

# UNITY

October 2023  
Overeaters Anonymous  
Gold Coast Intergroup  
[www.oabroward.org](http://www.oabroward.org)



"I pray, God, that You remove my selfishness, dishonesty, resentment and fear." – 10th Step Prayer, Big Book Page 84





## Day In and Day Out

I was “struck abstinent” on April 20th. I used to think being struck abstinent meant it was permanent, but it isn’t. I work very hard to maintain my abstinence. **Abstinence for me means eating three meals plus two snacks daily, with no sugar, fast food, or anything from my “red light” list. This is my action plan:**

On Sundays, I decide what recipes to cook. I make a list, go shopping, and cook most or all of my food for the week. Then, I pre-portion it and put some in the fridge and some in the freezer. Next, I plan out all my meals and snacks for the upcoming week, taking into account events and meetings I’ll attend and whether I’ll be dining out. All my thinking about food is done for the week!

**Every night**, I look at my food plan for the next day. I prepare a snack fresh and put it in the fridge with my pre-portioned foods. I take a call from my sponsee. I write things I’m grateful for in my gratitude journal, five things every night. I read and write to complete my Step work assignment from my sponsor. (Currently, I’m on Step Ten, and I’m emailing inventories every night.) When my head hits the pillow, my prayers begin: personal prayers, Step Three and Step Seven prayers, **and I actively bless my father with all the concrete items I want for myself, which is my way of letting go of my resentment.**

**Every morning**, my first waking thought is of God. I say morning prayers and then text my OA buddy to commit to no sugar and no

fast food today. I find a guided meditation video online and immerse myself for five to twenty minutes. I read from Voices of Recovery and another daily meditation book. I read aloud the prayer my sponsor helped me create, asking God for his will for how to make direct or living amends to my father. I read aloud three affirmation statements. I read a daily recovery email and a daily devotional email.

I reach out to various program people by text. I listen to OA podcasts while I get ready for work (I also do this in the evening instead of watching television). I take another sponsee’s call, then pack up my lunch and eat my abstinent breakfast. When I’m really focused on program, I make an outreach call on my way to work. During the workday, I make and take outreach calls whenever I can, often during my lunch, and on the way home. I text people and respond to texts throughout the day.

**I do all these things day in and day out, and it really pays off! I’m healthier, happier, more peaceful, and more serene than I’ve ever been in my life.**

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**Step Ten:  
Continued to  
take personal  
inventory and when  
we were wrong,  
promptly  
admitted it.**

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— Barb, New Haven, Connecticut USA

<https://www.oalifeline.org/abstinence/day-in-and-day-out/>



## Sometimes I don't admit my wrongs, because I'm too busy noticing other people's wrongs.

**The littlest thing can easily tip me off-balance.** Most days, I take personal inventory at the end of the day. It helps me sleep. I inventory fears, resentments, and stressful thoughts and beliefs. Wrongs seem to stem from those. I also list gratuities, but not the things I think I should be grateful for. Instead, I list things I actually feel glad about.

Part of Step Ten is admitting when I'm wrong. To my detriment, I don't always do that. The other day at work, I wish I'd said, "I'm sorry. You did say that, and I wasn't listening very well." And another time, "That didn't come out right. Let me try again."

I am grateful for all the times that I have been able to admit a mistake, like today, when my boss suggested doing something a different way and I agreed that her way was better. I said, "Because I'm new, I'm overly nervous, and I didn't do that well, but I'll get better—I'm more relaxed already."

She then said, "It's not the end of the world. Nothing is the end of the world." **When I let go of my defenses, it frees others to be less fixed in their positions too.**

I can only admit I'm wrong if I think I am wrong. I'm sure I've been wrong many times without knowing it. The space of time between being wrong and admitting to another person that I was wrong is sometimes long, like forty years, and sometimes short, like forty seconds or less. In that time, I have to 1) become conscious of what I did, 2) admit to myself I was wrong, and 3) overcome resistance to admitting it to someone else.

**Sometimes I might not admit a wrong directly to the person involved "when to do so would injure them"** (Step Nine). But I do tell someone else, as a spiritual practice. I believe by doing so I progress in my spiritual development.

Sometimes I don't admit my wrongs, because I'm too busy noticing other people's wrongs. What I can do about this is to continue to notice how well this works for me: whether it brings me the sense of well-being I really want. **Sometimes it's hard for me to see myself, and I generally don't like being wrong.** I don't like other people to point out when I'm wrong, either.

I've heard the saying "you could be right, dear" promotes marital harmony. The implication of that statement is, of course, "I could be wrong." I can see myself saying this just to keep the peace, without really believing that I'm wrong. Still, just saying the words "you could be right" will open my mind a little. **Becoming more open-minded is a gift of working Step Ten.**

— Elaine

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*I am grateful  
for all the times  
I have been  
able to  
admit a mistake.*

---

<https://www.oalifeline.org/steps/saying-the-words/>

Principle of Step #10  
Perserverence

Principle of Tradition #10  
Neutrality

Principle of Concept #10  
Clarity



# Not Perfection

**I struggle with extremes; it's all or nothing, because my disease deals only in absolutes.** I am also a perfectionist and have trouble living in the moment, always feeling like there's more I should be doing. But **my disease is a bully and a liar who wants me dead**, therefore my recovery must be gentle, mediocre, boring, calm, and somewhere in the middle.

My disease tells me that if my abstinence is not perfect I should just go out and eat and die; that if I'm not the best at absolutely everything, I should just go out and eat and die. My recovery has to be loving, as is my Higher Power (who I defined in Step 2). My Higher Power tells me everyday that day that they love me, they are proud of me, and I am doing such a good job. **My HP thinks that I do enough and I am enough**, and that my progress in the program is the most impressive miracle ever seen.

Because my disease wants me to be perfect or dead, my recovery has to live somewhere in the middle, where the mediocre progress lives,

aspiring to do just enough, just for today. My recovery keeps it simple and is forgiving of all my imperfections (including my food and my character defects). **Where I am right now is exactly where my Higher Power wants me to be, including my weight, my character defects in process, and all the beautiful things unfolding in my life, slowly, beyond my wildest dreams.**

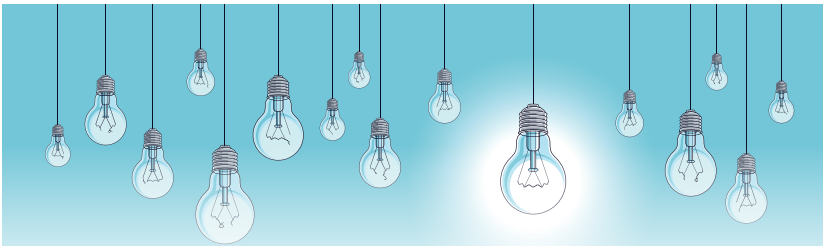
All or nothing no longer works for me. Living in the disease no longer works for me. I now live somewhere in the middle, imperfectly, with serenity, where things are not very exciting, but where I'm basking in the light of my Higher Power, whom I call **God, who loves me and always planned for me to be exactly the way I am.**

**So now** I can just take a breathe, relax, and enjoy this day, trusting God to take care of everything else. **Just for today I'm exactly where I need to be, living in progress, not perfection.**

– Rebeca D., California







# Why did I still feel like eating?

**Most days, I take personal inventory** at the end of the day. It helps me sleep. I inventory fears, resentments, and stressful thoughts and beliefs. Wrongs seem to stem from those. **I also list gratitudes**, but not the things I think I should be grateful for. Instead, I list things I actually feel glad about.

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— Elaine

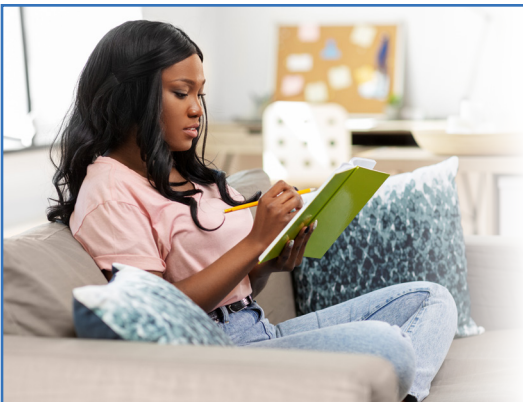
<https://www.oalifeline.org/steps/saying-the-words/>

## A Step Poem

I took Step One, began to moan  
 I can't do this one on my own.  
 I took Step Two, began to pray  
 Restore me God, please now, today.  
 I took Step Three, gave up my will  
 Maybe God could love me still.  
 I took a Fourth, I looked inside  
 Nothing more would I hide.  
 And on the Fifth, I said aloud  
 I've done some wrong, and I'm not proud.  
 I took Step Six, and got prepared  
 To lose the defects, I was scared.  
 Now I'm at Seven, take them away  
 My God, for this I truly pray.  
 And on Eight, the list was long  
 Amends to make for all the wrongs.  
 I took Step Nine, put down my pride  
 Amends made, I will not hide.  
 Step Ten I take, each day I pray  
 I make amends along the way.  
 And on Eleven I pray to know  
 Each day His Will, which way to go.  
 I take Step Twelve, I'm like a bird  
 To others now, I spread the word.



— Anonymous



**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](mailto: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*



You Light Up Our Lives  
with  
**THE PROMISES**

Sunday, Oct. 8th  
1:00-3:00  
Hagen Ranch Library  
14350 Hagen Ranch Road  
Delray Beach, FL 33446

**Suggested Donation: \$5.00\***

Please Venmo to PBCIGtreasurer or @Gold-coastintergroup  
or mail donations to:

PO Box 11194 Riviera Beach, FL 33491 or  
5415 Lighthouse Point, FL 33074



For more  
information contact:  
Jody-561-212-7366  
Sherry-818-398-4160

\*We cannot  
accept donations  
on library  
premises





# 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](mailto: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."**

*Tools of Recovery. © 2011 Overeaters Anonymous, Inc.*



## 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](mailto:goldcoastoa+chair@gmail.com)

### Vice Chair Andi S.

[goldcoastoa+vchair@gmail.com](mailto:goldcoastoa+vchair@gmail.com)

### Corresponding Secretary Diana S.

[goldcoastoa+csec@gmail.com](mailto:goldcoastoa+csec@gmail.com)

### Recording Secretary OPEN

[goldcoastoa+rsec@gmail.com](mailto:goldcoastoa+rsec@gmail.com)

### Treasurer Mike S.

[goldcoastoa+treas@gmail.com](mailto:goldcoastoa+treas@gmail.com)

### Parliamentarian and Ways and Means Lila

[goldcoastoa+ways@gmail.com](mailto:goldcoastoa+ways@gmail.com)

### Twelve Steps Within OPEN

[goldcoastoa+12SW@gmail.com](mailto:goldcoastoa+12SW@gmail.com)

### Literature Jo G.

[goldcoastoa+lit@gmail.com](mailto:goldcoastoa+lit@gmail.com)

### Website Liaison Diana S.

[goldcoastoa+web@gmail.com](mailto:goldcoastoa+web@gmail.com)

### Newsletter Editor Sara B.

[goldcoastoa+unity@gmail.com](mailto:goldcoastoa+unity@gmail.com)

### Public Info & Professional Outreach OPEN

[goldcoastoa+PIPO@gmail.com](mailto:goldcoastoa+PIPO@gmail.com)

### Announcements/Updates for Unity, Web, Meetup

[goldcoastoa+announce@gmail.com](mailto:goldcoastoa+announce@gmail.com)

## 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 \(Chattoonoo\)](#)

Latin America: [Costa Rica](#)

### South America:

Argentina: [Comedores Compulsivos Anónimos](#)

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

Chile: [Comedores Compulsivos Anónimos](#)

Colombia: [Intergrupos Bogotá Intergrupos Medellín](#)



## 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](http://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](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://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 18<sup>th</sup> 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](https://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 18<sup>th</sup> 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](https://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](https://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>