



Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

“We’re not doing step Nine to make other people feel better or like us better, we’re doing it for ourselves, so that we can recover from compulsive eating.”

- [Twelve Steps and Twelve Traditions](#) of Overeaters Anonymous , pg 69

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

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

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Gold Coast Intergroup of Overeaters Anonymous

Mailing address (including donations) is P. O. Box 5415 Lighthouse Point, FL 33074. For Seventh Tradition checks, please include your group's meeting day, time, and number. Intergroup meets the 4th Saturday of each month at 10:00 AM at Community Presbyterian Church | 4433 Bougainvillea Dr., Lauderdale-by-the-Sea, FL 33308

Your Gold Coast Intergroup Trusted Servants

Chairperson, Tessa	305-962-5989	goldcoastoa+chair@gmail.com
Vice Chair, Sande K	954-610-6205	goldcoastoa+vchair@gmail.com
Treasurer, Mike S	954-675-7382	goldcoastoa+treas@gmail.com
Corresponding Secretary, Louis	954-496-3278	goldcoastoa+csec@gmail.com
Recording Secretary	OPEN	OPEN
Parliamentarian, Booky	561-573-4372	odatbook@yahoo.com
12th Step Within	OPEN	OPEN
Public Information/Professional Outreach, Richelle	954-326-8069	goldcoastoa+pipo@gmail.com
OA Literature	OPEN	OPEN
Ways and Means, Lila	954-593-6621	goldcoastoa+treas@gmail.com
Website Liaison	OPEN	OPEN
Unity Editor, Lara	786-444-5432	goldcoastoa+unity@gmail.com
Announcements/Updates to Unity & Website		goldcoastoa+announce@gmail.com

From Your Chair

“We are all together now, reaching out our hands for power and strength greater than ours,…”

This is my favorite part of the OA promise. It reminds me that I am not alone, and that when I trust my Higher Power and the recovery journey, I can connect to something greater than my fragile self. I can connect to something stronger and more infinitely capable of managing my eating disorder and body dysmorphia. This is the thought that occurred to me as we sat down recently for the next installment in the 12 Step Workshop. “We are all together now.” What a wonderful reminder that I am not alone and the power of the fellowship.

That led me to another thought, and the image of the Overeater's Anonymous Book, Third Edition, which was the last piece of literature I had sold, just a few minutes before sitting down to begin our step work. The cover of this beloved Brown Book shows woven grass. There are two parts of weaving, the Warp and the Weft. The warp is set in place before weaving begins, it must be strong and be able to hold under high tension during the weaving process, much like our steps and traditions. The weft, while typically not as durable, creates beautiful patterns as it passes through the warp, much like our journey as we work the steps and carry the message of experience, strength, and hope. Together the warp and weft are stronger than they are on their own, just like me, and just like you.

Yours Truly,
Tessa Q

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Before coming to OA, I tried numerous other diet and exercise programs, pills, and methods, but none of them relieved the phenomenon of craving or the insane practices I had around food. That is because none of them addressed the core of my illness – fear. Food was my safety, my security blanket, my comfort. A lyric song from one of my favorite bands is:

“I wrapped my fear around my like a blanket. I sailed my ship of safety till I sank it, now I’m crawling on your shore.”

Before OA my fear kept me keeping one foot on the shore while trying to swim, but I inevitably wound up back where I started over and over. In OA, I have learned that as long as I am holding on to that fear, I will continue to revert to eating compulsively. By surrendering my fear to my higher power, having hope and faith that I can be relieved of the compulsion and by taking the actions of the 12 steps of recovery, I am finding the freedom I always sought before OA. This is the action and work that heals us. –N



Sat Nov 23, 2019 - Community Presbyterian Church, Lauderdale By The Sea

- Annual Gratitude Luncheon
- More details soon!

Oct 11-13, 2019-Memphis, TN

- River City Recovery
- Theme: Traveling the Bayou from Relapse to Recovery
- Contact:
 - Aleta P ahp42@att.net 225-937-0566 or
 - Katrina S kssoar8@gmail.com 225-715-4988

<http://www.oanfig.org/wp-content/uploads/2019/04/2019-NFI-Convention-Flyer-032319.pdf>

Mar 19-22, 2020 Crowne Plaza Hotel – Baton Rouge, LA

- SOAR 8 Recovery Convention & Business Assembly
- Theme: Traveling the Bayou from Relapse to Recovery
- Contact:
 - Aleta P ahp42@att.net 225-937-0566 or
 - Katrina S kssoar8@gmail.com 225-715-4988

August 20-22, 2020 Renaissance Orlando at Sea World

- OA World Service Convention - Orlando
- Theme: Sunshine of the Spirit: 60 Years Around the Sun!

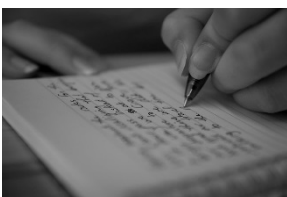
Our Members Talk About the Tools

We use these tools on a regular basis, to help us achieve and maintain abstinence and recover from our disease.

<https://oa.org/newcomers/how-do-i-start/program-basics/tools-of-recovery/>



A Plan of Eating	<i>It's new for me to think of it as a plan of eating instead of a diet.</i>
Sponsorship	<i>Member 1: Sometimes my sponsor tells me things that I don't want to hear but need to. Member 2: The thought of being a sponsor made me worry. Now I get it.</i>
Meetings	<i>I'm with my people.</i>
Telephone	<i>Yea, it's like the phone weighs 1000 pounds, but a feather after a call.</i>
Writing	<i>My sponsor tells me to write so I do it. We are working the steps this way.</i>
Literature	<i>The new OA 12 & 12 has the spiritual principles in it!</i>
Action Plan	<i>Member 1: I have a really hard time following an action plan, so I keep it simple. Member 2: Committing my action plan to sponsor each day keeps me connected and accountable. She also tells me when I am working TOO hard.</i>
Anonymity	<i>I don't gossip like I used to.</i>
Service	<i>Member 1: Service took some getting used to. I wasn't sure I was leading the meeting right but everyone was so patient that I did it the whole month. Member 2: It's good for me because I can do as little or as much as I have time for.</i>

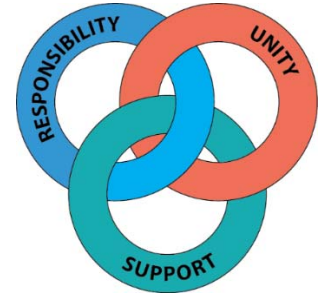


Jumpstart Your Journaling

Step 9 Reflection Question: What does direct amends mean to you and how does that apply to getting, and keeping, your side of the street clean?

Seeking Out Service

Any form of service that helps a reach fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature, and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative, or Conference delegate. <https://oa.org/groupsservice-bodies/service-bodies/>



What does intergroup do? “An intergroup shall be a duly registered service body. A land-based intergroup is composed primarily of groups within its region, or groups within its geographical proximity. A virtual intergroup is composed primarily of virtual groups. (Refer to OA Inc., Bylaws, Subpart B, Article VI, Sections 1 and 2a).”

Gold Coast Intergroup located in Broward County:

- o holds monthly meetings made up of representatives from registered meetings
- o consolidates donations from registered meetings
- o proposes budget at Dec meeting for the following year
- o sends delegates for the annual state convention while being fiscally responsible
- o contacts groups to encourage Intergroup participation
- o purchases OA-approved literature and makes it available (no shipping fees!)
- o compiles and prepares the newsletter for publication
- o performs Public Information Professional Outreach efforts (aka PIPO)
- o maintains a current, updated list of all member groups
- o coordinates Intergroup events; contacts relapsed members
- o takes meetings to shut-ins or people who cannot attend
- o organizes meetings for underrepresented people
- o initiates and coordinates fund raising activities
- o runs and maintains www.oabroward.org

Interested in performing service at the Intergroup level? Contact Tessa at goldcoastoa+chair@gmail.com

**I AM NOT DEFINED
BY MY RELAPSES,
BUT BY MY
DECISION TO
REMAIN IN
RECOVERY
DESPITE THEM**

Sometimes I look at all the people around me who seem to be getting the program and I keep relapsing. But I know that if I keep coming back that the miracle will happen. The people who have gone before me live their lives in recovery and have long-term abstinence. They are an illustration for of how good it can be. While I know this, it is so hard to say no to my disease. One reason I still go to meetings is that I feel hopeful in that I have help and that makes me feel better. It still doesn't make this easy. Nothing makes this easy, but I can make better decisions when I rely on my Higher Power who I choose to call God. If I pray to have God remove the obsession, it is lifted. But I must remember and practice praying. I'm learning to trust myself again, feeling more serene each day. I have "stubborn hope." I keep coming back, showing up and trying to do the next right thing



Around-the-Clock Hotline: Call Before You Take That First Bite!

1am-3am	Keisha	754-224-8835
3am-5am	Darlene	954-299-8038
5am-7am	Donna	954-295-8271
7am-8am	Joyce	954-684-8152
9am-1pm	Andi	954-295-1123
1pm-3pm	Dorothy	954-429-3576
3pm-5pm	Paul	954-593-3881
5pm-7pm	Terri	954-551-7827
7pm-9pm	Lois	954-604-8490
9pm-11pm	Mort	954-815-2058
11pm-1am	Marcia	954-790-8912
Spanish Calls	Fela	305-527-1942



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Speakers Bureau

These OA members are willing to give service by sharing their experience, strength and hope at your meetings. Please confirm their availability to speak and be sure they meet your group's speaker qualifications if applicable. If you would like to join the list please let us know and we will gladly add your name.

Andi S. 954-295-1123

Bill Z. 508-294-5136

Booky 561-573-4372

Dolores 561-265-5668

Fela 305-527-1942

Flo M. 954-870-7233

Heather 954-806-7766

Joyce M. 954-684-8152

Kevin 786-566-8112

Lonna 305-338-0423

Louis 954-496-3278

Martha 954-971-3932

Maureen H. 954-600-1483

Mike 954-270-9169

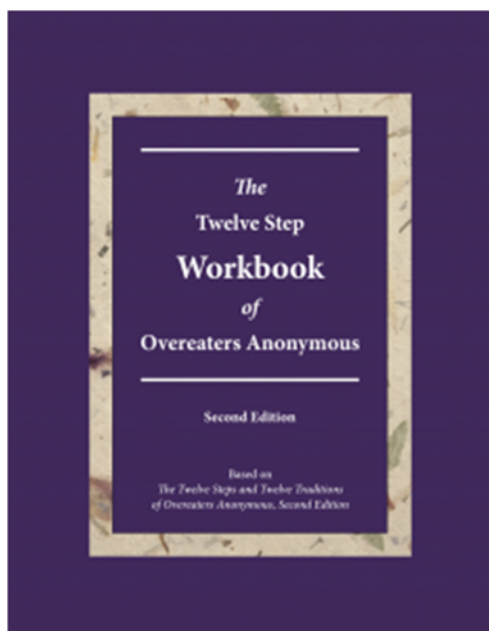
Mort B. 954-969-9516

Patty G. 561-927-0542

Ted S. 954-921-8370

A Little On Literature

<https://oa.org/whats-new/>



The new *Twelve Step Workbook, Second Edition* is now available. Composed of questions based on OA's keystone book—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*—this new *Workbook* has updated references, including page number references, to the new OA *Twelve and Twelve, Second Edition*. PLUS: The full list of questions found in the Step Four chapter of the new OA *Twelve and Twelve* are presented in the new *Workbook*—all in a single, comprehensive *Workbook*. Find the new *Twelve Step Workbook, Second Edition* (#992) in the OA bookstore. Also available from the OA bookstore as a downloadable, interactive [PDF e-Workbook](#).

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Summer 2019 Broward/South Palm Beach Overeaters Anonymous Meetings

Going to a meeting for the first time? Please call to be sure the time and location are up-to-date.

City/Time	Meeting Type	Location	Contact	MTG #
SUNDAY				
Wilton Manors 12:15 pm	Newcomer/Speaker	Pride Center , 2040 N Dixie Hwy First building on left	Darlene 954-299-8038	#46694
Pompano Beach 6:00 pm	Voices of Recovery/ For Today	Christ Church , 210 NE 3rd St Classroom 6 across from playground on 3 rd Ave	Betty 517-303-2465	#51690
MONDAY				
Plantation 10:00 am	Big Book/ Newcomers Welcome	St. Benedict's Episcopal Church 7801 NW 5th Street	Charles 954-563-3453	#21830
Hollywood 10:30 am	12 Steps & 12 Traditions	4th Dimension , 4425 Hollywood Blvd (N. side of Hollywood) Blvd between I-95 and Turnpike	Sheila 786-837-3093	#51180
Pompano Beach 3:00 pm	Literature	Whole Foods -2411 N Federal Hwy Community Room (inside the store all the way to the left)	Joyce 954-684-8152	#56038
Hollywood 7:00 pm (Spanish speaking)	Paso a Paso (Step by Step)	Rebel's Drop-In Center /Behavioral Health Outpatient building of Memorial Regional Hospital, 3400 N. 29 th Ave	Doris 305-332-5832	#56526
Boca Raton 7:00 pm	Beginners/ Discussion	Regents Park Nursing Home 6363 Verde Trail	Bobbie 561-477-7914	#27229
Plantation 7:30 pm	Came to Believe Beginner's Meeting	St. Benedict's Episcopal Church 7801 NW 5th St, St Marks Room	Heather 954-621-7822	#56171
TUESDAY				
Boca Raton 10:00 am	OA/AA 12 &12 Step Meeting	Good Shepherd Lutheran Church 6301 SW 18th Street	Nancy 561-343-5587	#02797
Hollywood 6:30 pm	OA Steps & Traditions Study	Rebel's Drop-In Center /Behavioral Health Outpatient building of Memorial Regional Hospital, 3400 N. 29 th Ave	Susan 954-593-4232	#00304
Boca Raton 6:00 pm	Big Book: Vision 4 You	Stratford Court of Boca Raton 6343 Via De Sonrisa Del Sur (Park in Team Parking /Guest)	Richelle 954-326-8069	#09095
WEDNESDAY				
Hollywood 10:00 am	OA 12&12/Big Book Every other week	Oasis at TY Park , Park entrance at Atlanta Street Off N. Park Rd. Keep right/follow sign to the Pavilion 2	Ellie 248-342-8822	#27545
Boca Raton 10:00 am	Speaker	Science of Mind Church 2 SW 12 th Ave	Karen 561-706-1743	#30002
Margate 6:30 pm	Beginner/Literature	Prince of Peace Lutheran Church 6012 NW 9 Court	Lois 954-604-8490	#00880
Cooper City 6:45 pm	Big Book Study, Occasional Speaker	Milestones in Recovery 2525 Embassy Dr., Suite 10	Leigh 954-682-2653	#50467
THURSDAY				
Pembroke Pines 10 am	OA Literature	Pines Baptist Church (in rear trailer) 800 NW 102 Ave (Palm & Johnson)	Jeanette 954-430-0928	#31812
Plantation 10:00 am	OA Steps/ Abstinence/Literature	St. Benedict's Episcopal Church 7801 NW 5th St.	Brenda 954-609-7393	#40172
Boca Raton 9:30 am	11 th Step/ Spirituality	Good Shepherd Lutheran Church 6301 SW 18th Street	Karen 561-706-1743	#56655
Boca Raton 1:00 pm	Big Book Study	Patch Reef Park Community Center 2000 W. Yamato Rd.	Marcella 561-451-8758	#53679
Boca Raton 7:00 pm	Literature	Our Lady of Lourdes 22094 Lyons Rd., Room 201	Ron 561-483-0500	#00903
Hollywood 7:00 pm	Speaker/Discussion	Sober Today Club 1633 S 21st Ave	Andrea 786-210-7977 Jessica 954-806-4206	#54106
FRIDAY				
Margate 6:30 pm	Big Book	Prince of Peace Lutheran Church 6012 NW 9 Court	Mort 954-815-2058 Mike 954-675-7382	#52805
SATURDAY				
Boca Raton 9:30 am	90 Day Speaker (Special Interest)	Good Shepherd Lutheran Church 6301 SW 18th Street	Phyllis 561-994-8664	#39822
Coral Springs 10:00 am	Big Book/Discussion	Broward Health Coral Springs 3000 Coral Hills Dr. Classroom A/B/C	Sue 754-307-5678	#48428
Plantation 10:00 am	Big Book: Vision for You	St. Benedict's Episcopal Church 7801 NW 5th Street	Nancy 954-600-9513	#41217
Hollywood 10:30 am	Big Book/Discussion	Sober Today Club 1633 S 21st Ave	Sherri 954-612-1250 Drew 954-612-1251	#20653