

UNITY

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



Step 11:

*Sought through prayer
and 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.*





My first Step sponsor told me I could begin to practice Step 11 early in my OA program. I did not need to wait until I had worked Steps 1 through 10.

Prayer for me, until then, had just been asking God for things I thought I needed; basically “God, please give me ____.” But my sponsor had me stick with the basics each morning. I prayed the Serenity Prayer and prayed the prayers for Steps One, Two, and Three—preferably on my knees. Sometimes it was just “I can’t, God can, and I think I’ll let God!” The Third Step Prayer also became crucial. “God, I offer myself to Thee . . . May I do Thy will always!” (Alcoholics Anonymous, 4th ed., p. 63). My sponsor had me focus on one idea every week from For Today or Voices of Recovery and discuss the changes in my relationships to God and others.

Prayer is when we talk to God. Meditation is when we listen to God. I became curious about how I could add meditation to my program, and I found answers right after the famous Ninth Step promises (Alcoholics Anonymous, 4th. ed. pp. 83–84). Many twelve steppers read these promises (and the suggestions through p. 88) daily, since our daily reprieve is based on maintaining our fit spiritual condition.

I attended a session of guided meditation in which we learned to sit quietly and use the Tool of writing. After pouring our hearts out to God, talking to him as we would our best friend, we were asked to listen silently. As ideas came into our minds, we jotted them down quickly. We sat still for about five minutes, which can seem like

an eternity to beginners in meditation. At the end of the session, we went around the circle, and people shared the messages that perhaps God had sent. A key suggestion was that some thoughts may arise from our own self-will, so it is best to share our writings with a sponsor or another person who can be objective to help us decide whether to act on any guidance we receive.

**Prayer
is when
we talk to God.**

**Meditation
is when
we listen to God.**

Soon I fell in love with my morning time spent with my Higher Power. It became a time I longed for on the days I missed it. It gave me incredible peace and serenity as I dealt with death, loss, illness, and pain. It has not been my willpower or self-discipline that enabled me to go from 300 pounds to 140 pounds and stabilize at this weight. My healing has been a miracle from my Higher Power. He has spoken

to me through my many wonderful sponsors and through OA-approved literature. The prayers my wonderful OA family said for me have made a tremendous difference in my life.

Thank you, God, and thank you, OA, for saving my life. I will be eternally grateful.

— Mary

<https://www.oalifeline.org>

I Must!

When a newcomer comes into a 12 Step Program, it is suggested as well as encouraged to go to meetings, make phone calls, get a sponsor, read the literature, ask questions, etc. However, there is no pressure to do these things because most alcoholics and addicts have major trust issues and do not feel safe. In fact, Anonymity, where last names are withheld, protects the privacy of everyone; and it is said at many meetings, **“What you see here, What you hear here, When you leave here, Let it stay here.”**

In the AA Big Book, we read, “Our book is meant to be suggestive only.” P. 164 However When the two friends , Bill Wilson and Dr. Bob Smith, visited their first candidate, group member number 3, Bill Dotson, they **“Both saw that they must keep spiritually active.”** P. 156

After working the 12 Steps, most individuals become abstinent, clean and/or sober; and they want to carry the message of recovery to others. Furthermore, **they find it is no longer a suggestion, for it becomes a must.**

This must, a spiritual entity, comes from within the hearts of many recovered people and not from a place of dictatorship. Likewise, when Tony Bennet traveled for his musical performances, he always carried his painting supplies because he painted for relaxation. When asked why he paints, he said, **“I paint because I must.”** Similarly, C. S. Lewis, noted writer, scholar and theologian, when asked why he prayed stated, **“I pray because I must.”**

Therefore, many people who work the 12 Steps carry the message to others because they must.

– Dolores P





Something Like Physics

I am a member of OA who is successfully working the program, and I am an atheist, or maybe an agnostic, but I'm not concerned with the label. I consider myself a spiritual person, but I do not have a Higher Power to whom I pray.

I have been in OA for twenty-eight years. My current abstinence is six years. I am maintaining a 50-pound (23-kg) weight loss. I practice all the Tools. I attend several meetings a week. I sponsor and am sponsored.

When I first came to OA, I had a Higher Power whom I prayed to and felt protected by. My life was going well, and I thought this was my HP watching my back. I lived in a spiritual community where I ate healthy food, felt accepted and appreciated, and even found a husband. Unfortunately, the community broke apart, and I had to leave.

I found OA in my new location, but it was harder to stay abstinent. It was also harder to stay married, and my marriage ended. I resumed my career but was not successful due to character defects. Eventually, the career challenges became insurmountable. I gave up trying to be a psychiatric nurse, panicked, and relapsed.

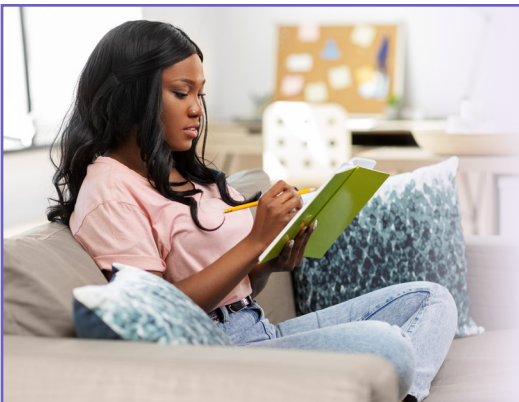
It was not losing my spiritual community, my husband, or my abstinence that convinced me there was no HP watching my back. It was the loss of my career. At that point, my HP seemed punitive.

Fortunately, I forged a new identity, one about neither being a nurse nor being special. Stuff happened, even to me; my HP was not punishing me or singling me out. I came to believe there was a Power greater than myself who was not an entity but something like the laws of physics. I don't understand the laws of physics, but I don't need to. I am attracted to the concepts of Good Orderly Direction (GOD) and "do the next right thing."

This way of living works fine for my OA program. For example, I work the Eleventh Step by clearing my mind of thoughts and words. I receive guidance during meditation, while swimming laps or walking my dogs, from listening at meetings, and at times when I don't expect it. It feels like this guidance comes not from outside my body but from a place of higher consciousness that can only be accessed when I am calm and open-minded.

— Mercy F., Austin, Texas USA

<https://www.oalifeline.org>



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*

BIG BOOK STEP 11 PRAYERS AND MEDITATIONS

Evening Prayer and Meditation (page 86)

On retiring at night, constructively review your day:

Were you resentful, selfish, dishonest or afraid?

Do you owe an apology?

Have you kept something to yourself which should be discussed with another person at once?

Were you kind and loving toward all?

What could you have done better?

Were you thinking of yourself most of the time?

Or were you thinking of what you could do for others, of what you could pack into the stream of life?

Be careful not to drift into worry, remorse or morbid reflection, for that would diminish your usefulness to others.

After making your review:

God, please forgive me and tell me what corrective measures should be taken.

On Awakening (pages. 86-87)

Pray: God, I ask you to direct my thinking, I especially ask that my thinking be divorced from self-pity, dishonest or self-seeking motives.

Think about the twenty-four hours ahead, Consider your plans for the day...

If you are faced with indecision, pray:

I ask you for inspiration, an intuitive thought, or a decision.

After considering your plans for the day, pray:

God, I pray that I be shown all through the day what my next step is to be. I pray that I be given whatever I need to take care of such problems. I ask especially for freedom from self-will. I ask that I be given strength only if others will be helped.

Also say the following prayers:

My creator, I ask that you show me the way of patience, tolerance, kindness and love (page 83)

God, what can I do today for the man who is still sick? (page 164)

If you have resentment that you want to be free of, pray:

God, I ask that everything I want for myself be given _____,

I ask for _____'s health, prosperity, and happiness (page 552)

Also select and memorize a few set prayers which emphasize the principles in the Big Book, such as the Step 3 Prayer (page 63), the Step 7 Prayer (page 76), the St. Francis Prayer (AA12&12, page 99), the Serenity Prayer, or any other prayer.

Daily Prayer & Meditations

Constantly remind yourself: I am no longer running the show. pgs. 87-88

Say to yourself many times each day: Thy will be done.

When agitated or doubtful: God, please give me the right thought or action How can I best serve thee?

Thy will (not mine) be done. (Page 85)

If a person offends you: This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done (Page. 67)

Here is what has helped me get abstinent:

1. Planning out my food for the next twenty-four hours and making my lunch and snack night before.
2. Making a commitment to my OA sponsor (by phone or email) of what I will eat for the next twenty-four hours. If I need to change it, I call her ahead of time.
3. Being rigorously honest with my sponsor.
4. Attending at least two Overeaters Anonymous meetings per week, praying for the willingness to go to any lengths, and attending one OA event outside of my area per year.
5. Praying for people whom I resent for thirty days. (I've been praying.)
6. Praying first thing when I wake up: saying the first three Steps in present tense; saying the Third Step Prayer; asking God to help me be divorced from resentment, dishonesty, selfishness, and fear as well as some of my other major character defects like self-pity and procrastination; asking my HP to help me be entirely ready to let God remove all my defects of character; and saying the Seventh Step Prayer. God gives me the strength and the grace to walk through my day abstinently, no matter what happens.
7. Taking fifteen minutes in the morning to meditate. If I don't have fifteen minutes, then I take five minutes. Even driving without the radio on and thinking about what I'm grateful for is a way to meditate.
8. Studying the Steps using The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition; AA's Twelve Steps and Twelve Traditions; Alcoholics Anonymous; and by attending Step study meetings and doing a written Tenth Step at night.
9. Calling other Overeaters Anonymous members every day and calling an OA member before overeating.
10. Doing some form of service for OA, such as intergroup rep, treasurer, secretary, or newcomer greeter. I've been treasurer, an intergroup public information chair, and an imperfect intergroup secretary. We cannot keep it unless we give it away. Doing service has helped me overcome my shyness and become more confident.

—Anonymous

“God, I offer myself to Thee –

To build with me and to 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.”

Principle of Step #11
Spiritual Awareness

Principle of Tradition #11
Anonymity

Principle of Concept #11
Humility

PRAYER OF SAINT FRANCIS OF ASSISI

Lord, MAKE ME AN
INSTRUMENT *of* YOUR PEACE
Where there is hatred let me sow love.
Where there is injury, PARDON.
WHERE THERE IS DOUBT, *faith.*
Where there is despair, HOPE.
WHERE THERE IS DARKNESS, LIGHT.
WHERE THERE IS SADNESS, *Joy.*

Grant that I may not so much seek to be consoled as to console.

To be understood as to understand, to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
& IT IS IN DYING THAT WE ARE BORN TO ETERNAL LIFE.

Amen

Santa
Clara
DESIGN



What Anonymity Means To Me



Anonymity — as described in OA's approved literature — assures us that only we, as individual OA members, have the right to make our membership known to others. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members (Tradition Eleven).

Within the Fellowship, anonymity means that whatever we share with another OA member will be respected and kept confidential. What we hear at meetings should remain there.

In anonymity, we set aside our vanity, our unhealthy pride and our station in life. At meetings we are compulsive overeaters, not our jobs, our marital status or public persona. In anonymity we can be who we are. We are discreet in our shares. There is a great slogan pertinent to anonymity: "We share our ESH (experience, strength and hope) at the meeting and our mess with our sponsors." The tool of anonymity assures the newcomer that their anonymity is sacred, they are not required to "spill all" to total strangers. We get to heal in our own emotional backyard.

Because of anonymity, we can trust that there will be no gossip or criticism. We trust others, and others trust us. What a gift! It is a truism in life that none of us can truly know each other, but with anonymity we gain an intimacy with others that is so different from our lives of isolation.

There are places where we do make sacrifices of anonymity. For example, in the past, some of us have staffed booths at public health fairs. We offer literature and local meeting schedules to health professionals, concerned friends and overeaters alike. As OA fellows, we let the public know that we are here as a resource.

We must and can, in anonymity, carry the message that OA is an option for those silently suffering from the stigma of eating disorders such as anorexia, bulimia or bingeing; obesity; or just living a life isolated and small. The stigma of our disease can be softened by the anonymity offered in OA.

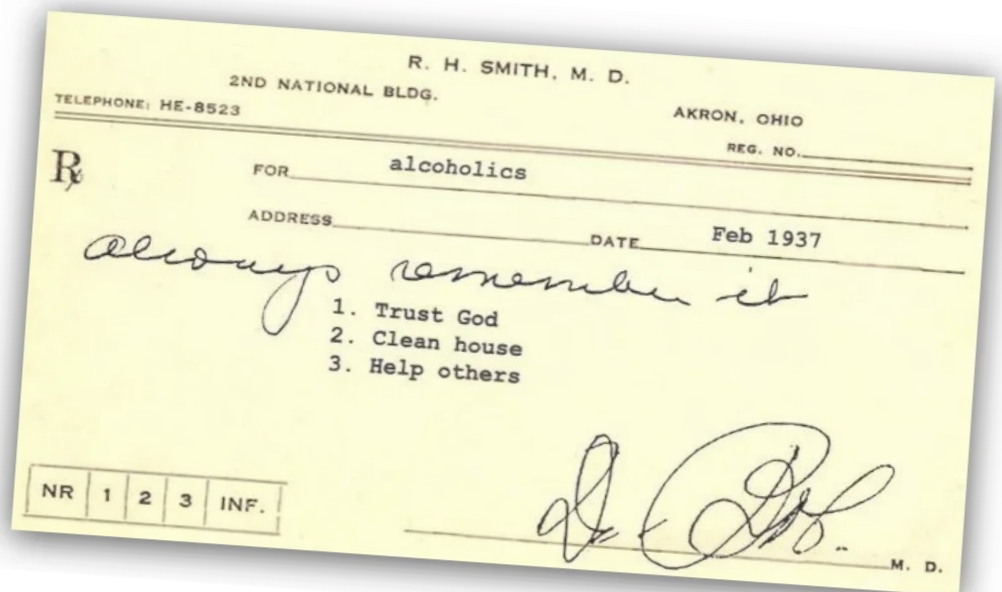
Finally, anonymity is not secrecy. When others see a change in our attitude or our physical state (a healthy weight) we can share our recovery on a one-to-one basis, or more broadly by sharing our stories when we are asked to lead a meeting or on our OA anniversary.

– J, Silver Spring

<https://oa-dcmetro.org/stories/>

"The process of enlightenment is usually slow. But in the end, our seeking always brings a finding. These great mysteries are, after all, enshrined in complete simplicity."

– Bill W



Principle of Step #11
Spiritual
Awareness

Principle of Tradition #11
Anonymity

Principle of Concept #11
Humility

Gathering Together

The Joy of Fellowship

Miami-Dade and the Keys Intergroup presents
the first face to face convention in many years!!



**4th of
November
2023**

**Save
the
Date**

Church of the Epiphany, Miami Lakes



**OVEREATERS
ANONYMOUS®**
Miami-Dade and the Keys Intergroup

Great News! So Happy to Announce a New In Person Meeting!



Thursdays

7:00 PM

Cooper City

Literature Study

2525 Embassy Dr., Suite 10

*Milestones in Recovery/Embassy
Lakes Professional Center*

Contact

Haya P. (954) 732-7728

Meeting Number: #57865

**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

**Intergroup
Open Positions:
Recording Secretary
Twelve Steps Within
Public Info/Professional
Outreach**

***Any form of service
—no matter how small—
that helps reach a fellow
sufferer adds to the
quality of our own recovery.***

Email Sherry S. at
goldcoastoa+chair@gmail.com

**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."**

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Gold Coast Intergroup Meeting List (as of 7/30/2023)

All Zoom meetings have the same dial in number: **1-646-558-8656** and the same **Password: 954954** (except when noted below)

- Check OABroward.org for the most updated meeting list –

Monday

10:00 AM St. Benedict's Episcopal Church Zoom

Zoom link:

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bI5RUx6dz09

Zoom ID: 750 162 024 - Password 954954

Meeting Type: Big Book / Newcomers

Contact: Charles (954) 600-6280

Meeting Number: #800665

10:30 AM 4th Dimension Zoom

Zoom link:

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

7:00 PM Regents Park Zoom

Zoom link:

zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVpIK3FXRzlydz09

Zoom ID: 305 659 342- Password 954954

Meeting Type: Beginners and discussion

Contact: Bobbie (561) 477 -7914

Meeting Number: #27229

Tuesday

10:00 AM Good Shepherd Lutheran Church Zoom

Zoom link:

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

Tuesday (continued)

7:00 PM Crossroads 100 lb Zoom

Zoom link:

zoom.us/j/516282779?pwd=cTFOUlgxaGx6aGhCd0JHcTdHbTVqdz09

Zoom ID: 516 282 779- Password 954954

Meeting Type: 100 lb (all are welcome)

Contact: Marcia (917) 693-4729

Meeting Number: #54776

7:00 PM Our Lady of Lourdes Boca Raton - **IN PERSON**

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

10:00 AM Science of Mind Church Zoom

Zoom link:

zoom.us/j/654731057?pwd=QIVReUxGRHY0MGhleGxBNmRTQ0pDdz09

Zoom ID: 654 731 057- Password 954954

Meeting Type: Speaker

Contact: Sherry S. (818) 398-4160

Meeting Number: #30002

10:00 AM TY Park – Zoom meeting

Zoom link:

zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPciNOZz09

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: #800997

Wednesday (continued)

10:00 AM TY Park - **IN PERSON**

Location: T.Y. Park - 3300 N Park Rd, Hollywood
On Atlantic Street - Keep right and follow sign to
Pavilion #2.

Meeting Type: Big Book
Contact: Leon (305) 302-1377
Meeting Number: #27545

11:00 AM - Coral Springs Literature - **IN PERSON**

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

6:30 PM Prince of Peace Lutheran Church Zoom

Zoom link:
zoom.us/j/337815181?pwd=NWhQWjg2UUdKT0ZxYW1CSElwbDVodz09
Zoom ID: 337 815 181- Password 954954

Meeting Type: Beginner / Literature
Contact: Mike (954) 675-7382
Meeting Number: #800744

Thursday

9:30 AM Good Shepherd Lutheran Church Zoom

Zoom link:
zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3YjhSTmd5UT09
Zoom ID: 268 739 522- Password 954954

Meeting Type: 11th Step/Spirituality
Contact: Jody S. (561) 212-7366
Meeting Number: #56655

10:00 AM St. Benedict's Episcopal Church Zoom

Zoom link:
zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bl5RUx6dz09
Zoom ID: 750 162 024- Password 954954

Meeting Type: OA Steps / Abstinence / Literature
Contact: Brenda (954) 609-7393
Meeting Number: #800666

Thursday (continued)

1:00 PM Good Shepherd Big Book - **IN PERSON**

Location: 6301 SW 18th St. Boca Raton
Meeting Type: Big Book Meditation
Contact: Bobbie E. (954) 415-6005
Meeting Number: #53679

7:00 PM Cooper City Literature - **IN PERSON** ****NEW****

Location: 2525 Embassy Dr. Suite 10, Cooper City
(Milestones in Recovery/Embassy Lakes Professional
Center)
Meeting Type: Literature
Contact: Haya P. (954) 732-7728
Meeting Number: #57865

Friday

10:00 AM Voices of Recovery Zoom

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 Number: # 800108

6:00 PM OA Literature Zoom

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

9:30 AM Good Shepherd Lutheran Church Zoom

Zoom link:
zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNG1nVFN5QT09
Zoom ID: 669 862 116- Password 954954

Meeting Type: 90 Day Speaker (Special Interest)
Contact: Alan S. (561) 400-1493
Meeting Number: #800526

10:00 AM Good Shepherd Big Book – **IN PERSON**

Location: 6301 SW 18th St. Boca Raton.
Meeting Type: Big Book
Contact: Andi (954) 295-1123 or Sherry (818) 398-4160
Meeting Number: #57655

Saturday (continued)

10:00 AM A Vision 4 You/Plantation Zoom

Zoom link:

zoom.us/j/194605389?pwd=c0lDdnprbFVFdStPUmVjd1RwK0pOQT09

Zoom ID: 194 605 389- Password 954954

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

Contact: Nancy (954) 600-9513

Meeting Number: #800955

Sunday

12:15 PM Pride Center Zoom

Zoom link:

zoom.us/j/150175349?pwd=bFIFU28rWG9IRGxIRGVPVHhEWFZCQT09

Zoom ID: 150 175 349- Password 954954

Meeting Type: Newcomer / Speaker

Contact: Darlene (954) 299-8038

Meeting Number: #46694

6:30 PM Sunday Pompano For Today Zoom

Zoom link:

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlUT09>

Zoom ID: 872 0435 1241 – Password 954954

Meeting Type: Literature For Today/Voices of Recovery

Contact: Roz (516) 851-0677

Meeting Number: #800743

Next Gold Coast Intergroup Meeting:

Please be sure to join us remotely for
the next GCIG Meeting
on the 3rd Sunday of every month at 2pm-3pm

Zoom Link:

<https://us02web.zoom.us/j/84375463048?pwd=dEgyRnFNSXhHVXBXNVB4a09vazBpUT09>

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.

Your Trusted Servants

Chairperson Sherry S.

goldcoastoa+chair@gmail.com

Vice Chair Andi S.

goldcoastoa+vicechair@gmail.com

Corresponding Secretary Diana S.

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Announcements/Updates for Unity, Web, Meetup

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Principles of the Program

Step 1: Honesty

Step 2: Hope

Step 3: Surrender

Step 4: Courage

Step 5: Integrity

Step 6: Willingness

Step 7: Humility

Step 8: Love

Step 9: Responsibility

Step 10: Discipline

Step 11: Awareness

Step 12: Service

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](#)
[Spacecoast Intergroup](#)
[Suncoast Intergroup](#)

Georgia: [Greater Atlanta OA Intergroup](#)

Louisiana: [Baton Rouge New Orleans](#)

North Carolina: [Piedmont Intergroup](#)
[Triad Intergroup](#)
[Triangle Intergroup](#)

South Carolina: [Central Midlands OA Grand Strand Intergroup](#)

Tennessee: [Memphis Intergroup of OA Middle Tennessee Smoky Mountain Intergroup Unity \(Chattonooq-](#)

Latin America: [Costa Rica](#)

South America:

Argentina: [Comedores Compulsivos Anónimos](#)

Brazi: [Comedores Compulsivos Anónimos Intergroupo Ceará \(Fortalez-](#)

Chile: [Comedores Compulsivos Anónimos](#)

Colombia: [Intergroupos Bogotá Intergroupos Medellín](#)