



### *Step Eight:*

Made a list of all persons we had harmed, and became willing to make amends to them all.

*Principle behind Step Eight:*  
Self-Discipline

### *Tradition Eight:*

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers

*Principle behind Tradition Eight:*  
Fellowship

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**Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.**

*This newsletter is locally produced. Personal stories express the experience, strength, and hope of the individual member and not of OA as a whole.*

From your Gold Coast Intergroup Chair:

I call steps seven, eight, and nine the cleaning up steps. In step seven, I ask Gd to remove my character defects. Step eight tells me now I need to make a list of all those I had harmed with the defects.

Admitting I had hurt people with my disease was hard at first because I really thought my compulsive eating was just my problem. It did not occur to me that the compulsive behaviors that went with my eating affected others. I was the source of the havoc in my life, and to amend these behaviors, I realized I had to be able to forgive myself for what I did to myself and others. The feelings of not enough, not good enough, and not having enough were such a part of my anger, pain, and inadequacies.

In the AA Big Book on page 417 of the 4th edition, it reminds me “ Acceptance is the answer to all of my problems today....with that comes the ease of forgiving too.”

The Voices of Recovery reading for August 1st made clear that forgiveness was a key factor in my willingness to put together the list of persons I had harmed. I ended up with three lists: now, maybe, and never. As I continued to work this step, I have worked hard on forgiveness. As a result, the “maybe” list became easier to face. The “never” list became shorter. Forgiveness was the key afterall, and Step eight was the beginning of the work I did to forgive myself and others. With this I can enjoy the freedom I have from my compulsive eating and the behaviors that go with it.

In Peace and Service, *Sherry A.*, GCIG Chair

The Gold Coast IG is still looking for a Vice Chair - If you are interested in this service or any service position, please contact me at 818-398-4160 or email me at [goldcoastoa+chair@gmail.com](mailto:goldcoastoa+chair@gmail.com)

### **Next Gold Coast Intergroup Meeting:**

Please be sure to join us remotely for the next GCIG Meeting on the 4th Sunday of every month:

**Sunday, July 29th 2pm - 3pm**

Zoom Link:

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

Dial In: 1-646-558-8656 - Meeting ID: 843 7546 3048  
- Password: 954954

Check out [OABroward.org](http://OABroward.org) for updated information from the GCIG!

### **About the 7th Tradition:**

In order to continue to carry the message of recovery to compulsive overeaters in our community, Gold Coast Intergroup has set up a Venmo account so we can start collecting 7th tradition donations though this secure online channel:

@Gold-Coastintergroup on 

Or via mail:  
Gold Coast Intergroup of OA  
P.O. Box 5415  
Lighthouse Point, FL 33074

Please remember to include a note with your meeting's information



Check out the Gold Coast Intergroup's NEW Facebook page!

<https://www.facebook.com/OAGoldCoast>

Be sure to follow, share, and announce it at the meeting you attend!

## *Wisdom from our Fellows:*

### Why I Meditate

Meditation can be elusive if I have expectations about how it "should" be. If I think it will take away my problems, make me stop eating compulsively, make me feel like I have reached nirvana, then I am setting myself up for disappointment. Then why do I meditate?

Meditation is a tool, it helps me to become more aware of what thoughts and feelings flow in and out of my mind.

In recovery language, it helps me to see the character traits arise and fall when I am still and listening. It's not just noise in my head. I find it useful to notice my thoughts and then come back to an anchor.

For me, the anchor is my breath. Noticing how the breath feels in my nostrils and how my chest and belly rise and fall with the breath takes me back to just being and not doing anything. I start with the intention that there is nowhere to go and nothing to do for the 10 to 30 minutes I set aside. If I am fortunate enough for my mind to finally settle down then I will achieve relaxation and calm.

This method assists me in life. When unpleasant thoughts and feelings arise I am more likely to think of my breath so the feelings don't hijack me into a downward spiral of negativity. The breath serves as the pause we speak about.

Visualization meditation is another method that I find helpful. Listening to someone else talk can take me out of my head. Whatever method you choose, the important thing is to just do it. The results are evident when you least expect it.

~ SHELLEY F, Piedmont Intergroup





Before I'd ever heard of OA or its Principles and practices, my only desire was to lose weight. I was tired and bloated and felt ten years older than I was. God intervened and put the words "Maybe you could try Overeaters Anonymous?" upon the lips of a good friend. I went to a meeting and immediately felt at home. Everyone was sharing my story. Everyone cared. I began getting the feeling of belonging with people who were just like me.

I attended a few more meetings to make sure this was really happening, and then I found someone who said she would sponsor me on a temporary basis. (It lasted two years!) She started me off with daily phone calls, committing my food, and working Step One. My first miracle was that I began to lose weight. My second miracle: I became honestly accountable to another person, someone I trusted. And my third miracle was finding a Higher Power and believing with my whole heart that this Power knew all about me and still wanted to help me.

As I moved through Steps One to Six, the weight was dropping off. Program was showing me alternatives to running to the food and away from life during times when I felt anger or fear. As I learned new habits, I seemed to feel my feelings with more passion and stronger emotions than before. I believe this was because I was no longer stuffing them down with food. I had opened my heart and my mind to a new way of thinking and acting, and it was unlike anything I'd known before. Everything was raw. (They told me it would be raw.) I was terrified, but I continued to work because I believed my miracles were being formed as I was moving through the turmoil. I learned patience with myself and others. I learned compassion for all who were hurting. I learned to love others even if I did not like them.

My personality changed. My attitude changed. I could see more positive directions than I'd ever seen before. This is what I thought was my fourth miracle: I no longer whined at every turn about how life had wronged me. The wrongs had become opportunities for me to try something new and better. Life was teaching me. My Higher Power was teaching me.

Even with my new attitude and healthy lifestyle, suppressed feelings continued to push their way up and out. Some days it felt almost like vomiting. I would run and hide so that no one could see the ugliness I held inside. Writing was my saving grace. The more that my feelings surfaced, the more I wrote. The more I wrote, the lighter I felt. My miracles were coming together as one. I was finally letting go of the heaviness caused by years of guilt and shame. I was being cleansed. I learned to love myself enough to take out my garbage so that I could make room for love and kindness.

I am not perfect, nor will I ever be, but that does not stop me from working to keep my miracles alive. I am guided by the light of the miracles that this program shines on me every day.

— Liz B., Chicago, Illinois USA

# Upcoming Events:

**CANCELLED**

## The World Service Convention has been cancelled

Note from the Board of Trustees Chair:

We are sad to report that the Executive Committee of the Board of Trustees has voted to cancel the 2021 World Service Convention. If you have been following the status of COVID in Florida, and especially in Orlando, you know that the virus is surging there. They are at the highest possible level for community transmission, and according to the Orlando mayor, there are clear indications that it will get worse in the coming days and weeks.

We recognize that a lot of amazing work has gone into planning this Convention. It was certain to be a truly fabulous recovery boost for all, and we deeply appreciate all the volunteers have accomplished. Additionally, we accept that OA will be taking a financial hit. But the health and well-being of our staff and members is our paramount concern. It would be reckless for us to ignore the extreme danger presented had we decided otherwise.

### Refunds

All registered attendees will receive a full refund through the same payment process as submitted. Please allow two weeks for the WSO to process refunds.

For those who have booked rooms at the Renaissance Orlando at SeaWorld, the hotel will cancel all reservations and each guest will receive an email confirmation.

We will certainly miss gathering with you and OA members from near and far, but this will just make Convention 2025 even more joyous. (I'm assuming that it will be easier for our international members to join us in person by then!) I, for one, am so ready for hugs! Stay well, please. Take good care.

With you in recovery and service,

Judy H.

Chair, Board of Trustees



# SPONSORING & BEING SPONSORED

Saturday, August 21, 2021

1:00-3:00PM EDT

- Speakers
- Breakout Rooms
- Q & A

- How to be a Sponsor
- How to pick a Sponsor
- Types of Sponsorship

Spiritual  
Person  
Offering  
Necessary  
Suggestions  
On  
Recovery



Piedmont Intergroup

<https://piedmontintergroup.org>

Meeting ID: 840 5717 8092

Passcode: 053881

Our Seventh Tradition states that "Every OA group ought to be fully self-supporting, declining outside contributions."

<http://piedmontintergroup.org/7th-tradition>

Venmo: @piedmontintergroup

A VIRTUAL WORKSHOP HOSTED BY  
THE LOS ANGELES INTERGROUP

# RELAPSE:

Where do I go from here?



Join us as we hear two fellows share their experience of rediscovering the program after relapse. Bring your Big Book, pen, and notebook. Let's do some work and have some fun!

**SUNDAY AUG 22<sup>ND</sup> 2021**  
**10:30<sup>AM</sup> - 12:30<sup>PM</sup> PACIFIC TIME**

**ZOOM MEETING ID: 950 0008 6701**  
**ZOOM PASSCODE: 746023**

Email [workshops@oalaig.org](mailto:workshops@oalaig.org) or visit [oalaig.org](http://oalaig.org) for more details

**\*\*Note: The above starts at 1:30pm EDT\*\***

**2021  
TOPICS**



# Virtual Region WORKSHOP

## "2nd Sunday of the Month"

### 3 - 4:30pm

EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)  
EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)

- Jan 10 "And practice these principles in all our affairs"  
~*The spiritual principles of the steps*
- Feb 14 "Sought thru prayer and meditation"  
~*Developing a relationship and an ongoing connection with my Higher Power*
- Mar 14 "Courage to change the things I can"
- Apr 11 A Spiritual Toolkit
- May 09 "Relieve me of the bondage of self"  
~*Losing our ego and re-aligning our will*
- Jun 13 The Sponsor - Sponsee Connection
- July 11 What does it really mean to surrender?
- Aug 08 A Threefold Disease: Physical, Emotional, and Spiritual
- Sept 12 The Promises of the Program
- Oct 10 Applying the Traditions in Daily Life
- Nov 14 "To carry the message to other compulsive overeaters"
- Dec 12 Connection is the Opposite of Addiction



**891 6554 0024**

**Password: 120912**

*For more information: [oavirtualregion.org](http://oavirtualregion.org)*

*(Lisa) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) (Lee) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)*

***Suggested workshop contribution \$5***

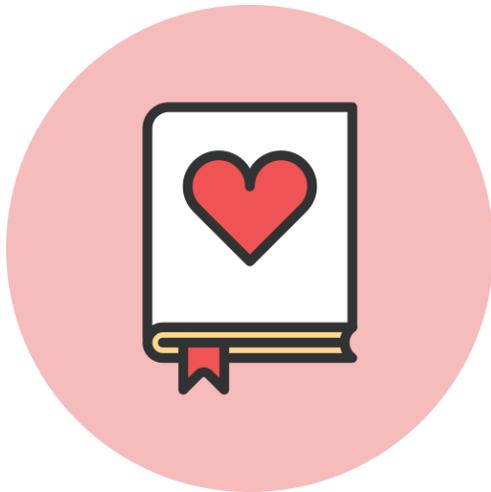


## Responsibility Pledge:

Always to extend the hand and heart of  
OA to all who share my compulsion;  
for this I am responsible.

Your digital bulletin board for  
times and locations of our local OA  
meetings. Personal info is  
kept safe and anonymous.

**meetup**  
Gold Coast  
OA Intergroup



## A Vision 4 You

Live Big Book Study - Monday - Friday:

Time: 7am - 9am ET (first 50 mins recorded)

Time: 10am - 11am ET (first 50 mins recorded)

Live Sunday Special Edition: Time: 8:30 am ET

Live Meetings Call: 712-432-5210 Conf. ID: 876148#

Meeting Archives Call: 712-432-5203 Conf ID: 876148#

Press 0# to access the most recent recording.

[www.avision4you.info](http://www.avision4you.info)

## The 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 and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
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.

Permission to use the Twelve Steps of Alcoholics Anonymous  
for adaptation granted by AA World Services, Inc.

# Gold Coast Intergroup Zoom Meeting List

All meetings have the same dial in number: **1-646-558-8656** and the same **Password: 954954**

## Monday

### **10:00 AM** St. Benedict's Episcopal Church

Zoom link:

[zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09)

Zoom ID: 750 162 024

Meeting Type: Big Book / Newcomers

Contact: Charles (954) 600-6280

### **10:30 AM** 4th Dimension

Zoom link:

[zoom.us/j/733969447?pwd=VGhJQitFY1NLK0N1aXNGS1B5cTV0dz09](https://zoom.us/j/733969447?pwd=VGhJQitFY1NLK0N1aXNGS1B5cTV0dz09)

Zoom ID: 733 969 447

Meeting Type: 12 Steps & 12 Traditions

Contact: Sheila (786) 837-3093

### **7:00 PM** Regents Park

Zoom link:

[zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVpIK3FXRzlydz09](https://zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVpIK3FXRzlydz09)

Zoom ID: 305 659 342

Meeting Type: Beginners and discussion

Contact: Bobby (561) 477 -7914

## Tuesday

### **10:00 AM** Good Shepherd

Zoom link:

[zoom.us/j/819491242?pwd=V01CYzJWSmxUT2NrSVR1elhsOTZiZz09](https://zoom.us/j/819491242?pwd=V01CYzJWSmxUT2NrSVR1elhsOTZiZz09)

Zoom ID: 819 491 242

Meeting Type: OA/AA 12&12 Step Meeting

Contact: Nancy (561) 343-5587

### **7:00 PM** Crossroads 100 lbs

Zoom link:

[zoom.us/j/516282779?pwd=cTFOUlgxaGx6aGhCd0JHcTdHbTVqdz09](https://zoom.us/j/516282779?pwd=cTFOUlgxaGx6aGhCd0JHcTdHbTVqdz09)

Zoom ID: 516 282 779

Zoom Password: 954954

Zoom Dial in: 1-646-558-8656

## Wednesday

### **10:00 AM** Science of Mind Church

Zoom link:

[zoom.us/j/654731057?pwd=QIVReUxGRHY0MGhleGxBNmRTQ0pDdz09](https://zoom.us/j/654731057?pwd=QIVReUxGRHY0MGhleGxBNmRTQ0pDdz09)

Zoom ID: 654 731 057

Meeting Type: Speaker

Contact: Sherry S. (818) 398-4160

### **10:00 AM** TY Park

[zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPcjNOZz09](https://zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPcjNOZz09)

Zoom ID: 290 923 334

Meeting Type: OA 12&12 on 1st, 3rd & 5th Wed. - Big Book of AA on 2nd & 4th Wed.

Contact: Ellie (248) 342-8822

### **6:30 PM** Prince of Peace Lutheran Church

Zoom link:

[zoom.us/j/337815181?pwd=NWhQWjg2UUdKT0ZxYW1CSElwbDV0dz09](https://zoom.us/j/337815181?pwd=NWhQWjg2UUdKT0ZxYW1CSElwbDV0dz09)

Zoom ID: 337 815 181

Meeting Type: Beginner / Literature

Contact: Mike (954) 675-7382

## Thursday

### **9:30 AM** Good Shepherd Lutheran Church

[zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3YjhSTmd5UT09](https://zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3YjhSTmd5UT09)

Zoom ID: 268 739 522

Meeting Type: 11th Step/Spirituality

Contact: Jody S. (561) 212-7366

### **10:00 AM** St. Benedict's Episcopal Church

Zoom link:

[zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09)

Zoom ID: 750 162 024

Meeting Type: OA Steps / Abstinence / Literature Study

Contact: Brenda (954) 609-7393

## Saturday

**9:30 AM** Good Shepherd Lutheran Church

[zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNG1nVFN5QT09](https://zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNG1nVFN5QT09)

Zoom ID: 669 862 116

Meeting Type: 90 Day Speaker (Special Interest)

Contact: Alan S. (561) 400-1493

**10:00 AM** A Vision for You - Plantation

[zoom.us/j/194605389?pwd=c0lDdnprbFVfdStPUmVjd1RwK0pOQT09](https://zoom.us/j/194605389?pwd=c0lDdnprbFVfdStPUmVjd1RwK0pOQT09)

Zoom ID: 194 605 389

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

Contact: Nancy (954) 600-9513

**10:30 AM** Saturday Hybrid Meeting #89469

<https://us02web.zoom.us/j/474548263?pwd=Z1Y2WUfVWFM1NTVIMXRmeDVINmx3QT09>

Zoom ID: 474 548 263

Meeting Type: Big Book / Discussion

This meeting also meets in person at the:

Sober Today Club

1633 S. 21st Ave, Hollywood

Contact: Vanessa L. (954-934-5231)

## Sunday

**12:15 PM** Pride Center

[zoom.us/j/150175349?pwd=bFIFU28rWG9lRGxIRGVPVHhEWFZCQT09](https://zoom.us/j/150175349?pwd=bFIFU28rWG9lRGxIRGVPVHhEWFZCQT09)

Zoom ID: 150 175 349

Meeting Type: Newcomer / Speaker

Meeting Number: #46694

**6:00 PM** Christ Church Pompano

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlIU09>

Zoom ID: 872 0435 1241

Meeting Type: Literature: For Today/Voices of Recovery

Meeting Number: 51690

Contact: Roz (516) 851-0677

## Next Gold Coast Intergroup Meeting:

Please be sure to join us remotely for  
the next GCIG Meeting  
on the 4th Sunday of every month

2pm-3pm

Zoom Link:

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

Dial In: 1-646-558-8656

Meeting ID: 843 7546 3048

Password: 954954

