



UNITY

Overeaters Anonymous Gold Coast Intergroup Newsletter

October 2018

www.oabroward.org

Willpower vs. Willingness

When I was in the food, deep in my addiction, I believed I was a weak person. If I truly wanted to stop the binges and the pattern of self-hatred and self-destruction, then I should be able to muster the willpower to get myself out of the depths of despair. But it never really worked that way.

I would be “good” for a while, and then think I should be able to treat myself, but every treat ended in a binge, with me feeling swollen, nauseated, guilty, and remorseful. Ashamed and exhausted, I would try to figure out why my willpower had failed me again. I definitely wanted to stop this cycle. I wanted to be free.

I eventually discovered, much to my relief, that “willpower” and “willingness” are two different things. Willpower did not and could not give me the willingness to succeed; wanting to do something was not the same as being fully willing to do something. I hadn’t been willing to do anything necessary to get healthy. My bingeing behavior was comfortable. Change was uncomfortable.

My addiction is an addiction of the body and the mind. If I eat a trigger food or a binge food, my body has a physical reaction that causes it to crave more and more. Then I mentally obsess about that food to the point of insanity. No amount of willpower can prevent this reaction. No amount of willpower can stop me from bingeing. I lost (or never really had) the ability to choose whether I would binge; I was

compelled by my addiction to continue the self-destructive behavior.

Once I let go of this concept of willpower and became willing to do anything necessary, my recovery truly began. When I became willing, I was able to admit I did not have all the answers. I became open to letting go of old behaviors, beliefs, and patterns that kept me inside my addiction. I became open to learning new strategies and a new way of living. I began to live life on life’s terms, rather than trying to control everything. I became willing to change.

Today I know I must put my recovery first. I have to avoid people, places, and things that will pull me back into active addiction. I have ended relationships, stopped going to certain places, and stopped eating certain foods. I have let go of the toxic and opened myself up to the healing. These steps are so important to my recovery.

Today I realize that I cannot moderate my binge foods. I will never be a normal eater. I am like an alcoholic, a drug addict. The smallest taste of my drug of choice will send me back into a tailspin of active addiction, mental obsession, physical pain, and utter destruction.

Today all I ask of myself is that I be willing to maintain my abstinence from my addiction. - Mary D.

(Reprinted from Sept. 2016 Lifeline)

10th Step Promises

When reading from the Big Book of Alcoholics Anonymous we substitute the words “alcohol/liquor” and “alcoholic” with “food” and “compulsive eater”]

And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition. (Big Book p 84-85)

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.

GOLD COAST INTERGROUP PRESENTS:

WORKING STEPS 10, 11, & 12

Sunday November 11, 2018
2 - 4 pm in the St. Luke Room

St. Benedict's Episcopal Church
7801 NW 5th Street
Plantation FL 33324

Please join us as members of Overeaters Anonymous
share the joy, struggles, and recovery found in
working steps 10, 11, and 12 in their daily lives

\$3 Suggestion Donation

For more information and parking instructions,
please contact Sande K 954-610-6205



**Upcoming
Events!!**

Palm Beach County and Gold Coast Intergroups
of

Overeaters Anonymous

invite you to

AN I.D.E.A. DAY BUFFET

LET'S DISH!

25th International Day of Experiencing Abstinence
(formerly Gratitude Luncheon)

Saturday November 17th

12-3 pm

The Church on the Hill

251 SW 4th Avenue, Boca Raton

After lunch we will present an introspective panel
discussion on the meaning of abstinence in OA.

Please bring a dish to serve 6 people with an ingredient list.

Suggested donation:

Brown baggers-\$5.00/ Cooks-\$5.00/ Others-\$8.00

Salad will be provided/ Complimentary coffee/ Water \$1.00

Handicapped accessible.

For info call Lorraine 561-699-6052



PALM BEACH COUNTY INTERGROUP
GOLD COAST INTERGROUP

*I put my hand
in yours . . .*

*. . . and together we can
do what we could never
do alone! No longer is
there a sense of hopeless-
ness, no longer must we
each depend upon our
own unsteady willpower.
We are all together now,
reaching out our hands
for power and strength
greater than ours, and as
we join hands, we find
love and understanding
beyond our wildest
dreams.*



SOAR REGION 8 BUSINESS ASSEMBLY &
GOLD COAST INTERGROUP RECOVERY CONVENTION

Sunlight of the Spirit

APRIL 5-7 2019

Join us and share your experience, strength, and hope
with other OA members while strengthening
your own commitment to recovery.

Whether you are new to the program or an "old-timer",
we invite you to a weekend full of recovery and fellowship,
basking in the Sunlight of the Spirit.

SHERATON SUITES FORT LAUDERDALE PLANTATION
311 N UNIVERSITY DR, PLANTATION, FL 33324

Reservations: (954) 424-3300

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

Additional registration information coming very soon!

Visit OABroward.org or Contact:

Andi S 954-295-1123 spiritmade351@gmail.com

Maureen H 954-600-1483 OA.Maureen@gmail.com

From Your Unity Editor.

Hi! I'm Diana, a grateful recovering compulsive eater and your new Unity Editor. First, I would like to thank Sara, our previous Unity Editor, for all her service to our Intergroup by providing us a beautiful, inspirational, and helpful newsletter each month. I hope to continue this tradition, but I cannot do it alone. Please feel free to send me anything you would like to contribute to future newsletters, as well as any ideas, thoughts, or comments (email to goldcoastoa+unity@gmail.com).

I remember when I first came into program. I didn't have any literature, I didn't even have a Big Book at first. But I did leave my first meeting with the current Unity, as well as a few past issues. And reading through those newsletters really helped me in my first couple of weeks in program identify with other compulsive eaters. So, when I heard that our Intergroup had not yet filled the position of Unity Editor I volunteered because I want to help continue this tradition of providing a newsletter. After all, I'm constantly reminded of our primary purpose, which is to carry the message of recovery. Hopefully the readers of this newsletter will find useful information to help them on their 12 step journey!

Diana S.

ABC's of OA by Sue

- A** Abstinence, Acceptance, Anonymity, Action plan, Amends
- B** Big Book, Be aware of the first bite, Black/white thinking
- C** Compulsive behavior, Courtesy, Choices, Courage, Cravings, Come for vanity, stay for sanity
- D** Defiance, Daily reprieve, Disease of more, Defects
- E** Equality, Effort, Easy does it, Emotional health, E-mail
- F** For today, Faith, Fear, Forgiveness, Food plan, Friendship
- G** Gratitude, God box, Go to any lengths
- H** Higher Power, Honesty, Humility, Habits, HALT- hungry, angry, lonely, tired, Hope, Happiness, Healing
- I** Isolation, Intuition, Impatience, Illusions smashed
- J** Joy, Just for today, Jealousy
- K** Keep coming back, Kindness, KISS – keep it simple sweetie
- L** Love, Literature, Lifeline, Live and let live, Looking for a geographic cure
- M** Meditation, Mistake, Meetings, Mindful
- N** Needs not wants, Newcomers, Not a normal eater, Not a mistake, No graduation, No cross talk
- O** OA, One day at a time, Obsession starts in the mind, Open mindedness
- P** Prayer, Phone, Problem solving, Planning, Perfectionism, Procrastination, People pleasing, Patience, Pride, Pause, Program
- Q** Quiet time, Quest for Self-Knowledge
- R** Responsibility, Respect, Resentments gone, Reading, Right to disagree
- S** Steps, Slogans, Sponsors, Serenity, Service, Sharing, Spiritual growth, Surrender, Self-worth
- T** Teachable, Traditions, Tools, Take what you like and leave the rest, Trust, Twelve steps
- U** Utilize don't analyze, Unity, Understanding
- V** Virtue, Vision for You
- W** Willingness, Weight loss/gain, Writing, Weighing and measuring
- X** X out self-hate
- Y** You're worth it
- Z** Zest for life

Reflections on Step Ten

(Reprinted from A Taste of Lifeline)

For many years, I've done a written Tenth Step most nights. After experimenting, I've settled on the following system.

I enter the date and thank God for another day of abstinence. Then I focus on the three phases of recovery: physical, emotional, and spiritual. First I address my physical recovery. I review my food choices and exercise program. The main question is: "Did I stay within the boundaries of my plan of eating?" For me, that means three meals a day with nothing in between and no personal binge foods. I commit to correcting any problem areas and plan my meals for the next day.

Then I reflect on my emotional recovery and character defects. Did I practice any of my defects? Do I owe anyone an amends for inappropriate behavior? How might I have reacted to a situation instead of resorting to a character defect? If I owe an amends, I decide how and when I can make it.

Finally, I review my spiritual recovery. Did I turn my will and life over to the care of God, or did I practice self-will in my daily activities? Did I spend time deepening my relationship with my Higher Power through prayer and meditation? I thank God for the favors in my life that day, being specific and citing at least five unique events that I'm grateful for.

This method of doing a Tenth Step is an integral part of my daily program work. It allows me to reflect on the day about to end and identify areas that need further work. I always end the brief writing period feeling clean, ready for a good night's sleep, and prepared for the next day. -September/October 2007

Opinion Free

(Reprinted from Lifeline)

Tradition Ten: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

When I first joined OA in 1990, I assumed all members thought the way I thought and believed what I believed. I was sure we all felt the same about religion, politics, and social action.

My first clue that I was wrong came from another OA member's car. It had a bumper sticker with a slogan totally opposite my own political beliefs. I was shocked! How could one of those nice OA people believe in that? But my sponsor told me that we practice neutrality in all OA settings. (My mother always told me that proper ladies and gentlemen do not speak about religion or politics in public because it might upset others— she must have had an influence on some of our Twelve Step founders.) This is how we are able to get along and stay focused on recovery.

To follow Tradition Ten, we do not discuss outside issues in OA settings. But what areas or topics are included in "outside issues"?

"I was very surprised to find all that's included," one OA member told me. "We don't speak for or against any specifics, for example, diet clubs; political ideas; religious institutions, beliefs, or practices; other Twelve Step programs; nutritionists; treatment centers; therapy; medical procedures for weight loss; vitamins; social issues; or world events. Here, we simply have no opinion on these things."

But does Tradition Ten say we can't have any opinions, ever? Of course not. Outside OA, we are free to have our own opinions on anything and to live our own lives accordingly.

I am so grateful we can all be in OA and not have to argue about any issues outside our Overeaters Anonymous Twelve Step program! I am learning more and more how to live and let live in all aspects of my life - *Alice, Nashville, Tennessee USA*

Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it. avoided.

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

OA Literature
– No Shipping or Handling Fees –

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 needs books, pamphlets or Recovery coins, please contact Diana 954-234-7696 / goldcoastoa+lit@gmail.com

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

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-1pm	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

OA



Resources

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



Online OA resources

Use the links below to access local, regional, and national/international OA support and information.

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

Southeast OA Region 8 www.oaregion8.org

Southeast OA Region 8 is one of ten areas around the world formed to serve the regional needs of OA. Please check out their website for valuable information including online sponsorship. Subscribe online for regional news.

Overeaters Anonymous www.aa.org

Overeater's Anonymous World Service Organization (WSO) provides links to podcasts, worksheets, and all types of information helpful to newcomers as well as long time OA members. Subscribe online for WSO newsletters.



October 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.

City/Time	Meeting Type	Location	Contact	Meeting
SUNDAY				
Wilton Manors 12:15 pm	Newcomer/Speaker	Pride Center , 2040 N Dixie Hwy First building on left	Darlene 954-299-8038	#46694
Pompano Beach 6:00 pm	Voices of Recovery/ For Today	Christ Church , 255 NE 3rd Ave Class 6 across from playground	Martha 954-971-3932	#51690
MONDAY				
Plantation 10:00 am	Big Book/ Newcomers Welcome	St. Benedict's Episcopal Church 7801 NW 5th Street	Charles 954-563-3453	#21830
Hollywood 10:30 am	12 Steps & 12 Traditions	4th Dimension , 4425 Hollywood Blvd (N. side of Hollywood) Blvd between I-95 and Turnpike	Sheila 786-837-3093	#51180
Pompano Beach 3:00 pm	Literature	Whole Foods -2411 N Federal Hwy Community Room (inside the store all the way to the left)	Joyce 954-684-8152	#56038
Hollywood 7:00 pm (Spanish speaking)	Paso a Paso (Step by Step)	Rebel's Drop-In Center /Behavioral Health Outpatient building of Memorial Regional Hospital, 3400 North 29 th Ave	Doris 305-332-5832	#56526
Boca Raton 7:00 pm	Beginners/ Discussion	Regents Park Nursing Home 6363 Verde Trail	Bobby 561-477-7914	#27229
Plantation 7:30 pm	12 Steps & Twelve Traditions	St. Benedict's Episcopal Church 7801 NW 5th St, St Marks Room	Lee 954-701-7074	#56171
TUESDAY				
Boca Raton 10:00 am	OA/AA 12 &12 Step Meeting	Good Shepherd Lutheran Church 6301 SW 18th Street	Robin 561-445-9636	#02797
Hollywood 6:30 pm	OA Steps & Traditions Study	Rebel's Drop-In Center /Behavioral Health Outpatient building of Memorial Regional Hospital, 3400 North 29 th Ave	Susan 954-593-4232	#00304
Boca Raton 6:00 pm	Big Book: Vision 4 You	Stratford Court of Boca Raton 6343 Via De Sonrisa Del Sur (Park in Team Parking /Guest)	Fred 561-716-4455	#09095
WEDNESDAY				
Hollywood 10:00 am	OA 12&12-1st,3rd,5 th 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	#27545
Aventura 6:00 pm	Beginner	Aventura Hospital , Main Bldg, 20900 Biscayne Blvd, 2nd Floor Classroom 1. Garage free 1 st hr, \$2 for all or part of 2nd hr.	"T" 305-439-0044	#56120
Margate 6:30 pm	Beginner/Literature	Prince of Peace Lutheran Church 6012 NW 9 Court	Lois 954-604-8490	#00880
Cooper City 6:45 pm	Big Book Study, Occasional Speaker	Milestones in Recovery 2525 Embassy Dr., Suite 10	Leigh 954-682-2653	#50467
THURSDAY				
Pembroke Pines 10:00 am	OA Literature	Pines Baptist Church (in rear trailer) 800 NW 102 Ave (Palm & Johnson)	Jeanette 954-430-0928	#31812
Plantation 10:00 am	OA Steps/Abstinence/ Literature	St. Benedict's Episcopal Church 7801 NW 5th St.	Brenda 954-609-7393	#40172
Boca Raton 1:00 pm	Big Book Study	Patch Reef Park Community Center 2000 W. Yamato Rd.	Marcella 561-451-8758	#53679
Boca Raton 7:00 pm	Literature	Our Lady of Lourdes 22094 Lyons Rd., Room 201	Ron 561-483-0500	#00903
Hollywood 7:00 pm	Speaker/Discussion	Sober Today Club 1633 S 21st Ave	Andrea 786-210-7977 Jessica 954-806-4206	#54106
FRIDAY				
Margate 6:30 pm	Big Book	Prince of Peace Lutheran Church 6012 NW 9 Court	Mort 954-815-2058 Mike 954-675-7382	#52805
SATURDAY				
Boca Raton 9:30 am	90 Day Speaker (Special Interest)	Good Shepherd Lutheran Church 6301 SW 18th Street	Phyllis 561-994-8664	#39822
Coral Springs 10:00 am	Big Book/Discussion	Broward Health Coral Springs 3000 Coral Hills Dr. Classroom A/B/C	Sue 754-307-5678	#48428
Plantation 10:00 am	Big Book: Vision for You	St. Benedict's Episcopal Church 7801 NW 5th Street	Cheryl 954-336-6467	#41217
Hollywood 10:30 am	Big Book/Discussion	Sober Today Club 1633 S 21st Ave	Sherri 954-612-1250 Drew 954-612-1251	#20653