

UNITY

July 2023
Overeaters Anonymous
Gold Coast Intergroup
www.oabroward.org



**ASK
BELIEVE
RECEIVE**

*Step 7: Humbly asked Him
to remove our shortcomings.*

Message from your Editor

Dear Fellowship,

My first meeting was a beginner meeting 32 years ago. The room was full of a gathering of long-timers offering their experience, wisdom, and kind words of encouragement. Sponsors were asked to stand up and identify themselves for those that needed guidance at the end of each meeting. Back then we had both 3rd Step and 12 Step Sponsors.

My sponsor utilized a set of 30 questions (which you will find on the following pages) that guided me through Step 1, Step 2, and Step 3 with reading and writing prompts from the 12 and 12 of OA and the Big Book of AA.

I would call her at the same time every day and she would give me a question and I would share what I had wrote. I worked through the 30 questions at my own pace. It was a period of self discovery. Some questions I answered with one word and others I answered with pages. When I put a pen to paper, it was my higher power talking honestly to me. And for the first time, I got to know myself... and saw with clarity my unmanageable relationship with food.

I gained self knowledge, understanding of my lack of power, and the very real promise that there was a solution for me through self exploration. But there was no getting to the promise of the 12 steps if I truly hadn't truly worked through the first three. I realized early on that my Sponsor wasn't there to give me advice. She was there to give me the opportunity to be honest with myself.

I don't know if it was an OA practice back then "step up" a newcomer to becoming a "**3rd Step Sponsor**" but it was something our meeting did. We actually had a touching flower ceremony where the "baby" was presented a plant to illustrate the growth that we all witnessed in them. Once stepped up, I offered myself to work with others up to the level of my own recovery, which at that time was up to Step 3.

Although I love our virtual meetings, I miss our physical meetings where I felt there was more opportunity to find a Sponsor. So I offer you all the same 30 questions I was given share with another compulsive eater like yourself. One of my dearest friends in OA doesn't qualify herself as a "**Sponsor**" but as a "**Partner In Recovery**". We can all be **Partners in Recovery** if we reach out our hands to find love and understanding beyond our wildest dreams.

Best,
Sara



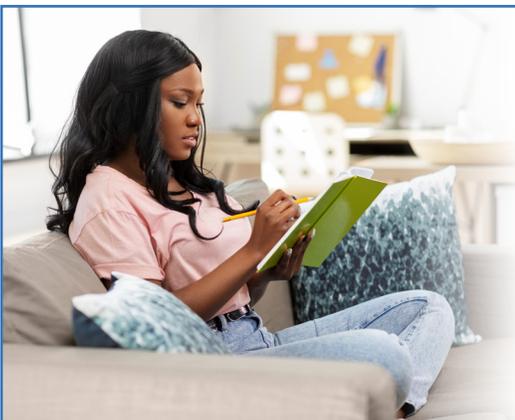
*I put my hand in yours
and together we can do
what we could
never do alone.*

*No longer is there a sense of
hopelessness.*

*No longer must we each de-
pend 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.*



Please share your experience, strength, and hope with an article for our newsletter. Email it (short, long, anonymous or not) by the 15th of the month via email to: goldcoastoa+unity@gmail.com

Putting our thoughts and feelings down on paper, or describing a troubling or joyous incident, helps us to better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.

As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible." *Tools of Recovery. © 2011 Overeaters Anonymous, Inc. All rights reserved*



My sponsor guided me through Steps 1, 2, and 3 with these 30 questions.

Reference: The Twelve Steps and Twelve Traditions of OA & The Big Book

1. Write on:
 - Why do you need to stop overeating in your life right now?
 - Why did you come to Overeaters Anonymous?
 - What are you seeking; 4) Is slimness the most important thing in your life right now?
2. Write on:
 - What is well?
 - Is fat acceptable in your life?
 - Can you accept the way you are?
3. Write your history of compulsive overeating. Include bouts with eating and dieting, relationships that were tied up with food, food related family occasions, recent diet problems and eating problems that brought you to OA.
4. Read Doctor's Opinion in the Big Book.
Discuss the phenomenon of craving as it appears in 3 levels of your life: physically, emotionally, spiritually.
5. Read Step 1.
Discuss the idea that "devastated weakness is a source of strength as we don't look for food for our comfort.
6. Reread Step 1.
 - Discuss the mental obsession that precedes that first compulsive bite.
 - Discuss the idea that obsessing about anything will eventually lead to overeating.
7. Read pages 5-6 in the Big Book.
Discuss the idea of oblivion as it is characterized in Bill's story.
8. Reread Step 1.
Discuss why for the true compulsive overeater there is no possibility of controlled eating.
9. Read pages 20-24 in the Big Book.
Discuss your last eating binge and why you are against defense against the first compulsive bite.
10. Reread Step 1.
Discuss when one overeater plants in the mind of another the true nature of our malady, that the overeater can never be the same.
11. Read Chapter 3 up to page 25 in the Big Book.
Discuss what sort of thinking dominates when the compulsive overeater repeats the desperate experiment of "trying just one more bite."
12. Read page 9 in the Big Book.
Write on the idea that if you return to eating you can "recapture the spirit of other days."
13. Read chapter 3 in the Big Book.
Write on the following idea as it manifests in your life: "the deception of others is nearly always rooted in the deception of ourselves."

14. Read Step 2. Write on:
- Those who believe
 - Those who can't believe
 - Those who have lost their faith.
- Which category do you sometimes or often find yourself and what steps you must take to change?
15. Read pages 21-29 in the Big Book.
- Write on the idea that there is no middle of the road solution to compulsive overeating.
 - Spend time discussing the alternatives to recovering in Overeaters Anonymous.
16. Reread Step 2.
- Write on the need for open-mindedness. Why is it essential to your recovery in Overeaters Anonymous.
17. Read Chapter 4 in the Big Book.
- Write on why a change of attitude towards a power greater than yourself and a few simple actions are necessary if you are to change your life.
18. Reread Step 2.
- Write on the concepts as they play a part in your spiritual life:
- Intellectual self-sufficiency
 - Self-righteousness
 - Wandering from faith.
19. Read page 35 in the Big Book.
- Write on the idea that compulsive overeaters have to be pretty badly mangled before they begin to solve their problems.
20. Reread Step 2. Write on the concepts:
- No person could believe in God and defy him also
 - For our recovery, we need a faith that works under all conditions.
21. Reread Step 2.
- Write why every Overeaters Anonymous meeting is assurance that God can restore us to sanity.
22. Read Step 3.
- Write on the growth one must have before that can move from Step 2 to Step 3.
23. Read Chapter 3 in the Big Book.
- Write on why willingness is a way to a faith that works.
24. Read pages 569-570 in the Big Book.
- Write on "god consciousness" you have experienced for yourself and have seen in other members of the fellowship.
25. Reread Step 3.
- Write on spiritual dependence as the only means of escape from the destruction of compulsive overeating.
26. Read pages 25-29 in the Big Book.
- Write on the concept that discovery depends upon huge emotional displacements and rearrangements.
27. Write on how we may go about bringing our will into agreement with gods intention for us.
28. Write on the use of the eight tools in your daily recovery.
- Plan of Eating
 - Sponsorship
 - Meetings
 - Telephone
 - Writing
 - Literature
 - Action Plan
 - Anonymity
29. Read "A Vision For You" in the Big Book.
- Write on a vision God has for you. Discuss at length what this concept means to you. Our answers will come if "our own house is in order."
30. Read the last pages of Step 1 and Step 2. Reread Step 3.
- Write for 15 minutes what your concept of God is today. How does he materially manifest in your life?
 - Turn to page 63 in the Big Book. Repeat the prayer out loud.

*God, I offer myself to Thee,
to build with me
and do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love and Thy Way of Life.*



Margaret's Experience...

I didn't come from a house of overeaters or dieters so I didn't know what a diet was until I heard my friends talk about restricting when in college. I remember joining a diet club then with a friend in college, I lost some weight and then started some binges and I remember after not having had sweet food for a while how **my body reacted with a buzz when I ate it**. During my 20s and 30s I went up and down in weight through restricting or overeating and **I was never really happy with my body**. The weight and binges were increasing.

Over the last few years things progressed, I put on another 30 pounds. I stopped being able to diet for any length of time even coming up to weddings and I was disgusted at myself. Months before I joined OA, I remember a moment when I felt totally defeated and that nothing was working. I did **subconsciously know** there was something else out there. I think at that point I felt I had no control and there was some surrender then. I did feel at the time that I had a spiritual connection as I remember speaking to my Higher Power and asking for help, but later when I was in OA I realized my connection to my Higher Power was blocked and I think this was due to the effects of all the food in my body, how I obsessed about it all in my mind and the fears and resentments I had.

A couple of weeks later I felt totally defeated. I went on a business trip. It was full of healthy food so I packed my bags with snacks just in case. We ate large amounts of healthy nutritious food that didn't satisfy me so I went back to my room to eat my snacks, which didn't even satisfy me. One day I went for a walk with a girl who told me she was addicted to sugar and was in a 12-step program for compulsive overeating. My own ego and know

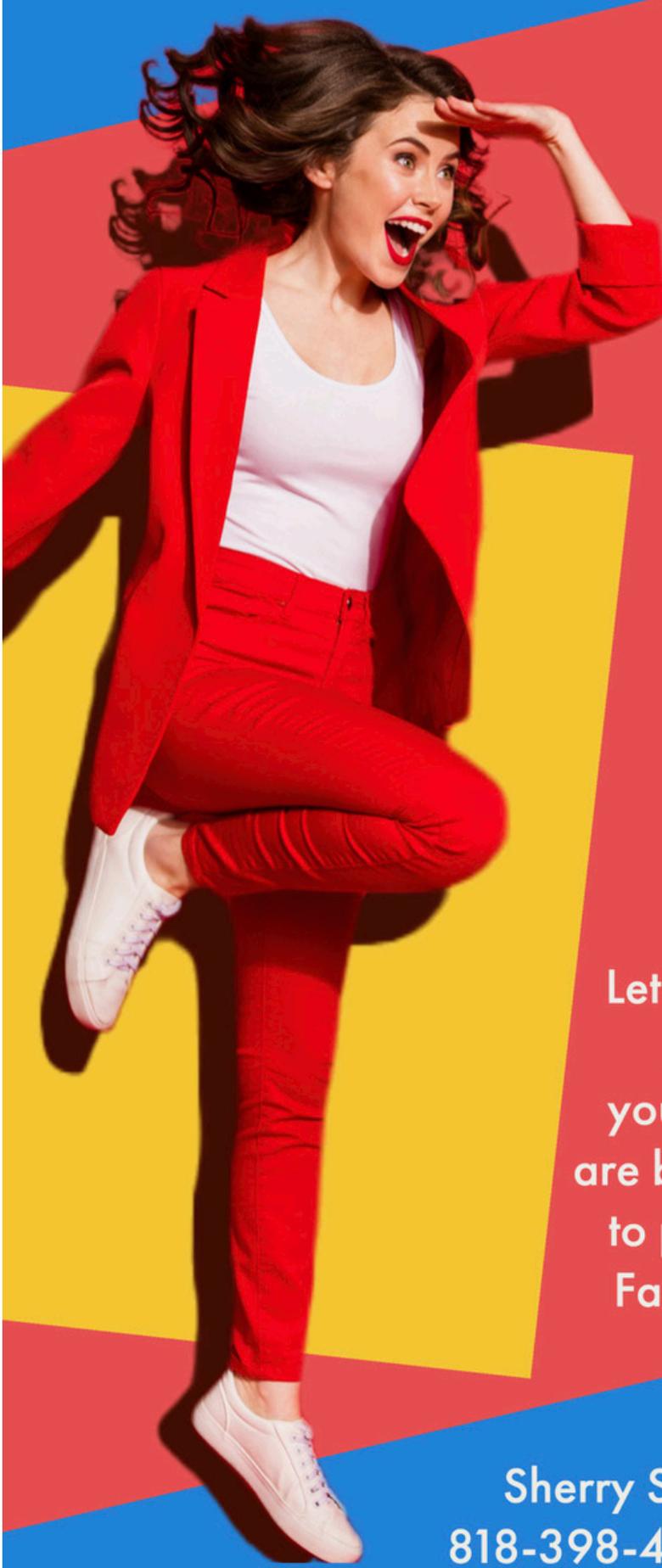
it all attitude tried to tell her I was working my own way on my eating. Mine clearly was not working though and hers was. Two weeks later my therapist said to me that the session was difficult and the process was blocked with my over eating and she suggested Overeaters Anonymous. I thought no way as I felt it would totally restrict my spontaneous fun life whereas in truth I was in a lot of pain with compulsive overeating. So I picked up the phone a few days later and I just knew this was where I was to go as I **felt a release** as I spoke to the person.

I attended my first meeting over 3 years ago. I felt I just needed to be there. I got such a warm and friendly welcome. It was so supportive. I started doing the steps and working the program. **I attended the OA meetings and by a miracle the cravings left, I got so much clarity in my life, issues at work I could see my part in and I became less involved in drama, the stiffness and pain in my body resolved.** Life isn't totally perfect but I now have a program that I work on each day. This keeps me abstinent from compulsive eating because I cannot do this on my own. It also helps me with my fears and resentments, my relationships and my work. It is when I forget that I have this condition of compulsive eating that my life gets difficult. I now have a connection with my Higher Power. The last 18 months of the pandemic gave me a chance to work the programme as best I could, it has helped me through it and to post pandemic growth. Before I joined OA I did not have a sense of purpose or value. Now I wake up most days with a vision and a mission and I bounce out of bed. I have increasing tolerance and patience with others and this helps everything to run more smoothly in my life and generally The support of Overeaters Anonymous is something I could not do without.

Principle of Step #7
Humility

Principle of Tradition #7
Responsibility

Principle of Concept #7
Balance

A woman with long brown hair, wearing a bright red blazer, white tank top, red pants, and white sneakers, is captured in a dynamic, joyful pose as if jumping or dancing. She has her mouth wide open in a smile and her right hand is raised to her forehead. The background is a vibrant mix of red, yellow, and blue geometric shapes.

WE ARE LOOKING FOR WORKSHOP IDEAS

* Got an idea
for a
Workshop?

* Know an
available
venue?

* Wanna do
service by
volunteering?

Let us hear
from
you.....we
are beginning
to plan for
Fall 2023

Face to
Face &
Zoom

Sherry S.
818-398-4160

Jody S.
561-212-7366

Gold Coast OA Meetings as of 3/20/2023 • Please check OABroward.org for the most updated list.

Zoom dial in: **1-646-558-8656** Zoom password: **954954** except when noted

Gold Coast Intergroup
meets on the 3rd Sunday
of the month
from 2-3pm

All are welcome.

Meeting ID: 843 7546 3048
Password: 954954

**Next
Intergroup
Meeting
will be
August**

<https://us02web.zoom.us/j/84375463048?pwd=dEgyRnFNSXhHVXBXNVB4a09vazBpUT0>

Monday

10am St. Benedict's Episcopal Church

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pVrkt6bll5RUx6dz09

Zoom ID: 750 162 024 / Password 954954

Meeting Type: Big Book / Newcomers

Contact: Charles (954) 600-6280

Meeting Number: #800665

10:30am 4th Dimension

zoom.us/j/733969447?pwd=VGhJQitFY1NLK0N1aXNGS1B5cTV0dz09

Zoom ID: 733 969 447 / Password 954954

Meeting Type: 12 Steps & 12 Traditions

Contact: Sheila (786) 837-3093

Meeting Number: #51180

7pm Regents Park

zoom.us/j/305659342?pwd=ckR1bVhRaHFzS1FVbVpIK3FXRzlydz09

Zoom ID: 305 659 342 / Password 954954

Meeting Type: Beginners and discussion

Contact: Bobbie (561) 477-7914

Meeting Number: #27229

Tuesday

10am – Good Shepherd Lutheran Church

zoom.us/j/819491242?pwd=V01CYzJWSmxUT2NrSVR1elhsOTZiZz09

Zoom ID: 819 491 242 / Password 954954

Meeting Type: OA/AA 12&12 Step Meeting

Contact: Nancy (561) 343-5587

Meeting Number: #02797

7pm – Crossroads 100 lb

zoom.us/j/516282779?pwd=cTF0UlgxaGx6aGhCd0JHcTdHbTVqdz09

Zoom ID: 516 282 779 / Password 954954

Meeting Type: 100 lb (all are welcome)

Contact: Marcia (917) 693-4729

Meeting Number: #54776

7pm – Our Lady of Lourdes Boca Raton

Location: Our Lady of Lourdes Church

22094 Lyons Rd., Boca Raton

Location Notes: Lourdes Christian Formation

Center Bldg., Room 201

Meeting Type: Literature

Contact: Ron (561) 483-0500

Meeting Number: #00903

Wednesday

10am – TY Park ****Now ZOOM ONLY****

zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPcjNOZz09

Zoom ID: 290 923 334 / Password 954954

Meeting Type: OA 12&12 on 1st, 3rd & 5th Wed.

- Big Book of AA on 2nd & 4th Wed.

Contact: Ellie (248) 342-8822

Meeting Number: #27545

10am – Science of Mind Church

zoom.us/j/654731057?pwd=QVReUxGRHYOMGhleGxBNmRT00pDdz09

Zoom ID: 654 731 057 / Password 954954

Meeting Type: Speaker

Contact: Sherry S. (818) 398-4160

Meeting Number: #30002

11am – Coral Springs Literature

Location: Coral Springs Medical & Dental

Senior Center in Coral Palm Plaza (contains

Doris's Italian Market & Michael's). 2029 N.

University Dr. Coral Springs. Meeting location is near Panera on south end of plaza.

Meeting Type: OA Literature

Contact: Sue R. (754) 307-5678

Meeting Number: #57389

6:30pm – Prince of Peace Lutheran Church

zoom.us/j/337815181?pwd=NWhQWjg2UUdkT0ZxYW1CSElwbDV0dz09

Zoom ID: 337 815 181 / Password 954954

Meeting Type: Beginner / Literature

Contact: Mike (954) 675-7382

Meeting Number: #800744

Thursday

9:30am – Good Shepherd Lutheran Church

zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3Yjh5Tmd5UT09

Zoom ID: 268 739 522 / Password 954954

Meeting Type: 11th Step/Spirituality

Contact: Jody S. (561) 212-7366

Meeting Number: #56655

10am – St. Benedict's Episcopal Church

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pVrkt6bll5RUx6dz09

Zoom ID: 750 162 024 / Password 954954

Meeting Type: OA Steps / Abstinence /

Literature

Contact: Brenda (954) 609-7393

Meeting Number: #800666

1pm – Good Shepherd Big Book

Location: 6301 SW 18th St. Boca Raton

Meeting Type: Big Book Meditation

Contact: Bobbie E. (954) 415-6005

Meeting Number: #53679

Friday

10am – Voices of Recovery

Zoom link: <https://us02web.zoom.us/j/89741340714>

Zoom ID: 897 4134 0714 *Password 561561

Dial in number 1-929-205-6099

Meeting Type: Literature

Meeting: # 800108

6pm – OA Literature

Zoom link: <https://us02web.zoom.us/j/82761028377>

Zoom ID: 827 6102 8377 / Password 561561

Dial in number 1-929-205-6099

Meeting Type: Literature

Saturday

9:30am – Good Shepherd Lutheran Church

zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNGlnVFN5QT09

Zoom ID: 669 862 116 / Password 954954

Meeting Type: 90 Day Speaker (Special Interest)

Contact: Alan S. (561) 400-1493

Meeting Number: #800526

10am – A Vision 4 You/Plantation

zoom.us/j/194605389?pwd=c0lDdnprbFVfFdStPmVjd1RwK0p0QT09

Zoom ID: 194 605 389 / Password 954954

Meeting Type: A Vision 4 You/Big Book/Speaker

Contact: Nancy (954) 600-9513

Meeting Number: #800955

10am – Good Shepherd Big Book Study

Location: 6301 SW 18th St. Boca Raton.

Meeting Type: Big Book

Contact: Andi (954) 295-1123 or

Sherry (818) 398-4160

Meeting Number: #57655

Sunday

12:15pm – Pride Center

zoom.us/j/150175349?pwd=bF1FU28rWG9lRGxIRGVPVHhEWFZCQT09

Zoom ID: 150 175 349 / Password 954954

Meeting Type: Newcomer / Speaker

Contact: Darlene (954) 299-8038

Meeting Number: #46694

6:30pm – Pompano For Today

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlUOT09>

Zoom ID: 872 0435 1241 *Password 954954

Meeting Type: Literature For Today/Voices of Recovery

Contact: Roz (516) 851-0677

Meeting Number: #800743

Twelve Steps of OA

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer & meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Twelve Traditions of OA

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

(reprinted with permission from the World Service)

Your Trusted Servants

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Help Wanted...

Recording Secretary

Twelve Steps Within

Public Info & Professional Outreach

Email Sherry S. at

goldcoastoa+chair@gmail.com

OA Region 8 a.k.a. SOAR8

Our OA Region 8 (SOAR8) is comprised of the U.S. Southeastern Region: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, The U.S. Virgin Islands, Caribbean Islands, Central America, and South America. SOAR8 is one of eleven groups around the world formed to serve the regional needs of Overeaters Anonymous.

To visit other OA Region 8 Groups on the web [click here](#) or go to:

<https://oaregion8.org/region-8/intergroups/>

Southeast USA:

Alabama: [Midstate Greater Birmingham](#)

Arkansas: [Fort Smith](#)

[Central Arkansas Intergroup](#)

Florida: [Central Florida Intergroup](#)

[Gold Coast Intergroup](#)

[Manasota Intergroup](#)

[Miami Dade & The Keys](#)

[New Freedom Intergroup](#)

[Palm Beach County Intergroup](#)

[Pinellas Traditions Intergroup](#)

[Southwest Florida OA Intergroup](#)

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