



UNITY

Overeaters Anonymous Gold Coast Intergroup Newsletter

November 2018

www.oabroward.org

On Giving Thanks

IN EVERYTHING give thanks," my father was fond of quoting, but I considered that absurd, impractical and impossible. How could I give thanks for everything when there was so much for which I was not thankful?

Then I came to OA, and here too I kept hearing about the benefits of an attitude of gratitude. I scoffed and went on grumbling. I even coined the decidedly un-OA slogan, "Bitch when you pitch."

One time I followed my sponsor's suggestion that I make a gratitude list. I was amazed at how much better I felt; then I promptly forgot about it. Wallowing is so much easier.

Over the years, bits and pieces of evidence pointing to the therapeutic effect of gratitude filtered through my thick screen of nonthankfulness. Sometimes I was so filled with awe at the changes in my life that I wanted to do cartwheels to express my thanks. I became more receptive to being grateful.

At a meeting one Thanksgiving, a problem-ridden woman gave thanks for the bare basics: her ten toes, her arms and legs, stuff like that. Hmmm, if I looked at it that way, there was plenty for which I was thankful.

When I recounted my sorrows at another meeting, the leader suggested I make a list of difficulties I'm grateful I don't have. I did, and that too changed my perspective dramatically.

Then I heard a story that hit home. Two sisters in a concentration camp kept their spirits up by following the suggestion, "In everything give thanks." That became extremely hard to do at times. Once, a swarm of insects invaded their living quarters and remained there for weeks. It was all they could do to mumble, "Thank you for these insects." Later they learned that a guard who harassed other prisoners left them alone because he didn't want to contend with the bugs.

Diehard ingrate that I am, I often forget to be thankful for the things I'm glad are in my life, much less for those I resent. Far too often I weep and wail about a problem, and when it gets beautifully resolved, I start beating my breast about the next dilemma without muttering so much as a quick thanks.

When I do remember to give thanks for everything, the transformation is amazing. Saying thank you for gifts I truly appreciate keeps me conscious of all the joy and loveliness with which I've been blessed, and which I frequently take for granted. Saying thank you, however reluctantly, for things I consider a nuisance helps me to see them differently. When I'm lonely, making myself say "Thank you that I am alone" reminds me of the pleasures of solitude. When my car broke down and my trip got canceled, saying thank you gave me the feeling that I was being protected from a greater danger.

When I can't get any purpose out of seeming negatives, it is still possible to find something for which to give thanks. I can't be grateful that my car broke down? Thank you that it happened near a service station, that they can get the parts and that I have a credit card. Impossible to say thank you that a romance ended? Thank you that I loved, and that I had so many good feelings and experiences.

If there's anything for which I can shout a one-hundred percent honest thank you, it's looking back at what I was like before I came to OA eight years ago. The changes brought about by all these years of abstaining and working the program as well as I can are so astonishing that it's sometimes hard for me to believe I am the same person.

Thank you that I am a compulsive overeater. All the creativity and blessings in my life come from that. November 1982 [Reprinted from Lifeline Sampler]

Upcoming Events (details on following pages):

November 11, 2018....Workshop - Working Steps 10,11,12

December 7 – 9, 2018....PB IG 8th Annual Spiritual Retreat

November 17, 2018....I.D.E.A. Day Buffet (Formerly Gratitude Luncheon)

November 22, 2018....OA Thanksgiving Meeting (Plantation)

February 22-24, 2019....29th Annual Florida State Convention

April 5-7...SOAR 8 Business Assembly & Gold Coast IG Recovery Convention

From Your Chair,

Seems like the year is flying by yet I know it's truly one day at a time. I we honored to go to Region 8 Assembly in Little Rock, Arkansas last month. I watched 39 abstinent fellows come together with one common goal. What is the best way to "Carry the Message" to the still suffering compulsive overeater. The business end of program can be tedious at times, yet we are passionate people with many ideas. We listen to pro and con then vote. It works. There was a recovery convention going on at the same time. It was beautiful to talk with people who are working their program, finding new ways to live their lives.

I am reminded of the importance of service, it truly is my savior in program. With that in mind I ask you to think about stepping up for positions that are available on your board in December. Elections will take place and we need you to help organize and guide Gold Coast intergroup.

Feel free to give me a call to talk about any position at 954-295-1123.

*Blessing of Light
Andi S.*

Speakers Bureau

These OA members are willing to give service by sharing their experience, strength and hope at your meetings.

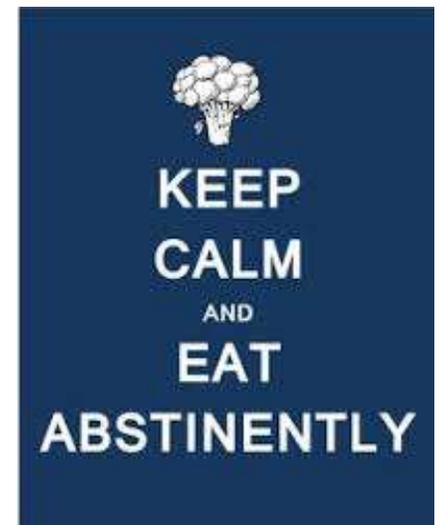
Please confirm their availability to speak and be sure they meet your group's speaker qualifications if applicable.

If you would like to join the list to share your strength and hope, 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
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, Andi	954-295-1123	goldcoastoa+chair@gmail.com
Vice Chair, Louis	954-496-3278	goldcoastoa+vchair@gmail.com
Treasurer, Lila	954-593-6621	goldcoastoa+treas@gmail.com
Corresponding Secretary	OPEN	
Recording Secretary	OPEN	
Parliamentarian, Booky	561-573-4372	odatbook@yahoo.com
12th Step Within, Sande	954-610-6205	blueskiesinhollywood@gmail.com
Public Info/Professional Outreach, Maureen	954-600-1483	goldcoastoa+pipo@gmail.com
Oa Literature	OPEN	goldcoastoa+lit@gmail.com
Ways and Means, Lila	954-593-6621	goldcoastoa+treas@gmail.com
Webmaster, Paul C.	954-593-3881	paul1212oa@gmail.com
Unity Editor, Diana	954-234-7696	goldcoastoa+unity@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

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



From the Pinellas Traditions Intergroup Newsletter:

In the August issue of "Lifeline", there was an interesting reminder about what would happen if our Intergroup didn't function anymore. Have you realized that we have a telephone answering service, newsletter, website, meeting list, reference for speakers and sponsors, fellowship events, workshops, communications with Region8 and World Service, public outreach and professional information efforts, many different committees all working together to help the suffering compulsive overeater. All these would go away if our Intergroup did not exist. Do you participate with Intergroup? Where would the newcomer go? Were we here for you? Please consider giving service to our wonderful fellowship that saved my life! Thanks, JR

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



OA THANKSGIVING MEETING

Kick off Thanksgiving by
celebrating our annual meeting
of fellowship and support

Thursday, November 22, 2018

10:00 am - 11:30 am

St. Benedicts Church

7801 NW 5th St

Plantation



PALM BEACH COUNTY INTERGROUP

8th Annual Spiritual Retreat

Fri., Dec. 7 thru Sun., Dec. 9th, 2018

Our Lady of Florida
1300 US Highway 1
North Palm Beach, FL

Cost \$225 all-inclusive: program, room and 6 meals.

Cancellation Policy: Refunds will be honored if request received by Monday, 11/19/18. After that registration funds will be considered "7th Tradition" donations. Refunds will be \$200 which includes a \$25 "7th Tradition" donation.

Name: _____

Address: _____

City: _____

State _____ Zip _____

Email: _____

Phone _____

Saturday evening dinner choice:

___Pot Roast ___Fish ___Vegan

Choose room type:

___Single Room, shared bath (with adjoining room)

___Double Room/private bath, share with _____

___Special mobility needs: _____

QUESTIONS?

Contact **Lois W, Registration Chair**, at (561) 702-3232

Please make check payable to:

"Palm Beach County Intergroup"

Mail this registration page and check (partial payments accepted) to:

PBIG OA Treasurer

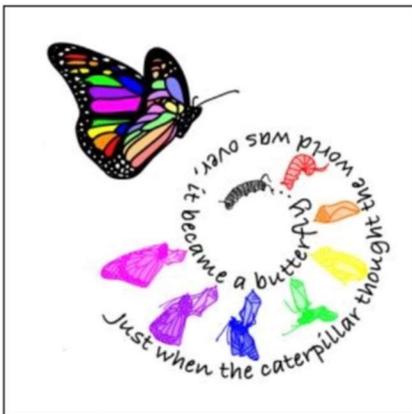
PO Box 8331

Delray Beach, FL 33482

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

**UPcoming
EVENTS**



NEW

**OA Steps & Traditions
Meeting**

**Beginning January 19th, 2019
Wednesday 6:30 - 7:45 pm**

**Location TBA, in the vicinity of
East Ft. Lauderdale**

**For more information, please
text Darlene B. 954-299-8038**

For copy of registration flyer:

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

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

Coming to Know God

(Reprinted from Seeking the Spiritual Path)

After over a year in OA, I was diligent about working all the tools of recovery, but I felt that something was missing. I was aware that meditation is mentioned in Step Eleven, but since it wasn't one of the tools, I didn't pay too much attention to it.

"God could and would if he were sought" is one of the promises of the program. God could restore me to sanity, if I would seek him. But where, when, and how can I seek God?

If I want a relationship with God, I must do exactly what I do when I want relationships with people: I have to spend time with him, talk to him, listen to him. When I take quiet time only with him, and nobody disturbs us, I can be completely honest. I can share my best and my worst.

It doesn't matter where I do this. Wherever I am, I can visualize whatever kind of place I prefer. The important thing is that I am quiet enough to consciously put myself in his presence, seeking his will for me; I ask for his guidance and protection.

When I didn't know God yet, I had to act as if I knew him. Slowly, I came to know my nourishing, loving, caring God, who works with me and loves me unconditionally. He encourages rather than threatens.

I could not have the recovery I have today if it weren't for God. And I couldn't have the relationship I have with God without the time I spend in meditation. — *Wisconsin USA*

Social Media Benefits

(Reprinted from Lifeline)

When I first started connecting with OA friends on social media, I was a bit wary about it. I was concerned it would somehow lead to a break in anonymity, even if only accidentally. I'm quite open with friends and family that I'm in OA, but I also wanted to be respectful of the [Traditions](#) and didn't want to risk this being shared via any "public media of communication" (Tradition Eleven).

A few years down the line, I can say I've never had any problems occur with social media and anonymity. Social media has helped me build and strengthen my relationships with my OA friends. I've made sure to keep up to date with any guidelines or suggestions that are published about this, such as our [Guidelines for Anonymity in the Digital World](#) found on oa.org, and I found out about ways to protect my anonymity.

I've also seen social media as a useful tool in carrying the message. Members who only come to OA for a while or start to drift away from the program might stop answering phone calls. However, they often still stay connected to OA people on social media. In this way, they are getting a little reminder about our Fellowship each time they see our names or pictures pop up on their phone. It helps them remember that OA is always there for them if they want it. I know of one member in my local meeting who was in relapse for two years. One evening she was eating her binge foods when she finally realized she couldn't carry on this way any longer. She reached out to a group member via social media and the next day was back in meetings. She got abstinent, got a sponsor, and has been a committed member of the group ever since.

For me, the benefits of using social media to stay in contact with OA members definitely outweigh any potential problems, and I'm glad to have another opportunity in my life to work my program and carry the message to others.

Caroline M., London, England

Step 11

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for the knowledge of His will for us and the power to carry that out.

Tradition 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.

**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.



November 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	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 , 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 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	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 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 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