



Next Intergroup Meeting:
Saturday, February 16, 2019-10 am
Community Presbyterian Church
4433 Bougainvillea Dr
Lauderdale-by-the-Sea 33308



29th Annual Florida State
Convention of Overeaters
Anonymous

**“Together We
Can... Believe,
Achieve, Receive”**



Feb 22-24, 2019

Hilton Cocoa Beach Oceanfront
1550 N Atlantic Avenue
Cocoa Beach, FL 32931
(Reservations) 1-866-580-7402
(Hotel Direct) 321-799-0003
cocoabeach.hilton.com

SOAR REGION 8 BUSINESS ASSEMBLY &
GOLD COAST INTERGROUP RECOVERY CONVENTION

Sunlight of the Spirit

APRIL 5-7 2019

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

Register Early (before 2/1/2019) and save!!

Register online at: SunlightOfTheSpirit.eventbrite.com

Registration Questions? Call Mike S. at 954-675-7382

Visit OABroward.org for updates



Willing to be of service for the Recovery Convention? Contact:
Andi S 954-295-1123 spiritmade351@gmail.com
Maureen H 954-600-1483 OA.Maureen@gmail.com

Book Your Staycation:

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

Reservations: (954) 424-3300 or Online: <https://goo.gl/uUzeBT>

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

For copy of registration flyer:

<https://www.oaregion8.org/events/2019/02/2019-FSC.pdf>

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,

But I'm a Nobody.

How many times have I woken up to this message? For most of my life. And it made me eat.

In the weeks leading up to the Intergroup meetings and nominations for the board, this message's volume was loud. I woke to the message every morning. My food was clean, I attended meetings, I worked with sponsees and did service, but that voice was so loud and persistent.

Then one morning on my commute, I heard the Big Book story of AA's number 3 and I got goose bumps when I heard the same story: "But I'm a Nobody." To say this moment was profound was an understatement.

It was an honor to be nominated to be the Gold Coast Intergroup Chair and I'm humbled to be asked to perform such a special service position within OA. Moments like this help invalidate that voice and remind me that even though I may not feel it, I can still be of service to Higher Power.

Tessa Q

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 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
Fela	305-527-1942
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

Your Gold Coast Intergroup Trusted Servants

Chairperson, Tessa	305-962-5989	tbdx511@gmail.com
Vice Chair, Sande K	954-610-6205	goldcoastoa+vchair@gmail.com
Treasurer, Mike S	954-675-7382	goldcoastoa+treas@gmail.com
Corresponding Secretary, Louis	954-496-3278	goldcoastoa+csec@gmail.com
Recording Secretary	OPEN	OPEN
Parliamentarian, Booky	561-573-4372	odatbook@yahoo.com
12th Step Within	OPEN	OPEN
Public Info/Professional Outreach	OPEN	OPEN
OA Literature	OPEN	OPEN
Ways and Means, Lila	954-593-6621	goldcoastoa+treas@gmail.com
Website Liaison, Helene		goldcoastoa+web@gmail.com
Unity Editor, Diana	954-234-7696	goldcoastoa+unity@gmail.com
Announcements/Updates to Unity & Website		goldcoastao+announce@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 (Subject to change for holidays and other events)



New!! To send announcements for updates to the Unity Newsletter, oabroward.org website, and the Gold Coast Intergroup Chair, please send an email to: goldcoastoa+announce@gmail.com

Please use this email address for meeting updates or any other information that will be useful to our local Intergroup.

DONATIONS NEEDED

Can you help??



Needed: Boutique items for Region 8 Business Assembly & Convention April 5-7, 2019

Please consider donating new and gently used clothing, household items, jewelry, electronics ...anything that could be resold to raise funds to support OA!

To donate items, please contact:

Annabelle K 315-335-9775
Annabelle.kerwin@me.com

Maureen H 954-600-1483
OA.maureen@Gmail.com



Volunteers are needed for planning and also the weekend of the Region 8 Business Assembly & Convention, April 5-7, 2019 in Plantation. This is a great way to give OA Service!!

Please contact:

Maureen H at 954-600-1483 OA.maureen@Gmail.com
Or Andi S at 954-295-1123 spiritmade351@Gmail.com

New Speaker Recordings available on **oabroward.org!**

Gold Coast Intergroup of OA and its Website Committee wish to express their gratitude:

- to the numerous member speakers who have allowed us to share their OA experience, strength, and hope;
- to the numerous members who reviewed, screened, and selected from hundreds of cassette recordings;
- and to all the many members who put "a couple bucks in the cup," which paid for the professional digitization.

<https://www.oabroward.org/podcasts.html>

Win a Full Meal Package for the Sunlight of the Spirit

SOAR REGION 8 BUSINESS ASSEMBLY &
GOLD COAST INTERGROUP RECOVERY CONVENTION

Raffle Tickets are \$1 each, or 6 for \$5 !

Buy your raffle tickets for a chance to win all four meals offered!
This is a \$140 value and a wonderful opportunity for fun and fellowship!
Whether you win or not, please consider purchasing the meal plans as they
cover the cost of meeting space.

Winner will be drawn: 3/9/19 - Meal Plan Orders Due: 3/21/19

Tickets will be
sold at local
meetings!

Register Online: SunlightOfTheSpirit.eventbrite.com
Registration Questions? Call Mike S. at 954-675-7382

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meetings!

Breakfast (Sat & Sun):

Come join your fellows at Breakfast served privately featuring a menu of Scrambled Eggs, Bacon, Turkey Sausage Links, Home Style Potatoes, Toast, Oatmeal, Plain Greek Yogurt, Fresh Diced Fruit Bowl, Freshly Squeezed Florida Orange juice, Brewed Coffee, & Herbal Teas

Saturday Lunch Buffet:

Enjoy a beautiful fresh Lunch Buffet Salad Bar with all the fixings! Lunch will offer hot grilled chicken, whole grains, and vegetarian protein options, with a fresh sliced fruit display, coffee service, unsweetened iced tea and juices. Multiple salad dressing options on the side.

Our Saturday Lunch Buffet will feature a Recovery Speaker AND a fabulous Fashion show!

Saturday Dinner Banquet:

Start with a baby green salad with fresh garden toppings & dressing options on the side.

For your entrée, choose between grilled chicken breast or grilled salmon prepared with flavorful seasoning only (no breading, sauce, sugar, or artificial sweeteners) served with a simple baked potato and steamed fresh broccoli and cauliflower. Alternatively, choose a Veggie Stack of Eggplant & Portabella Mushroom with a side of pesto sauce (no breading, sugar, or artificial sweeteners) served with quinoa and steamed fresh broccoli and cauliflower. All options include freshly cut fruit and brewed coffee / teas

We have wonderful entertainment planned for the Saturday evening banquet you don't want to miss!

We will be providing an ingredient list for all meals offered this weekend. Food will be prepared with minimal additional fat/oils and all sauces/dressings will be served on the side.

Making OA Work (excerpts reprinted from Lifeline Magazine)

Our local Committee for the Retention of Longtimers suggests that each OA member make the effort to retain longtimers in program. Are the following statements true of each of us?

1. I value every new phase of my recovery.
2. I understand the ramifications of leaving OA. I have a healthy fear of relapse.
3. I keep bringing my body to the truth so I'll be near it when I'm ready for it.
4. There is no easier, softer way for me. I am not on the slippery slope to a relapse.
5. I have sane abstinence rather than stark raving abstinence.
6. I accept longtimers at all levels of recovery.
7. I am appreciated for the service I do, and I focus on the traditions.
8. I have a sponsor, and my sponsor has a sponsor.
9. I work the Steps with rigorous honesty.
10. I believe in the Twelve Traditions.
11. Longtimers want what I have.
12. I reach out to longtimers.
13. I am committed to giving back what I have so generously been given.

Here are some suggestions for groups to help retain longtimers:

1. Celebrate your group's anniversary.
2. Highlight your group's successes, challenges or creative ideas in your intergroup or region newsletter.
3. Encourage all members to commit to attending and doing service for a home meeting.
4. Use coins, chips or cards to honor time in program.
5. Do countdowns of time in program.
6. Make a sponsorship pact with someone that if either of you stops going to meetings, the other has permission to drag you there.
7. Request a complimentary copy of your intergroup or region newsletter and send it to a longtimer with an attached note.

Seven good ideas:

1. Be inclusive, not exclusive.
2. Meet for coffee before or after a meeting.
3. Gently guide and teach newcomers.
4. Offer to drive someone to a meeting.
5. Don't tell me, show me.
6. Take advantage of opportunities to do Twelve Step work.
7. Pass a basket at meetings with the phone numbers of those present, and call the person whose number you draw.

Here are some suggestions to encourage member retention:

1. Name your meeting something special (for example, Hand-in-Hand or Saturday Survivors).
2. When the meeting opens, state the meeting time and length.
3. Encourage fellowship after the meeting (for example, over lunch or coffee).
4. Give others your telephone number, especially newcomers and returning relapsers.
5. Call others when you arrive home from that night's meeting, or call them the next day.
6. Offer to meet with newcomers and others before the next meeting.
7. Call others the night before.
8. Ask for hugs.
9. Wear name tags with or without phone numbers (have scraps of papers and pens easily available). Consider switching name tags at the end of the meeting so you can call that person during the week.
10. When you give your number to others, clearly state the best time for them to call.
11. Dine with fellow OA members.

CALLING ON MY HIGHER POWER

As a child I had many nicknames over the years that were not very flattering for a “chubby” kid. Now as a woman in recovery from compulsive eating for 38 years, maintaining a 50 pound weight loss for decades, I have many more flattering nicknames. My birthday is in October and my husband liked to buy me a pumpkin and write adoring names on my pumpkin. In my morning quiet time of prayer and meditation I wrote a short note to my Higher Power.

Dear God,
Do you have any nicknames?

As a result, I was inspired to gather a list of names our Fellowship uses to refer to Higher Power. Names I have heard at meetings, or talking to other OA members, or that I have read in our OA literature or in the Big Book.

Almighty	Great Thinker	Prince of Peace
All Powerful	Greater Power	Princess of Peace
Awakened One	Guide	Principal
Consciousness	Guiding Force	Prime Mover
Constant Companion	Guiding Voice	Preserver
Creator	He	She
Creator of Life	Healing Energy Spirit of the Lord	Source
Director	Her	Spirit
Divine	Higher Power	Spirit Guide
Divine Controller	Him	Spirit of Nature
Divine Father	Holy One	Spirit of the Universe
Divine Force	Infinite Power & Love	Supreme Being
Divine Guidance	Inner Guide	The Compassionate One
Divine Giver	Inner Guidance	The Designer
Divine Hands	Inner Spirit	The Divine Third
Divine Master	Inner Voice	The Divine Light of the World
Divine Mind	Life Force	The Divine Quiet
Divine Mother	Light	The Divine source for Good
Divine Power	Lord	The Divine Universe
Divine Principle	Love	The Force
Divine Spirit	Loving Guide	The Great Reality
Divine Wisdom	Loving Father	The Great Spirit
Energy	Loving Mother Love	The Light
Employer	Maker	The Source
Eternal Spirit	Mom	The Realm of Spirit
Eternal Thought	Mother Earth	The Unknown
Friend	My Friend	The Unseen
Father	My Maker	The Wizard
Father of Peace	My Source	The Unseen
Founder	My Spiritual Source	Universal Light
Gift of Desperation	My True Essence	Universal Intelligence
God/Goddess	Mysterious	Universal Self
Grace	Not Me	Universal Mind
Great Friend	Oneness	Wonderful Counselor
Great Reality	Our Maker	
Great Spirit	Our Manufacturer	

I find in recovery it is not as important **what** we call our Higher Power as that we **do** call upon a power greater than ourselves for direction in our lives.

A very grateful,
Barbara, West Palm Beach

**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
Spanish Calls	Fela	305-527-1942

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.oa.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.



February 2019 Broward/South Palm Beach Overeaters Anonymous Meetings

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	MTG #
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 , 210 NE 3rd St Classroom 6 across from playground on 3 rd Ave	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 N. 29 th Ave	Doris 305-332-5832	#56526
Boca Raton 7:00 pm	Beginners/ Discussion	Regents Park Nursing Home 6363 Verde Trail	Bobbie 561-477-7914	#27229
Plantation 7:30 pm	Came to Believe Beginner's Meeting	St. Benedict's Episcopal Church 7801 NW 5th St, St Marks Room	Heather 954-621-7822	#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 N. 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/Big Book Every other week	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 6:30 pm	Beginner	Aventura Hospital , Main Bldg, 20900 Biscayne Blvd, 2nd Fl 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 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 9:30 am	11 th Step/ Sprituality	Good Shepherd Lutheran Church 6301 SW 18th Street	Karen 561-706-1743	#56655
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	Nancy 954-600-9513	#41217
Hollywood 10:30 am	Big Book/Discussion	Sober Today Club 1633 S 21st Ave	Sherri 954-612-1250 Drew 954-612-1251	#20653