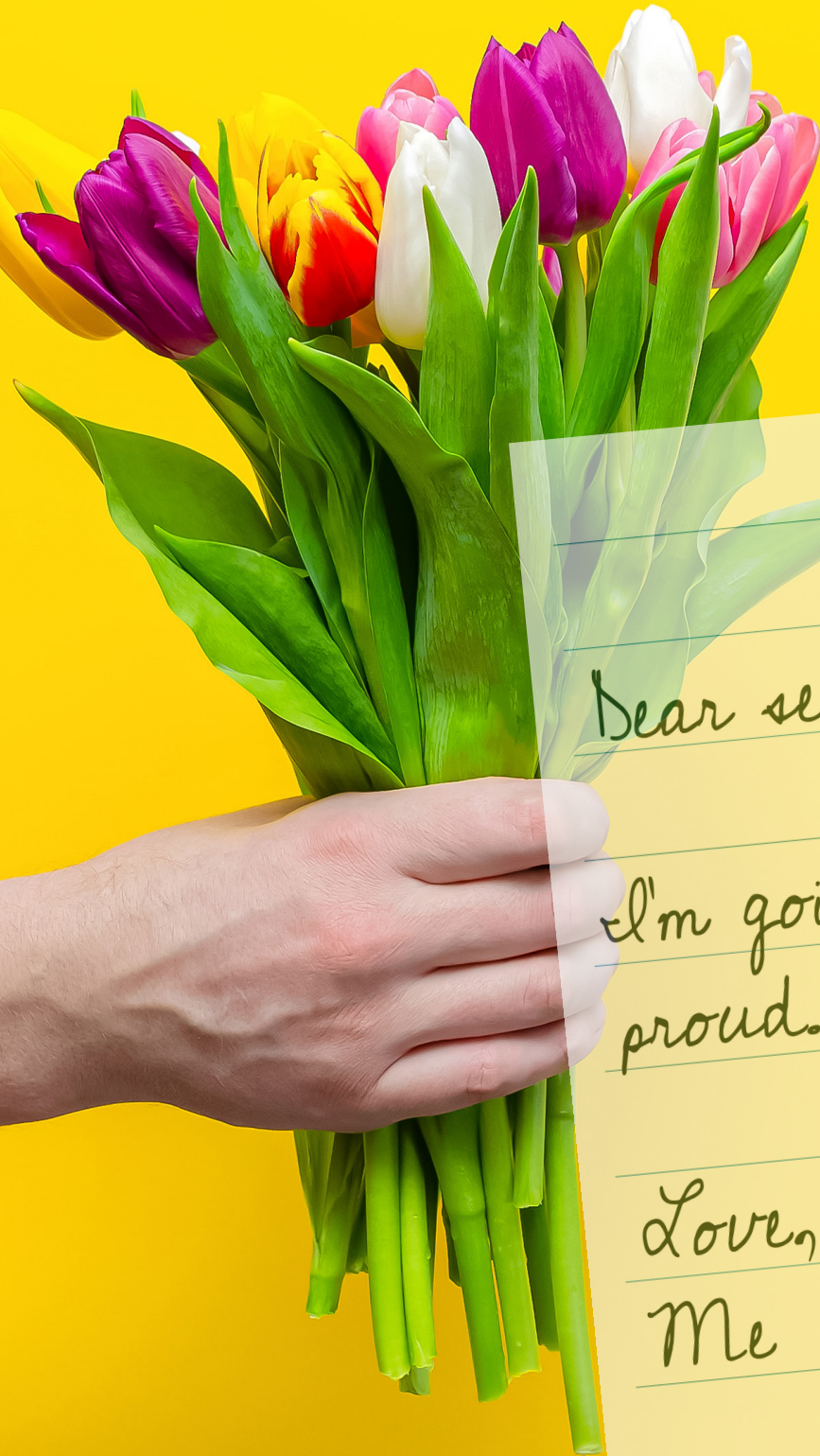


UNITY

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



Dear self,

*I'm going to make you
proud.*

Love,

Me



Steps Eight and Nine and Facing Fear

My name is Beth, and I'm a compulsive overeater and addict. My Higher Power is at work in the fact that I'm writing this for the ninth month of the year, and the steps of the month are steps 8 and 9. For me, the recovery is in the steps; I worked the steps in the Big Book Step Study process.

Even as I worked through the first three steps in this process, slowly coming to believe, I worried about Step 9. The steps are in the order that they are for a reason, my sponsor told me. That put it to rest, at least for a while.

Eventually, the day came when I made a list of those I'd harmed and became willing to make amends to them all. My sponsor was right — **the process of coming to believe in a Power greater than myself, turning my will and my life over to that Power and taking a fearless and thorough moral inventory had helped me to face my part in many painful situations of the past.** Not whose fault those situations were. Not who did more or less harm. Simply what I'd brought to the table, and how I could try to heal the harm that I had caused.

One of the names on my Step 8 list was a longtime friend who'd survived a critical illness when we were in our early 30s, before I came to program.

This friend and I had been as close as siblings since the 6th grade, but by the time I was making my Step 8 list, it had been five years since we'd spoken, in part because of resentments that arose during that illness. **Before program, I had insisted that my only part in this situation was trying to be helpful.** I couldn't understand why this friend and I

had drifted apart; I couldn't see what was inappropriate about how I'd behaved. Through the Step Study process, and my Step Four inventory, I was finally able to acknowledge that while this friend and I were "like" family, I was not actually family. I was still resentful about things that had happened in an ICU room that I hadn't necessarily had a right to be in at all, that I had invited myself into anyway. **I hadn't respected proper boundaries.**

*I did it
because I truly
— finally —
understood my
part in a painful
situation and
sincerely
regretted it.*

The later steps are a process of applying the earlier ones. If you have turned your will and your life over to the care of a Higher Power and become willing to have that Higher Power remove your shortcomings, the best way to demonstrate that is to walk into a room where a person sits that you are terrified to face, and then find the words to say that you are sorry. I did that, three years ago, on a wintry day in the Boston area. **I did it without any expectation about how it would be received or whether our relationship would be healed.** I did it because I truly — finally — understood my part in a painful situation and sincerely regretted it. The Step 9 promises came true for me that day.

I'll never forget the feeling of driving away from what turned out to be a four-hour conversation, much of it catching up on the years we'd missed. **One line from those ninth step promises was ringing in my ears in that moment: We will comprehend the word serenity, and we will know peace.**

That day, for the first time in my life, I truly did.

<https://oambi.org/overeaters-anonymous-steps-8-and-9-and-facing-fear/>



Step Nine:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

As a compulsive eater, I need to ask my Higher Power to guide every aspect of my life.

I'm grateful for the chance to do something for someone with no personal reward.

The littlest thing can easily tip me off-balance. Lately, my home renovations resulted in impulsive online purchases. I've been asking God for help with curbing this behavior, and the other day I was presented with an opportunity to do so. **Let's call her Skye.**

I was rushing to a supermarket to pick up a few items when I noticed a woman pulling items out of a clothing-donation bin. With her dirty clothes and belongings packed up on her bike, she was clearly homeless. I was struck by how closely she was examining the items she was taking out of the donation box. She wanted quality and attractive items, just as anyone would.

Despite my tight schedule, I whipped my car around to ask her what she needed and whether I could take her shopping. Together we spent an hour in the store, picking out clothes, food, and toiletries. She mostly bought the essentials: underwear, socks, toilet paper; but one item on clearance, a crocheted vest, made it into the cart. Skye obviously loved it.

I've thought a lot about that crocheted vest . . . if our roles were reversed, would I have picked out such an item? It certainly wasn't a need; it wouldn't keep her body covered or keep her warm. It was an accessory item. **But this shopping trip was not about asking questions or casting judgments. In fact, it was an exercise in acceptance and tolerance as she shared with me some details of her life**

that surely contributed to her homelessness. God wanted me to step outside myself for once and spend a full hour saying "yes" to another person.

Because I used this as a charitable donation toward paying off some lingering debts (part of my Ninth Step), I did not put a cap on how much she could spend. The total was \$113. That's what it took to purchase all the essentials Skye could think of. I spent more than that on groceries for my family last week.

Through this experience, I realized how often there is self-seeking in charity. Oftentimes, a little part of me wants recognition—a tax write-off, a thank-you gift. If I were to picture a perfect version of this scenario, it would have felt more like shopping with a sister or lifelong friend. I would have made a meaningful connection, shared laughter, and been showered with gratitude. Instead, I paid for Skye's cart, said "Nice to meet you," and went on my way, most likely never to see her again.

I'm grateful for the chance to do something for someone with no personal reward. But as much as it feels like it's not about me, I still got something out of it in the end. Through this experience, I paid off some debt toward my Ninth Step, took action against my character defects, felt God working on my heart, and maintained my abstinence for one more glorious day.

— Anonymous

<https://www.oalifeline.org/steps/skyes-no-limit/>

Principle of Step #9
Love

Principle of Tradition #9
Structure

Principle of Concept #9
Ability

Are these extravagant promises? *I think not.*

We are going to know a new freedom and a new happiness.

Accepting I am a compulsive overeater and working the steps to the best of my ability gives me the freedom to pursue a better way of life.

We will not regret the past nor wish to shut the door on it.

Only if I am honest about my past, can I learn from it and move on without guilt. Both present and past is a constant challenge.

We will comprehend the word serenity.

Compulsive overeating is a battle in my mind. Serenity comes from listening to my soul.

We will know peace.

For me, a peaceful, undisturbed tranquility relationship with food is a dream come true..

No matter how far down the scale we have gone, we will see how our experience can benefit others.

Sharing honestly in meetings helps me identify as compulsive eaters and learn from mine and other's experiences.

That feeling of uselessness and self-pity will disappear.

My home meeting feeds my soul. I am there for my fellows and grateful they are there for me.

We will lose interest in selfish things and gain interest in our fellows.

Being present for my fellows brings me outside of myself.

Self-seeking will slip away.

Focusing only on myself and overeating is a sign I am in spiritual trouble.

Our whole attitude and outlook upon life will change.

OA shifts my perspective from hopelessness to hope and imagining a life not compulsively overeating.

Fear of people and of economic insecurity will leave us.

This promise remains a challenge for me and is a constant work in progress.

We will intuitively know how to handle situations which used to baffle us.

When I am "god conscious" versus "god unconscious" I get very clear direction and stop doubting myself.

We will suddenly realize that God is doing for us what we could not do for ourselves.

My higher power, my heart, my conscious, is who serves me healthy, nutritional meals one day at a time.

The AA Promises are found on pages 83-84 of Chapter 6 (Into Action) in Alcoholics Anonymous,

The Story of How More Than One Hundred Men Have Recovered From Alcoholism.

Coментарy Anonymous



Why did I still feel like eating?



I was working on my Eighth and Ninth Steps—that should have been a clue right there—and I just could not get rid of the hatred I felt toward my grandmother. “Boys don’t cry!”—that’s what she said! So I ate instead, up to over 400 pounds (181 kg)! I knew I wasn’t supposed to hate her, so I said I simply had no respect for her.

Someone close to me suggested I look at “Forgiveness Inventory” in Lifeline (Aug 1999, p. 18, and Sept/Oct 2012, p. 10). She was telling me about how helpful it had been. I practically bit her head off. The problem with my grandmother was that I didn’t do anything to her; I was only a kid. I didn’t owe her any amends.

So why was she even on my list? Because she was taking up room in my head. For my peace of mind and so I wouldn’t pick up the food, I needed to forgive her for how she had treated me. And yes, I needed to forgive myself for hating her.

“Forgiveness Inventory” said to begin by writing down everything my grandmother did to me—to hold nothing back, get it all out, and take her inventory. This was for me; no one else had to see this. I didn’t need to be afraid here because God already knew what was in my heart.

The second part was to write down what I had done, even if I hadn’t done anything back then because I was only a child. (No matter because this was an amends to me.) My part was that I had held onto the hatred for so long and had spoken negatively of her.

The third part was to write a letter from her to me. (If I could not yet do this, then I would have to go back to see what my part was.) It was in writing this letter that a switch was flipped, and I was transformed.

The last part was to write a letter to my Higher Power asking for the willingness to forgive my

grandmother and for direction in my next course of action.

I didn’t want to do any of it! As I said, it was all her fault. But, I had made a commitment to go to any length, so I asked my Higher Power for help.

As I began to write a letter from my grandmother to me, I starting feeling something I had never felt before, and I started seeing the situation from her eyes. Maybe it wasn’t all about me. **Maybe her situation wasn’t what she wanted, and she didn’t know any other way. Maybe she and I weren’t all that different. I would like to share the letter with you.**

Dear John,

I need to let you know how much I love you. I did the best I could with you under the circumstances. I did not like my life. I had to move from your home to my other son’s home and your cousin’s home. I did not like staying in these places and not having a real home. I was treated as an interloper. I love you, and I want you to understand that I was treating you the best I could. I was told not to feel; I was told to be good; I was told that I was my husband’s wife, and I did what he told me to. So when your father would tell your mother what to do and she would not, I hated it, and I thought she was wrong. When they would have a yelling fight, of course I was going to side with my son, your father. When you were crying, I told you what I was told: you do not cry if you are a man and do not let anyone know how you feel. I did not mean to hurt you. I was just saying what I was taught. I love you and I always have.

—Your loving Grandmother

Next, in writing the letter to my Higher Power I realized that I do love her. I don’t like what she did and how I felt and all that, but she is my grandmother and I love her. All those years I had carried bad memories of her in my head and ate over the mean things she said . . . Poof! Gone! This program is amazing. I love the power of forgiveness.

<https://www.oalifeline.org/recovery/loving-amends/>



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

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



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."

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

Vice Chair Andi S.

goldcoastoa+vchair@gmail.com

Corresponding Secretary Diana S.

goldcoastoa+csec@gmail.com

Recording Secretary OPEN

goldcoastoa+rsec@gmail.com

Treasurer Mike S.

goldcoastoa+treas@gmail.com

Parliamentarian and Ways and Means Lila

goldcoastoa+ways@gmail.com

Twelve Steps Within OPEN

goldcoastoa+12SW@gmail.com

Literature Jo G.

goldcoastoa+lit@gmail.com

Website Liaison Diana S.

goldcoastoa+web@gmail.com

Newsletter Editor Sara B.

goldcoastoa+unity@gmail.com

Public Info & Professional Outreach OPEN

goldcoastoa+PIPO@gmail.com

Announcements/Updates for Unity, Web, Meetup

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 \(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](#)

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>