ever mindful
not to harm others
in the process.

I ask for Your guidance
in making indirect
amends.

Most important,
I will continue to
make amends

By staying abstinent,
helping others
and

Growing in
spiritual progress.”

“God, please
show me how
to find the way of
Patience,
Tolerance,
Kindness
and Love
in my heart,
my Mind and
my Soul.

Lord, show me
how to demonstrate
these principles
to my family
and all those
about me.
Amen.”

**Holding a resentment
is like drinking poison
and expecting the other
person to die**

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

**Expectations = Resentments
under construction**

**Being right is not as important
as being free**

OA Homey

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

As OA members, the organization of our lives comes from the actions that are suggested we take each day to stay on the beam:

- Pray and meditate in the morning, and keep in touch with our Higher Power throughout the day (Step 11)
- Review our conduct in the moment and at night and be ready to set right any wrongs (Step 10)
- Do our best to keep in mind how we can be helpful to others, and then actually help them
- Help others, carry the message to those who still suffer from compulsive eating, and live the principles of the 12 Steps as fully as we can
- And of course, not eat compulsively.

But beyond these overarching ideas, OA doesn't get specific. We addicts with our controlling ways love to make rules, get angry when others break them, and then break other people's rules to boot. There's no need for all that fuss. After all, our HP will gently show us how to live, provided we relax our grip on the world and our life. OA is our home.

So OA as a fellowship needs to keep it in the day just as we members do in our daily lives. We have no choice. If OA were to fall apart, so would we. We need the support of the fellowship, and we need to support the fellowship in order to stay alive. We're just a bunch of food-drunks trying to stay free from compulsive eating, we're not organizational geniuses. It's like Dr. Bob's said the last time he saw AA cofounder Bill Wilson: "Remember Bill, let's not louse this thing up. Let's keep it simple."

Save the Date.....

Join Region 8 in Little Rock, Arkansas

"Rocking the Promises in Little Rock":

**SOAR8 Business Assembly
& Recovery Convention**

October 12-14, 2018

Go to oaregion8.org for more information

UPDATED:

Slipping and Sliding Reading & Writing Tool

DOWNLOAD THE FREE PDF

www.oabroward.org

30 questions for use in daily writing and/or discussion with a sponsor by members who want to stop "slipping and sliding."

The questions are also recommended for those in relapse who want to recommit to their OA program.

The readings include The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition (OA Twelve and Twelve); Overeaters Anonymous, Third Edition; the Overeaters Anonymous daily meditation book For Today; and the OA pamphlets The Tools of Recovery, A Plan of Eating, and Dignity of Choice.

Support your abstinence with 30 prompts to help you work your program.

INTRODUCING
OVEREATERS ANONYMOUS

To The Family
of the
Compulsive Eater

Family involvement
is an individual
choice . . .

OVEREATERS
ANONYMOUS.

New 2018 Updated To The Family of the Compulsive Eater Pamphlet

The new 2018 pamphlet has been updated throughout and now includes OA's Statement on Abstinence and Recovery.

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.oavirtualseervices.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.

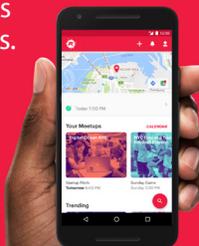
Archived Meetings 712-432-5203
Conference ID: 876148#
0# accesses most recent recordings

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



Save the Date!

The Gold Coast Intergroup of Overeaters Anonymous is hosting the Spring 2019 **Region 8 Business Assembly & Gold Coast Intergroup Recovery Convention!**

April 5th - 7th, 2019

Sheraton Suites Fort Lauderdale - Plantation
311 N University Dr, Plantation, FL 33324
(954) 424-3300

Mention "**Gold Coast Region 8**" to reserve your room at the discounted rate of \$159/night plus tax, etc.

Please join us this recovery-filled weekend of workshops, speakers, fellowship, and fun!

Additional registration information coming soon!

Contact:

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

Visit **OABroward.org**

**HEALTHY SELF
HEAL THY SELF**



September 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 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 Steps & 12 Traditions

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 Hollywood # 56526

Paso a Paso (Step by Step)

Rebel's Drop-In Center, Behavioral Health Outpatient building of Memorial Regional Hospital
3400 North 29th Avenue, Doris 305-332-5832

7:00pm Boca Raton #27229

Beginners / Discussion

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

7:30pm Plantation #56171

12 Steps and 12 Traditions

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

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

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

6:00pm Aventura #56120

Beginner

Aventura Hospital, Main Building, 20900 Biscayne Blvd. Classroom 1, 2nd floor. (Garage free first hour, \$2 for all or part of 2nd hour) | Contact "T": 305-439-0044

6:30pm Margate #00880

Beginner / Literature

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

6:45pm Cooper City #50467

Big Book Study; Occasional Speaker

Milestones in Recovery; 2525 Embassy Dr., Suite 10.
Leigh 954-682-2653

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

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

Friday

6:30pm Margate #52805

Big Book

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

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

OA Broward County www.oabroward.org

OA Palm Beach County www.oapalmbeachfl.org

OA Miami-Dade County www.oamiami.org

New Spanish Speaking Meeting