

UNITY

May 2024
Gold Coast Intergroup
www.oabroward.org



Admitted to God,
to ourselves and
to another human being
the exact nature of our wrongs.

Step 5



Twelve Steps of Overeaters Anonymous

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.

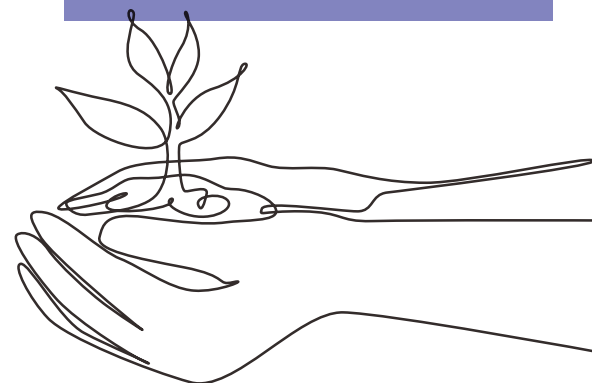
Twelve Traditions of Overeaters Anonymous

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.

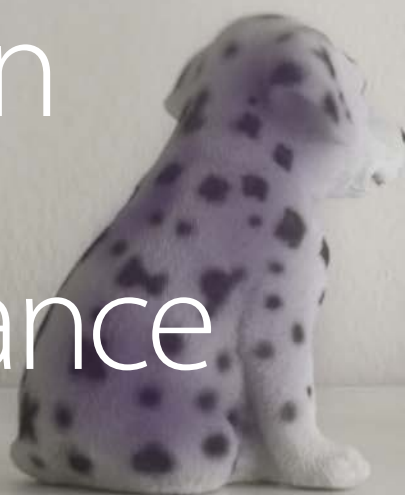
Principle of Step #5
Integrity

Principle of Tradition #5
Purpose

Principle of Concept #5
Consideration



Reflection and Self Acceptance



“It is only upon reflecting upon who we are, who we’ve been, how we got where we are do we realize that we’re responsible for our life.”

The underlying theme of Step 5 is recognizing we’ve probably made some mis-steps along the way. The 12 Steps of OA calls them “our wrongs”. I call this inventory of “wrongs” instead “who we were”.

I don’t think anything we do in life is wrong. There is no master chalkboard in the sky that has a list of RIGHT and WRONG doings for all of us to follow. To me, “our wrongs” were when we were out of alignment with our true nature, our higher self.

If I take time to reflect upon who I’ve been and the steps I’ve taken to get me to where I am, it becomes easy to see why my life has turned out the way it has. **My daily – even moment-to-moment – decisions have led me to this point in time. It is our moments of decision that teach us who we are.**

To me, admitting the exact nature of our wrongs means to becoming more aware of

when I haven’t been living from my highest self and have instead caused harm to myself and others along the way.

If it can become clear that who I’ve been isn’t who I am now or who I’ll be tomorrow, my life will feel free and fulfilled. Living with regrets and I’m sorry’s from the past will haunt continue to haunt me...if I let them.

Since completing Step 5, I now accept that it is natural that I will not always live in my highest self and will have times in the future that I’ll want and need to clean up relationships. It’s part of the living of life. Part of my work in this step is accepting myself for who I am and enjoying who I are becoming. I now choose to focus on being the person I want to be instead of the person I’ve been.

One of my mentors says, **“How would the person I want to be do the thing I’m about to do?”. This uplifts and guides me in my moments of decision. It gives me courage and confidence to act in life rather than react**

to it. In essence, a new way of living.

5th Step Promises

*“Once we have taken this step,
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. “



Someone to Practice On

I didn't want advice. I didn't want to go through another person to get to God. I had isolated to perfection—and then I learned what a sponsor could be for me. I still have my first sponsor, and for a brief time, I had an additional sponsor from whom I gleaned a tremendous amount. For me, a sponsor is a loving witness, someone who reassures me on the days I doubt. When I wonder, “Am I really getting it?” or “Did I really do my Fourth and Fifth Steps?” **my sponsor is there, the one person in this world who knows all about me.**

My sponsor loved me until I could love myself. **The greatest gift I got from being sponsored is freedom from my obsessive thinking.** When I had only myself to talk to, I had insanity, but when I had a sponsor, I could finally say things aloud, sometimes for the first time ever. I gain so much courage when I face my fear in a safe place with someone who accepts me no matter what (a godlike quality for sure). **Sponsorship opened a huge door to let back in the life I had closed out for so long.**

Having a sponsor is having someone to practice on. I contact my sponsor at least once a day for one-day-at-a-time recovery. I love it when my sponsor asks me a recovery question—it gets my OA juices flowing! The greatest question is: “What does God say?” Having and being a sponsor is also a one-on-one way to do Step Twelve: “Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other compulsive overeaters and to practice these principles in all our affairs.”

Chapter Seven of the Big Book of AA outlines what happens when addicts mentor each other in program: “Practical experience shows that nothing will so much insure immunity . . . as intensive work with other alcoholics. It works when other activities fail . . . **Carry this message! You can help when no one else can.** You can secure their confidence when others fail. Remember they are very ill” (*Alcoholics Anonymous, 4th ed., p. 89*). And it promises, “Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives” (p. 89). **A sponsor is not here to stand between me and God, but rather to help me see what stands between God and me.**

A sponsor is an invaluable tool, and my recovery would not be what it is today without having one and being one.

Cleaning Out the Closet

My first sponsor pointed out that the promises of the program are clear: If we clean up the past (Steps 1 through 9) and continue to take daily inventory (Steps 10 and 11), ever relying on God, then we can be free of cravings, restored to sanity and power, and find our will becoming aligned to that of our Higher Power. Today, these promises continue to come true for me, and

I'm grateful for thirty years of abstinence, one day at a time.

*I'm grateful for
thirty years of abstinence,
one day at a time.*

Important for me was Step Five, the first Step that requires interaction with another human being. I knew I could withhold nothing from my sponsor if I wanted recovery. I wanted abstinence more than I wanted to protect my fantastical image of myself. It was time to let go and trust, time to tell all.

My sponsor and I met for two-hour sessions at the base of a park statue. I followed directions from the Big Book: "We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past" (Alcoholics Anonymous, 4th ed., p. 75). Nothing was too small or too big to share. My sponsor used the metaphor of cleaning out a walk-in closet, and my job was to bring everything from that closet (my past) into the light, show it to her, sort it out, and see it honestly.

When it came time to list resentments, all I could see was what horrible things people had done to me. My sponsor walked me through each one, and for the first time I saw how I had let my defects of self-centeredness and dishonesty run my life. I also saw fear as a corroding thread running through everything. I began to see my part in every resentment, and practicing the Big Book's Step Four Prayer (p. 67) for each person began to free me from the bondage of self. What a relief!

When I finished Step Five, the promises mentioned on page 75 came true for me—I had withheld nothing and was indeed "delighted." For the first time in my life I knew "perfect peace and ease," and I stopped hiding. My fears fell from me as I began to "have a spiritual experience." I often had complete relief from cravings and compulsions. Amazing!

My sponsor did point out two small but important words in those Step Five promises: "We begin." There were no promises about "always" or "finished" (and here I thought I had arrived at the finish line). Right away there was more work to be done, explicitly described. I did it. I wanted my arch to be strongly built, for I was stepping through into a new life. I've never looked back.



*Tuesdays 7-9pm ET
May 21st- August 6th.*

JOIN US FOR AN IN-DEPTH
**TRADITIONS
STUDY!**

**A 12-WEEK, ZOOM EVENT USING
THE NEW OA TRADITIONS
WORKBOOK.
REGISTRATION LIMITED TO 20.**

To register, as of May 10th, and for more information, contact
Carol G at carolponz@aol.com
Michelle JB at mcjasper2@gmail.com

bookstore.oa.org
\$15 hard copy or \$9 e-copy



The
Twelve Traditions
Workbook
of
Overeaters Anonymous

SAVE THE DATE

SOAR 8 BUSINESS ASSEMBLY & RECOVERY CONVENTION

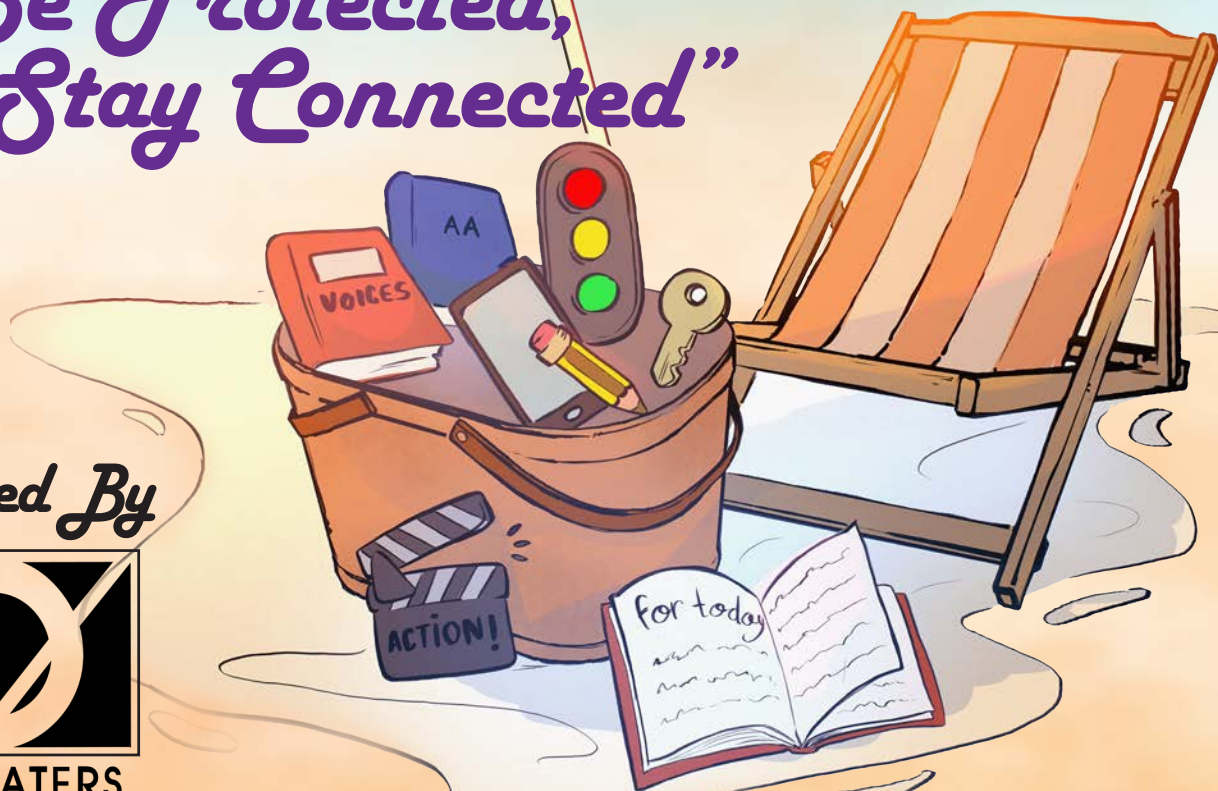
September 20-22, 2024

DoubleTree by Hilton

Deerfield Beach/Boca Raton, FL 33441



*“Be Protected,
Stay Connected”*



Hosted By



OVEREATERS
ANONYMOUS®

GOLD COAST INTERGROUP

PALM BEACH COUNTY INTERGROUP



PINELLAS TRADITIONS INTERGROUP
invites you to
The 14th ANNUAL OA FRANCISCAN CENTER RETREAT
G.O.D.
“Good Orderly Direction”
JULY 26-28, 2024

WHAT: Three days of seasoned speakers, good fellowship, crafts, serenity, and peace on the river

WHERE: The beautiful Franciscan Center Campus, 3010 Perry Avenue, Tampa, FL 33606

TIME: Check-in 4:00PM Friday, check-out by 11:30 AM Sunday

COST for Retreat Center: Three Options:

Weekend Room & (5) meals \$236 for single occupancy or \$216 for double occupancy.
Saturday only with three meals is \$65.

Attendees who physically reside in Pinellas/Pasco/Citrus/Hernando County area may apply for a PTI scholarship; applications are available online. See guidelines at <https://www.oapinellas.org/downloads/PTISchApp.pdf>

Complete Registration below and mail with check to:

Karen Ragsdale
795 County Road 1, Lot 206
Palm Harbor, FL 34683

Or pay online @oapinellas.org (Donations) and email your registration to Karen R. at platoscloseton19@gmail.com.

* If paying online, include your name and “FR 2024” in comments.

FINAL REGISTRATION DEADLINE July 1, 2024

- Limited to approximately 50 participants, so register early. Saturday- only space is limited.
- Parking is limited. Call your friends and make plans to carpool.
- Please announce this retreat and print copies of this registration form for your meetings.
- Save this registration form for your information. See you on the peaceful Hillsborough River!
- **This is a Fragrance Free Zone.**

Email to platoscloseton19@gmail.com or cut on the dotted line and mail this Retreat Registration Form



PINELLAS TRADITIONS INTERGROUP 14th ANNUAL RETREAT

Name _____

Address _____

Phone _____ Email _____

Option	Retreat Cost \$	Total
Full Weekend Single	\$236	
Full Weekend Double	\$216	
Saturday with 3 meals	\$65	

Select your meal preference:

Friday Dinner: Vegetarian__Chicken__Fish__

Saturday Dinner : Vegetarian__Chicken__Fish__

Single room _____ Double _____ Roommate name _____

Would you care to volunteer in some service capacity this weekend? Yes _____ No _____

Your Gold Coast Intergroup Trusted Servants

Chairperson: Andi S.
goldcoastoa+chair@gmail.com

Vice Chair: Mike S.
goldcoastoa+vchair@gmail.com

Corresponding Secretary: Elise B
goldcoastoa+csec@gmail.com

Recording Secretary: Open

Treasurer: Sherry S.
goldcoastoa+treas@gmail.com

Parliamentarian: Lila
Ways and Means: Lila
goldcoastoa+ways@gmail.com

Twelve Steps Within: Open

Literature: Jo G.
goldcoastoa+lit@gmail.com

Website Liaison: Diana S.
goldcoastoa+web@gmail.com

Newsletter ("Unity") Editor: Sara B.
goldcoastoa+unity@gmail.com

Public Info and Professional Outreach: Open

Announcements or Updates
for Unity, Web, Meetup:
goldcoastoa+announce@gmail.com

Please consider joining
Intergroup and help us fill
our open positions.



Thursday 7pm
Newcomer/Speaker
Cooper City
Hybrid meeting
is looking for
speakers
to give service
at their meeting.

*Speakers can join
in-person or Zoom.*

*Please contact
Haya P.
(954) 732-7728*

**New Postal Address:
OA Gold Coast Intergroup
P.O. Box 416
Deerfield Beach, FL 33433**

*Please ask local meetings to
update their meeting formats with
this new address when mailing
7th Tradition donations.*

Gold Coast Intergroup Meeting List (as of 3/17/2024)

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=MEhrS2U2ajVzd2pvRkt6bl5RUx6dz09

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=VGhJQitFY1NLK0N1aXNGS1B5cTVOdz09

Zoom ID: 733 969 447- Password 954954

Meeting Type: 12 Steps & 12 Traditions

Contact: Ellie (248) 342-8822

Meeting Number: #801252

7:00 PM Regents Park Zoom

Zoom link:

zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFvbVplK3FXRzlydz09

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: Sherry S. (818) 398-4160

Meeting Number: #801313

Tuesday (continued)

10:00 AM Good Shepherd Step Study- **IN PERSON**

Location: 6301 SW 18th St. Boca Raton

Meeting Type: OA/AA 12&12

Contact: Sherry S. (818) 398-4160

Meeting Number: #02797

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=QlVReUxGRHYOMGhleGxBNmRTQ0pDdz09

Zoom ID: 654 731 057- Password 954954

Meeting Type: Speaker

Contact: Sherry S. (818) 398-4160

Meeting Number: #30002

Wednesday (continued)

10:00 AM TY Park – Zoom meeting

Zoom link:

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

Meeting Number: #800997

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/SpiritualityContact: Jody S. (561) 212-7366

Meeting Number: #56655

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

Zoom link:

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bl15RUx6dz09

Zoom ID: 750 162 024- Password 954954

Meeting Type: OA Steps / Abstinence / Literature

Contact: Brenda (954) 609-7393

Meeting Number: #800666

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 Newcomer/Speaker – **HYBRID**

Location: 2525 Embassy Dr. Suite 10, Cooper City (Milestones in Recovery/Embassy Lakes Professional Center)

Zoom link:

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenIUUT09>

Zoom ID: 872 0435 1241 – Password 954954

Meeting Type: Newcomer/Speaker

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

Saturday

9:30 AM Good Shepherd Zoom

Zoom link:

zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNG1nVFN5QT09

Zoom ID: 669 862 116- Password 954954

Meeting Type: 90 Day Speaker (Special Interest)

Contact: Sherry S. (818) 398-4160

Meeting Number: #800526

9:30 AM (New Time) Good Shepherd– **IN PERSON**

Location: 6301 SW 18th St. Boca Raton.

Meeting Type: Topic meeting

Contact: Fred 561-716-4455

Meeting Number: #57655

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: Jules (954) 594-7985

Meeting Number: #46694

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>