

Blessed Beyond Anything

Having worked the Twelve Steps, what did I learn about the Principles?

Honesty. I learned to look truthfully at ugly things that I am powerless over yet make my life unmanageable. It takes honest vision to fully understand there is a problem and that I have no way to solve it myself.

Hope. I came to believe I can have a relationship with a Higher Power who can do things for me that I can't and that I can be restored to sanity. There is hope that the painful parts of my life can change, and that HP has a better plan for me.

Faith. It was a leap of faith that something would sustain me when I stopped my way of doing things. But what I couldn't imagine doing forever, I could do for one day. Those days added up to a miracle. Aligning my will with God's and going through scary places in recovery is faith working in my life.

Courage and integrity. Note the word "fearless" in fearless moral inventory; fear and faith don't coexist. It takes courage and integrity to look back at unflattering moments and share them with another person. To overcome my fear, become vulnerable, and present my true self is the basis for real relationships and connection.

Willingness. It's the whatever-it-takes clause in the contract with God and being ready, in God's time, to let go not only of hurtful things we want to change but also defects we enjoy. That's a scary concept. It's also one filled with honesty, hope, faith, courage, and integrity—amazing how these Principles work together.

Humility. When I earnestly ask for help, God goes to work, but not necessarily in ways I expect. Humility is acceptance of who we really are and the need to live in harmony with God's will to find serenity.

Self-discipline and love for others. Life is easier when I avoid doing things that make me owe amends and when I admit my part as soon as possible. The "my part" piece is a revelation—no matter what, I can act with a loving approach.

Perseverance. Even when God's plan feels difficult, by saying, "I can do it today" and doing the next right thing, the todays add up. If I turn back, I'll never get to the destination.

Spiritual awareness. I came to understand that God is with us always. Spiritual awakening is having a living God in my life; I am taken care of and will get what I need. We are enough and are loved for who we are. I experience God in me connecting with God in others. Connection with God requires work and practice. To hear and understand God's will, I need to clear my mind.

Service. I don't only carry the message—I am the message. I don't need to sell program. I just need to live these Principles. And to keep this recovery, I need to share my experience, strength, and hope with others. I came to OA thinking I had a problem with food yet learned I had a problem with life. I've been blessed beyond anything I ever thought to wish for.

— Michelle C. [Reprinted from Lifeline]



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,

March into Recovery

There's something so satisfactory about "trudging the road of happy destiny." Even when I'm irritable or discontented, which I have been this month, I'm abstinent, which means that I can still be of service to my Higher Power. I can still make outreach calls, work the steps with sponsees, and help out during meetings. Trudging the road of happy destiny makes me useful.

It also makes me whole. Not shame based and not egotistical, just a whole human being who can take one more step forward in recovery, into the future.

Yours truly,

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

join us as we trudge the road of happy destiny



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	tbdx511@gmail.com
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

365

Too many days for me to think about. I'll go with the 24 hours in front of me, much easier to tackle . . . one-day-at-a-time!

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)

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

**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

Convention News



Volunteers are needed for planning and also the week-end 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

CONVENTION HIGHLIGHTS

Workshops & panels covering Abstinence, Higher Power, Recovery from Relapse, and much more...

Saturday Lunch Fashion Show and Dinner Banquet with Entertainment!

Speakers from across Region 8 sharing experience, strength, and hope on recovery in Overeaters Anonymous.

Registration Opens: Friday 3 pm

Convention Starts: Friday 4 pm

Sat & Sun 8 am

Opening Ceremony: Friday 8 pm

Convention Closes: Sunday 12 pm

Win a Full Meal Package for the Sunlight of the Spirit

SOAR REGION 8 BUSINESS ASSEMBLY &
GOLD COAST INTERGROUP RECOVERY CONVENTION

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

Buy your drawing 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.

INTRODUCING
OVEREATERS ANONYMOUS

Where Do I Start?

Everything a Newcomer
Needs to Know



New Pamphlet for Newcomers

Greet newcomers and help them get started with OA's welcome pamphlet. Packed with key information about OA's Twelve Step program of recovery, this 32-page pamphlet includes the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA Third and Seventh Step Prayers, "Welcome Home," and so much more. With *Where Do I Start?* in hand, newcomers get an introduction to OA and can find answers to frequently asked questions, such as:

- What is compulsive eating?
- Can OA help me if I am bulimic or anorexic?
- Is OA a religious society?
- What is the Twelve Step recovery program?

Help newcomers start their journey of recovery; welcome them with *Where Do I Start?*

Meeting Reps can pick up new pamphlets at Intergroup for local meetings

March

Into Recovery

Come join the Palm Beach County OA Intergroup as we spend a few hours together at our 2nd Annual "March Into Recovery" Special Event

Topics:

R.U. N.U.T.S.? (Are You Not Using the Steps?)

Spirituality and Finding a Higher Power -Steps 2,3,11

When: Sunday March 24, 2019

Time: 2-5 PM

**Where: Holy Trinity Episcopal Church |
211 Trinity Place, West Palm Beach (I-95 to Okeechobee
Blvd-Left on Olive, right on Trinity Place)**

Suggested Donation: \$7

Wheelchair Accessible

Free Raffle Ticket with Donation!



Strong Abstinence Checklist

1. Have I been abstinent today?
2. Did I pray and meditate today?
3. Am I maintaining or working toward a healthy body weight?
4. Did I rely on my Higher Power to get or stay abstinent today?
5. Is what I am currently doing working for me to remain abstinent?
6. If I am having problems, have I asked someone else what they are doing?
7. Have I made an OA call today?
8. Did I have an attitude of gratitude today?
9. Did I plan my food today?
10. Have I helped someone else today?
11. Did I have an action plan in place to stay abstinent today?
12. Do I have a sponsor and am I working the Steps with that person?

*What are the three feelings that dictate your life? Joy...Sadness...Fear...Love...Anger...Forlorn...Etc?
Pick three and be aware of how they are the theme of your life and behaviors. Today you can choose how you want to think and feel. Thoughts create feelings. So, whenever you are feeling down or negative, talk to God and shift. Get moving and grooving and enjoy your day. Remember this is a partnership and you're a major investor. ~ Linda R*

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.

When I first came into OA, almost thirty years and 200 pounds (91 kg) ago, I heard Tradition Three and had mixed feelings. First of all, I felt so low I wasn't sure I wanted to be part of a club that would have me as a member. Yet, at the same time, I was thrilled. I did belong somewhere, and no matter what, I couldn't be kicked out! At that time, I was like a newborn, and it was all about me.

Then I began to see how this Tradition impacted my relationships with other people in the rooms. "Hey," I said to myself, "if I belong, no matter what, maybe everyone else does too." Truth be told, I used to do a very good job of taking other people's inventories—much better than my own. I found it easier to look at what was wrong with you rather than what was wrong with me. There were many days when I really didn't want to stop eating compulsively—I just wanted to be free of the consequences of eating compulsively. But I kept coming back, because I was welcome to. Eventually, I realized that if I felt this way, maybe other people did too; I realized it wasn't all about me.

Really this Tradition is all about unity, isn't it? I know the spiritual Principle associated with Tradition Three is "identity," which makes sense too. I can still find my individual identity while being true to the common goal: to stop eating compulsively. It doesn't matter how we achieve this goal, as long as we reach out and help others along the way. I really love that about OA: there is no one right way—we all have the dignity of choosing. We choose our Higher Power, how we will work the Steps, our favorite OA-approved literature, our plan of eating. No one has the right to tell me I'm doing it "wrong."

Tradition Three teaches me to look at what we have in common. In OA, it is our desire to stop eating compulsively. Simple. But what about out in the real world? How do I carry Tradition Three out there? As a member of the human race, I often wonder what makes us all the same, and I think I've figured it out. We all make mistakes! That's our common goal: the only requirement for being human is to learn from our mistakes. If we could all embrace this, just think how much more we would accept ourselves and others.

— Lyn C., Massachusetts USA [Reprinted from Lifeline]

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

My "Aha!" [Reprinted from Taste of Lifeline]

Step Three has given me the greatest strength and has helped me the most with compulsive overeating. I have always been spiritual, and whenever I prayed and became open to God, my life at that time became bearable. However, I have also wanted to control every situation I encountered as well as people around me; I wanted to control God and how he worked. I was aware of the peace and power of a Higher Power, but I just couldn't let go of control. My life was manageable, but I was lonely and unhappy most of the time. I know now that I made close friends and relatives miserable by wanting to control their lives, but I was not aware that I was a controlling person until I worked the Steps.

I now start each day in prayer, asking for God's will for me and the strength and courage to carry it out. It seems simple, but when I let go and turn the day over to God, my day goes smoothly, and I feel happy. I appreciate my family, friends, and coworkers. My attitude has changed. I don't need to control how other people live their lives, and I don't have to do things I don't want to do to impress others or be liked.

By being an instrument of God, I have found a new freedom and happiness I never knew existed. I have been blessed to release 50 pounds (23 kg) through this wonderful program. I have more energy and strength to do God's will lovingly, one day at a time. —March/April 2006

**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 tbdx511@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

One

Day

At

A

Time

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.



March 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	Nancy 561-343-5587	#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/ Spirituality	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