

UNITY

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



Step 5 Promises:

*Once we have taken Step 5
withholding nothing, we are delighted...*

We can look the world in the eye.

We can be alone at perfect peace and ease...

Our fears fall from us...

We begin to feel the nearness of our Creator...

*We may have had certain spiritual beliefs,
but now we begin to have a spiritual experience...*

*The feeling that the "drink" problem
has disappeared will often come strongly...*

*We feel we are on the Broad Highway,
walking hand in hand with the
Spirit of the Universe.*



W O R L D S E R V I C E O F F I C E

February 25, 2023

Embracing Our Differences

Beloved Members, Groups, and Service Bodies of Overeaters Anonymous,

Humility, of course, is one of the fundamental principles not only of individual recovery but of the practices of OA as a whole. Such humility is apparent in the readiness with which OA members, groups, and service bodies have embraced the first paragraph of OA's *Unity with Diversity Policy*: "THE FELLOWSHIP of Overeater's Anonymous *promotes acceptance and inclusivity* [italics added for emphasis]. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute." The openness of OA, reflected in the acceptance of this policy, is something that brings solace to our members and demonstrates that our only concern is to carry the message and help heal the suffering compulsive eater.

We want to be sure we are exercising the same degree of humility and openness when it comes to the process by which we recover. It should be clear that OA promotes acceptance and inclusivity in approaches to the Twelve Steps just as much as it does on matters of race or religion. OA's policy on *Unity with Diversity* goes on to say, "THE FELLOWSHIP recognizes the existence of individual approaches and different structured concepts to working our Twelve Step program of recovery; that the Fellowship is united by our disease and our common purpose, and that individual differences in approach(es) to recovery need not divide us. THE FELLOWSHIP respects the rights of members, groups, and service bodies to follow a particular concept of recovery within Overeaters Anonymous and encourages each member, group, and service body to respect those rights as they extend the hand of fellowship to those who still suffer."

When we insist that there is only one way to recover, that there is only one piece of literature members should read, that the way we found to work the Steps is the way for everyone, we cease being accepting and inclusive. We surrender some of the humility and openness that marks our program of recovery, and we directly contradict our policy of *Unity with Diversity*.

OA is forever cognizant of the debt we owe Alcoholics Anonymous and celebrates the Big Book with admiration. It is just as important, however, to recognize the many members who use other OA-approved literature to guide their recovery and the many who have found a way to work the Steps and recover without using any literature.

Yes, groups are autonomous, but when they insist on one way to recover, when they suggest that OA material isn't good enough, they affect other groups and OA as a whole. As an inclusive Fellowship, we embrace all our differences.

Please join us in this recommitment to inclusivity—it is a great act of love, one our Fellowship needs and deserves.

Respectfully,

OA Board of Trustees

6075 Zenith Court NE • Rio Rancho, New Mexico 87144-6424 USA

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Tel: (505) 891-2664 • Email: info@oa.org

Website: www.oa.org



**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

Message from your Chair

Dear Fellowship,

Lately in my recovery, when I was struggling with the concept of my higher power, I have come to understand the importance of the fellowship. In many ways, it is my higher power, because I can trust and share my ups and downs with others because I feel loved unconditionally. For this

I am truly grateful I am part of an amazing fellowship. A group of men and women who teach me what it means to be a compulsive eater. I've heard it meaning that I am you and you are me with just a different name.

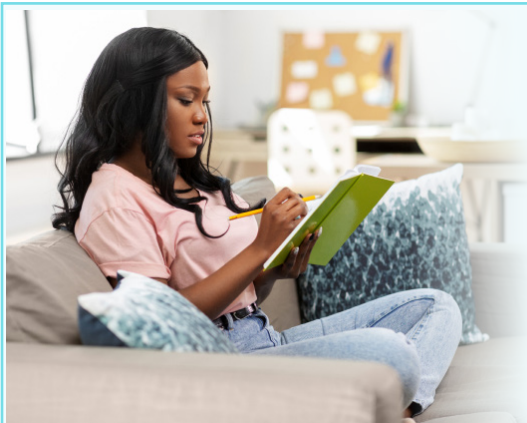
OA gives me a sense of belonging. I am really one among many. The steps help me find who I am and where I have buried so many of my feelings. The fellowship helps me understand this.

Being part of the O.A. fellowship is an honor and a privilege I believe my higher power's intention for me is to be a service, share responsibilities, carry my fair share willingly, with no strings attached, and with the desire to always carry the message. This has taught me such a wonderful lesson. I am loyal in my attendance, generous in my giving, and kind to others who are still suffering.

I give this program my honesty my open mindedness, and my willingness one day at a time. When I give of myself by being of service to the fellowship, I am adding a little bit of insurance for another day of abstinence, recovery and gratitude that I have been freely given by higher power and Overeaters Anonymous.

In Service and Peace,
Sherry A
Intergroup Chair

"One is too many, and a thousand is not enough."



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

Mixed messages? Well, sort of...

Step Five has mixed messages. The obvious one is about admitting my wrongs and then there's the part of self acceptance. Reflection and self-awareness.

It's not until I admit I am a food addict and surrender to the program of Overeater's Anonymous that I will be given the power to stop my destructive food behaviors. First I must admit I lack the power to stop eating compulsively. Second, by surrendering to the program of OA, I have acknowledged that the power does not lie within me and I need a power greater than myself to restore me to sanity.

The same holds true with the admission that we make in the fifth step. **Until we honestly share and understand the exact nature of our wrongs we are not likely to have the willingness or the ability to choose another way of living without**

I can remember doing my fifth step for the first time. It seemed so strange to sit down with another member and tell them about my character defects, secrets, and bad behaviors or share about how I had hurt people. With my stomach in knots, sweating, emotional and stammering through my words we sat together in a little park in my neighborhood to complete it. Afterwards, I felt open and at peace.

While working step five the repetition of the same type of situation and patterns of behavior reveals itself. We begin to focus attention on what is behind the patterns of our addiction and the reasons we act out in the ways that we do. This is a great point in recovery when we can start calling these patterns of behavior "character defects." Destructive behaviors usually reflect underlying character defects, which is the engine that drives most of our off-the-wall actions.

This very effectively leads us into step six & seven when

we began an in-depth examination of how each one of our defects plays a role in keeping us sick and then ask God (or your HP) to remove them, every single one.

Why should you do a fifth step? In case the above wasn't enough reasons, you should do it because there are certain damaging memories or beliefs that can only live in the dark, and shining a light on them can banish them for good.

A compulsive eater leads a double life worthy of an Oscar award most of the time. More so than most people, the COE is an actor who presents the character to the outside world that they want others to see. After

completing step five of OA we no longer have to do this. Once we have completed this step we are able to look the world in the eye, let our fears fall away and feel at perfect peace and ease... "on the Broad Highway, walking hand in hand with the Spirit of the Universe."

Take a deep breathe, say a prayer, pocket your pride and illuminate every twist of character and every dark cranny of your past. In revealing your most distressing memories, be as honest as possible, looking at who you are, and who you would like to become.

Be vulnerable and don't hold back.

Sharing our inventory with another person who can listen with compassion gives us an opportunity to free our minds and our hearts and then be open to receive unconditional love. No matter what we've "done" we won't be judged or shamed.





It was May of last year, and I was up 30 pounds after a yearlong sugar binge.

From a friend, I had some idea of what to expect coming into my first meeting.

I have a tendency to deeply connect with the emotions of other people in any room.

Sometimes this is a blessing, sometimes it's a struggle. In that first OA meeting, I immediately felt the openness and caring spirit in the room. I felt so at ease with people I hardly knew...

It was May of 2022, and I was up 30 pounds after a yearlong sugar binge. Although I'd been on a constant roller coaster of losing and gaining, this was the biggest weight gain I'd experienced in seven years. It was also the low point when I began to realize my powerlessness over food. I had not yet found...

I was athletic and a relatively normal size, but I was in food hell and miserable. I believed that if I just got down to a certain weight, I would be happy. By the time I stepped through OA's doors, I knew this was a lie. **I had been skinny and fat, and neither extreme brought me happiness, only misery.**

I thought I was the only one in the world who was obsessed with food, my weight, and my body. **I felt I had to appear perfect so no one would know.** In being abstinent all of three whole days, I looked in my mirror to see if my body looked smaller. It didn't. I was mad. In my fury, my lower power spoke loud and clear:

"This doesn't work!

What a bunch of B.S.!

I'll never get thin!

I can't do this!

It's taking too long!

I'm doomed to be fat!

I'm doomed to live like an accordion, in and out, up and down."

I stomped around a bit, then realized it had only been three days! This might take some time. Maybe give it a month?

And then I had a thought: What if I approached every day as if it were the first day? All I really have is today. **Outside of time and space, it is the "great now." Today is the only day.** I supposed I had to start somewhere. What if I released the relentless demands of body image obsession? What if I released the lie that thinness promises worth, purpose, status, love, adventure, wealth, happiness, peace, and contentment? **Being thin does not address the emptiness that has no shape or weight or name. Even reaching goal weight can be a failure, if inside that new body is the same sinking heart.** Spiritual hunger has never been solved on the physical level.

I began to soften. I might have even smiled a bit. What if it can only get better from here? I only have today, and that's a fact.

What if I stayed present in this moment, stayed abstinent, worked the Steps to heal my spiritual hunger, and let the right body show up in its own time, one day at a time? What if?"

— Cindy J.

"If I have a problem and eat over it, then I have two problems."

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"Think. Think. Think."

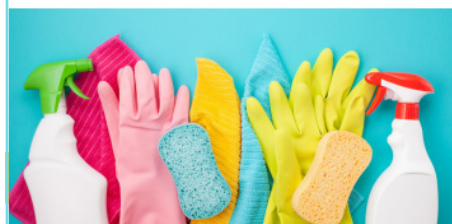
OA Twelve Steps

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.

OA Twelve Traditions

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.

(reprinted with permission from the World Service Organization of Overeaters Anonymous)



CONTINUING OUR HOUSECLEANING

EVENING REVIEW

Click here to download

What if I don't believe in God?

The experiences of those who work this program with their own concept of a Higher Power show that this program does work regardless of one's personal interpretation of that Power.

Clarity, peace of mind and growth are some of the many by-products of OA's recovery program.

"I am agnostic. I believe there will always be a question about the existence of God. But more important than continually asking whether or not there is a God, I have simply stopped asking the question."

"We learned we could 'act as if.' This didn't mean we were to be dishonestly pious or pretend we believed in God when we didn't. It meant we were free to set aside theological arguments and examine the idea of spiritual power in light of our own desperate need for help with our lives."

"I am spiritual when I 'place principles before personalities.' I am spiritual when I reach out to another compulsive eater with a listening heart, a phone call or a loving hug. I am spiritual when I honestly search my soul for defects and have the willingness to persistently seek to be rid of them."

"OA was right. My Higher Power—food — didn't work. After some miserable attempts to use OA as a diet program, I began to take some of the slogans and sayings I was hearing to heart. 'Listen.' 'Resign from the debating society.' 'Take the cotton out of your ears and put it in your mouth.' And I became abstinent from compulsive eating."

"I found it easiest to try the parts of OA I could do immediately and leave the God stuff for later. As they say in OA, 'Take what you like and leave the rest.'"

"I had always used food as my Higher Power. I certainly 'acted as if' food could or would help me deal with life—inspiring, exciting, comforting, distracting, and fulfilling me in turn. By the time I came to OA, however, I could no longer find food adequately inspiring or exciting. The comfort ended as soon as the swallowing stopped, if not before, and I ceased to know what 'filling' was, much less 'fulfilling.' Distraction was about the only function food still performed and that was uncomfortably short."

"OA doesn't tell us we have to believe in God — only that a Power greater than ourselves could restore us to sanity. We are invited to define that Power however we wish and relate to it in whatever way works for us. OA only suggests that we remain open to spiritual growth."

"My Higher Power is the Fellowship of OA, where each individual surrenders to the wisdom, conscience and love of the program."

Explore Upcoming OA Region 8 Events

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 groups, please go to oa.org or click [here](#).

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 \(Chattonooga\)](#)

Gold Coast OA Meetings

as of 3/20/2023 • Please check OABroward.org for the most updated list.

Zoom dial in: **1-646-558-8656** Zoom password: **954954** except when noted

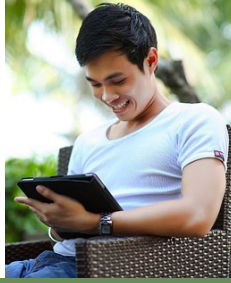
Gold Coast Intergroup

meets on the 3rd Sunday
of the month
from 2-3pm

All are welcome.

Meeting ID: **843 7546 3048**

Password: **954954**



<https://us02web.zoom.us/j/84375463048?pwd=dEgyRnFNSXhHVXBXNVB4a09vazBpUT0>

Monday

10am St. Benedict's Episcopal Church

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09

Zoom ID: **750 162 024 / Password 954954**

Meeting Type: Big Book / Newcomers

Contact: Charles (954) 600-6280

Meeting Number: #800665

10:30am 4th Dimension

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

7pm Regents Park

zoom.us/j/305659342?pwd=ckR1bVhRaHFzSjFVbVpIK3FXRzlydz09

Zoom ID: **305 659 342 / Password 954954**

Meeting Type: Beginners and discussion

Contact: Bobbie (561) 477-7914

Meeting Number: #27229

Tuesday

10am – Good Shepherd Lutheran Church

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

7pm – Crossroads 100 lb

zoom.us/j/516282779?pwd=cTF0UlgxaGx6aGhCd0JHcTdHbTVqdz09

Zoom ID: **516 282 779 / Password 954954**

Meeting Type: 100 lb (all are welcome)

Contact: Marcia (917) 693-4729

Meeting Number: #54776

7pm – Our Lady of Lourdes Boca Raton

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

10am – TY Park **Now ZOOM ONLY**

zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPcjNOZz09

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

This meeting also meets in person at:

Location: T.Y. Park - 3300 N Park Rd, Hollywood

On Atlantic Street - Keep right and follow sign

to Pavilion #2. Please call Leon before going

in-person

Contact: Leon (305) 302-1377

Meeting Number: #27545

10am – Science of Mind Church

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

11am – Coral Springs Literature

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

6:30pm – Prince of Peace Lutheran Church

zoom.us/j/337815181?pwd=NWhQWjg2UUdKTOZxYW1CSElwbDV0dz09

Zoom ID: **337 815 181 / Password 954954**

Meeting Type: Beginner / Literature

Contact: Mike (954) 675-7382

Meeting Number: #800744

Thursday

9:30am – Good Shepherd Lutheran Church

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

10am – St. Benedict's Episcopal Church

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09

Zoom ID: **750 162 024 / Password 954954**

Meeting Type: OA Steps / Abstinence /

Literature

Contact: Brenda (954) 609-7393

Meeting Number: #800666

1pm – Good Shepherd Big Book

Location: 6301 SW 18th St. Boca Raton

Meeting Type: Big Book Meditation

Contact: Bobbie E. (954) 415-6005

Meeting Number: #53679

Friday

10am – Voices of Recovery

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: # 800108

6pm – OA Literature

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

9:30am – Good Shepherd Lutheran Church

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

**There will be NO meeting on
May 6th & May 20**

10am – A Vision 4 You/Plantation

zoom.us/j/194605389?pwd=c0lDdnprbFVfFdStPmVjd1RwK0pOQT09

Zoom ID: **194 605 389 / Password 954954**

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

Contact: Nancy (954) 600-9513

Meeting Number: #41217

10am – Good Shepherd Big Book Study

Location: 6301 SW 18th St. Boca Raton.

Meeting Type: Big Book

Contact: Andi (954) 295-1123 or

Sherry (818) 398-4160

Meeting Number: #57652

Sunday

12:15pm – Pride Center

zoom.us/j/150175349?pwd=bFIFU28rWG9lRGxIRGVPVHhEWFZCQT09

Zoom ID: **150 175 349 / Password 954954**

Meeting Type: Newcomer / Speaker

Contact: Darlene (954) 299-8038

Meeting Number: #446694

6:30pm – Pompano For Today

<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