

Thank
You



Sunlight of the Spirit

Wow! What a phenomenal experience this past year has been. It was a privilege to work together with all of you to plan the Sunlight of the Spirit: Region 8 Business Assembly and Gold Coast Intergroup Recovery Convention. We are still getting texts and phone calls from so many people expressing how grateful they are that they were able to come share and really see how program can be an active working part of their lives. We got such great feedback: about how smoothly everything ran, the special considerations that were given for people's recovery needs, and about how every last little detail was covered which made for an easy inviting experience for all.

It has been an honor and privilege to be a part of this undertaking with Gold Coast Intergroup. Our program has truly grown by leaps and bounds because of the service we have done together.

As always, our blessings for you of light.

Maureen H. and Andi S.
Convention Co-Chairs

Sunlight of the Spirit Convention T-Shirts

For those who would like to purchase a t-shirt from the convention, we have extra small, small and 3x in the ladies cut, and a small in the regular cut. Please call Maureen at 954-600-1483 to purchase.

Do you worry about the way you eat? Overeaters Anonymous may be able to help. We are not a "diet" club, but a fellowship of people recovering from compulsive overeating. There are no dues, fees, diets, or weigh-ins. OA offers mutual support and a way out of the vicious cycle of compulsive eating. Whatever your problem with food, we welcome anyone who wants to stop eating compulsively. You are not alone Anymore!

To speak with an OA member and get more information please call our Hotline at 954-938-9586.

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,

The 5th Step - Ending Isolation

"We want to be free of resentments, guilt, and shame and we realize that sharing the details of our past with another human being is an important step toward freedom..... This is the beginning of the end of our isolation."

In this Unity we celebrate Step Five. We are beginning a new way of life, willingly opening our hearts so that a life-changing power can come in and heal us. We admit to a Higher Power and eventually ourselves, and to another the exact nature of our wrongs. We begin to forgive ourselves and we finally come to know and accept ourselves. What a courageous act! Indeed, once we have completed this step we each become infinitely more valuable to Higher Power, because now we too, can receive a 5th step.

As I continue to recover and grow, I'm too blessed with the opportunity to work the Steps with my sponsor and gain insight into the potential for recovery, the depth of the disease and the hope of my Higher Power.

I'm grateful and honored that I got to be a part of Gold Coast Intergroup's Convention last month and to share in this amazing journey of recovery.

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

Your Gold Coast Intergroup Trusted Servants

Chairperson, Tessa	305-962-5989	goldcoastoa+chair@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, Alison A	954-270-7308	goldcoastoa+lit@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		goldcoastoa+announce@gmail.com

On the Beam Off the Beam

Honesty	Dishonesty
Faith	Fear
Courage	Frightened
Considerate	Inconsiderate
Humility	Pride
Giving	Greedy
Calm	Anger
Grateful	Envy
Patience	Impatient
Tolerance	Intolerant
Forgiveness	Resentment
Love	Hate
Selfless	Self-justification
Humility	Self-importance
Modesty	Self-condemnation
Trust	Suspicion
Moderation	Gluttony
Action	Sloth

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)

***Tradition Five: Each group has but one primary purpose —
to carry its message to the compulsive overeater who still suffers.***

My sponsor continually encourages me to look for and expect miracles in my everyday life. At first I was skeptical, but she's right. Living in recovery means a life beyond my wildest dreams. These miracles come in the most unlikely places.

Tradition Five in OA Twelve and Twelve says, "As we concentrate on carrying a message of hope to others, we are empowered to use our unique talents in ways that are truly useful to others. The result is better than any outcome we could have planned for ourselves, for we find a deep satisfaction in service as we join forces to share recovery in OA" (pp. 150-151). That has been my experience.

Who knew that feeling worthwhile, useful, and connected could feel better than compulsive eating? Recovery has taught me that, and I don't want to ever go back to disease behaviors.

I have so many opportunities to carry the message to the compulsive overeater who still suffers. Even if there isn't a newcomer at a meeting to talk with, there are longtime members who still suffer.

When someone is in relapse or struggling, helping that person is also the group's primary purpose. Just like Our Invitation to You says, "It is weakness, not strength, that binds us to each other..." (Overeaters Anonymous, Third Edition, p. 4).

I finally get why our group's primary purpose is to carry the message to those who still suffer. It doesn't matter how long I've been abstinent, I still need to hear the message, and I can't keep it unless I give it away. I am so grateful for this brilliant program! It works when we work it! - from A Taste of Lifeline

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

With spring in full force many OA members are taking the time to work on, or share their thoughts on how they have worked through their 5th Step. This step starts with our Higher Power (OA 12x12 p. 46), however working this step fully and properly entails admitting our wrongs to another human being. "It is only through the process of discussing our shortcomings out loud with an understanding person that we can finally begin to know ourselves and accept our-selves (p. 48)"

Many say and have said they were afraid to turn their 4th Step over to another person, for fear of being judged, embarrassed, etc. Let us remember "When we actually do our fifth step with another human being, we find that we are humbled without being humiliated. (p. 47) As well, it is important to choose someone you trust such as a sponsor, close friend/family member or clergy, because "What we need is a loving witness. (p. 49)"

The "out loud" is crucial. "Out loud" doesn't necessarily mean literally - but it does mean that we need to let it all out. Out of our heads and hearts. By sharing with Higher Power and another, we lay down this burden. However, the 5th Step is not about confessing immoralities. It the logical continuation of Steps 1-4 with special emphasis on the 3rd Step - "made the decision to turn our wills and our lives over to the care of God..." If we are willing to turn our whole life over to our Higher Power, then it unquestionably makes sense to turn over a few character defects! Our Higher Powers don't want us to carry these burdens forever, with thoughts and feelings that hang out in our lives "rent-free."

If you are working on or struggling to start your 5th Step here is a fifth step prayer: "Higher Power, my inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me and be with me, in this step, for without this step, I cannot progress in my recovery. With Your help, I can do this, and I will do it."

Towards the end of step 5, the OA 12x12 says, "from this point on, we begin to leave behind the character defects which have caused us so many problems in the past. (p. 52)"

What a beautiful notion, to leave those defects behind you... with your feet progressing forward on the path of recovery. - from oanova.org (Northern Virginia Intergroup of Overeaters Anonymous)

Pensando en el quinto paso

Escribiendo mis pensamientos respecto al paso cinco, me doy cuenta de cuan agradecida estoy de tener mi madrina. La persona que sabe todos mis secretos y me acepta exactamente como soy. Que regalo! Escribir mi inventario se me hizo más fácil cuando comprendí que no lo tenía que compartir con nadie pero el momento llego en que estuve dispuesta a tomar ese paso tan intimidante. Quien mejor que mi madrina para escuchar amorosamente y sin juzgar.

Al hablar del quinto paso es necesario para mí hablar también sobre el padrinado. El programa de CCA me ha dado tanto, que la única forma que tengo para agradecer es pasar a otros este mismo amor. Yo no solo he tomado el quinto paso varias veces durante mis 43 años en el programa, sino que también he sido privilegiada en escuchar el quinto paso de varias personas que me han honrado con su más absoluta confianza.

El paso cinco es sagrado, tanto para el que lo toma como para el que lo escucha. “Admitimos ante D-s, ante nosotros mismos y ante otro ser humano la naturaleza exacta de nuestros defectos” Por que tenemos que admitírselo a D-s? El sabe más de mí que yo misma. Pienso que la razón es que no se trata de “informarle” nada a mi Poder Superior; se trata de admitírselo al que lo sabe todo, para salir de mi propia negación. Esto abre la puerta a confiar en otra persona, pero hay que asegurarnos de que se trata de alguien que ha tomado este paso antes y que escuchara sin juicios. Quien mejor que la madrina o padrino?

- FF

I recently attended an OA workshop about working an action plan. The leader shared many examples of how she uses this Tool in her recovery, while other members asked questions and shared their experience as well. I felt inspired in this room full of recovery, but I also felt a nagging worry about such plans. After all, my self-will has created mega-plans before, and then run me ragged trying to execute them. Sometimes “plan” is a four-letter word for me.

As I continued to listen and write notes in my journal (as I do OA meetings), it dawned on me: things go better with preparation. My workshop went better because someone prepared the event, someone prepared the space, and the leader prepared what she shared. Maybe planning is simply preparing? That’s when HP inspired this word game:

P - Prepare for

L - Life

A - Ahead of Time

N – Now

In recovery, I’m learning to accept what life is planning for me, to be prepared for the way things might go.

I’m used to carrying an umbrella in case it rains or charging my phone before it dies completely. Now I arrange my food ahead of time, choose an outfit the night before, and go to meetings even if I don’t feel that I need to. This is preparing. This is acceptance.

Program has helped me to prepare for life ahead of time now, so I don’t feel like a victim of life’s plans. This insight is vitally important because when I feel like a victim, I’m prone to turn to food for solace. Preparing ahead of time is surrendering to a lifestyle guided by a Higher Power. I don’t have to exhaust myself in headstrong self-will. When I use a little bit of my energy today to prepare for what’s ahead tomorrow, I find a much happier road of happy destiny.

Thank you, program. Thank you, HP. And thank you, my new favorite Tool, action plan!

- Mary L. Seattle, Washington USA [from Lifeline]



**OVEREATERS
ANONYMOUS**®
Greater Memphis Intergroup

RIVER CITY



- MEMPHIS, TN -

OCTOBER
11-13, 2019

SOAR8
RECOVERY CONVENTION
AND BUSINESS ASSEMBLY

For more information:

<http://www.oamemphis.com/soar8/>



Annual ROAD Trip to The Keys!!!

Sponsored by Miami-Dade and the Keys Intergroup



WHEN: Saturday - May 4, 2019

TIME: 9:45 AM - 3:00 PM

LOCATION: Islamorada Library
81830 Overseas Highway
Islamorada, FL

THEME: "Progress NOT Perfection"

CONTACTS: Mary D. (305) 294-6931
or Andrea K. (786) 210-7977

For more information:

<https://oamiami.org/events/2019/05/Annual-MDKIG-Marathon.pdf>

Believe that you can be abstinent.
You will be.

Believe that you can have sanity, peace of mind and freedom to live the life you want.
You will have them.

Believe that you will recover.
You will.

from For Today, December 19th

New Meeting Formats

The revised and new Suggested Meeting Formats, adopted at the February BOT meeting, are now posted online and available for free download. This includes the **NEW Suggested Reading and Writing Meeting Format.**

Find them online at oa.org/documents under “Meeting Formats.”

Here are the direct links:

Suggested Meeting Format: https://oa.org/files/pdf/Sug_Mtg.pdf

Suggested Telephone Meeting Format: https://oa.org/files/pdf/Sug_Phone_Mtg.pdf

Suggested Young Persons' Meeting Format: https://oa.org/files/pdf/Sug_YP_Mtg.pdf

Suggested Step-Study Meeting Format: https://oa.org/files/pdf/StepStudy_Mtg.pdf

Suggested Recovery-from-Relapse Meeting

Format: https://oa.org/files/pdf/Rec_fr_Relapse_Mtg.pdf

Guidelines for a Group Conscience Meeting/Suggest Format for a Group

Conscience Meeting: https://oa.org/files/pdf/Group_Conscience_Guidelines.pdf

Newcomer Meeting Guidelines and

Format: https://oa.org/files/pdf/Newcomer_Mtg_Guide.pdf

Suggested Reading and Writing Meeting

Format: https://oa.org/files/pdf/Sug_Read_n_Write_Mtg.pdf

Sponsorship

My Sponsee and My Higher Power

When I first became a sponsor, I was scared to death for many reasons. First, I didn't feel I had anything to offer anyone. And second, I was afraid I would make a mistake and lead someone down the wrong path.

Since my first sponsee I have learned a lot. I only have to be myself. I don't have to try to change anyone. If I keep my advice to myself then I can do no wrong by the person who is my sponsee. I also don't have to be perfect. I can share what has worked for me only. If that works for someone else then my higher power has worked through me. If it doesn't work for them then I say oh well and we both move on. I don't take it personally. Each person needs to work their program the way it works for them. I have had several sponsors and have tried very hard to do what they asked me to do. I have found by listening to my HP not only do I know the right thing to tell a sponsee, but I also know someone else's program may not be for me. I have been successfully abstinent now for quite some time. I forget the exact day. But I have learned that being abstinent is what my higher power and I come up with. I now do not push my program onto someone else.

I have periodic moments where I wonder if what I am doing is working for my sponsees, so I ask them. So far, they have said they like me as their sponsor and I am continuing to be supportive of them. So, my HP and I are doing something right.

In order to be a sponsor, I had to get over my fears by starting small and learning along the way. And I have learned a lot.

— JR [from oavirtualseervices.org]

**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 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

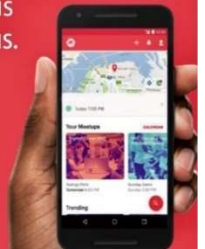
OA



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.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.



May 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
Boca Raton 10:00 am	Speaker	Science of Mind Church 2 SW 12 th Ave	Karen 561-706-1743	#30002
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