



Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Step 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.

Step 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.

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:

Fall officially started this year on September 21st. The reading and the questions from the Fort Today reading that day reminded me of this simple fact: In Fall, the trees lose their leaves in preparation for new growth in Spring. Letting go of the old allows new branches, flowers, and leaves to bloom healthy and beautiful.

For Today September 21st

“What fears and defenses arise that prevent me from expressing my authentic self”?

Like a bush with dead branches that need to be cut away, so do old behaviors, values, and habits need to be pruned so I can grow new branches of recovery. What served me as my coping tools are now replaced with the nine tools I have in my OA toolbox.

These tools help me face my fears and let down my walls that no longer serve to protect me. Hiding behind my masks keeps me from being honest: not only with myself, but with my HP and sponsor.

I don't always feel trusting enough to show everyone my authentic self. This requires vulnerability and to step outside of my comfort zone. However in the reading, I am reminded that if I want growth, acceptance, and love then those fears can be faced as I work Steps 4-10. I uncover, discover, and discard the heavy dead branches that have weighed me down and stunted my growth.

I thank my HP for giving me a new life where I can grow stronger one day at a time.

In Peace and Service, Sherry A., GCIG Chair

Note from the Unity Editor:

Going forward, the GCIG has decided to publish our beloved *Unity* quarterly, instead of monthly. Please continue to visit OABroward.org for the most up to date meeting and event information.

In humble service, Maureen H., GCIG Unity Editor

Next Gold Coast Intergroup Meeting:

Please be sure to join us remotely for the next GCIG Meeting on the 4th Sunday of every month at 2pm.

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 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 through 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:

I am a grateful compulsive overeater, abstinent since I walked through the doors of OA fourteen years ago. Thank you, God!

I am maintaining a 33–35 pound (15–16 kg) weight loss, one day at a time. I have greater emotional and spiritual fitness than when I came. I live a life that is happy, joyous, and free; it's a miracle I'm not obsessing about what to eat or about my sleeves being too tight around my upper arms (although they aren't anymore). It's a miracle I have conscious contact with a Power greater than myself, and I pray every day in thanksgiving.

OA literature reminds me that as the holidays approach, I need to return to basics and do what I did to stay abstinent during my first holiday season. What worked for me then will work for me now: using the Tools.

My food plan has changed throughout the years, and will continue to change as I age and my nutritional needs change, but I've always had a food plan.

I must always go to meetings and read literature, just as I did when I first started. As my emotional and spiritual needs change, I choose Step or Big Book meetings. As my responsibility to carry the message of OA becomes evident, I choose to attend Traditions meetings. Sometimes I need to hear the experience, strength, and hope shared in speaker/qualifying meetings too.

Members at meetings said that during the week leading up to Thanksgiving, they made more phone calls; some even called people on the day itself, and those people were glad to hear from them. I've tried it, and it's true. People are glad to be remembered and glad to be reminded we're in a Fellowship that helps us get through everything abstinently. I'm going to do it again this year. It will be the message I carry when I call a newcomer, my sponsees and sponsor, and at least one person I haven't seen in a while.

At my first meetings, members told me that because holidays are few, we don't get as much practice at being abstinent on them as we do every other day. People shared their imperfections and how, through their Higher Power, they found the willingness to continue their recoveries instead of going back out there to eat. They told me that OA is the only place they continue to recover from their mental obsession. *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* says, "Another power, stronger than ourselves, had to be found to relieve us of it, if we were to stop eating compulsively and stay stopped" (p. 3). I learn best when I see something demonstrated. The people at my first meetings showed me the only way to continue to recover was by "passing it along," and they did, one day at a time.

Is this not an awesome program? To think that I can continue to learn, grow, and recover by just showing up. I wish you all the willingness to show up this holiday season.

— Lisa D., Salem, New Hampshire USA



The Difference that Satisfies

Sometimes it's quite hard to see the difference between a plan of eating, which says what I'm going to eat and in what quantity, and a diet, which also says what I'm going to eat and in what quantity. For me, the difference is about purpose and how I feel about it.

In the old days, the diets I went on required hyper-vigilance and strict control—by me. Diets seemed to require constant willpower; I got tired of all that effort and found myself thinking about food all the time. I'd think about the food I wasn't eating and start to lust after it. For me, binges always started with a thought. Then it was a small step from feeling tired, grouchy, and hungry, to succumbing. I'd really go for it and binge on everything.

Here's the difference: Now, my plan of eating is designed to give me everything I need in order to satisfy my body with optimal nutrition, so it's naturally abundant and sufficient. There is no lack in a food plan, only boundaries that I need for my peace of mind. Because my plan of eating contains everything my body needs, it has satisfying quantities and balance, so my body responds by not craving particular foods. I do get naturally hungry just before mealtimes, but this is a good feeling and helps me enjoy my meal more. Over time, I've found that I prefer to eat the food on my plan of eating instead of alternatives, such as corporate-catered lunches, which are often really unbalanced.

Between meals, my mind is free from food thoughts, and I can get on with living my life to the fullest. I've developed a trust that the next meal will arrive and satisfy me. I love the routine of that, and it appeals to my inner child, who feels looked after.

Best of all, there's a sense that my HP is with me at every meal. I've taken to thanking him for the food and my abstinence before I eat. I also like to maintain conscious contact with every bite of the food, really tasting and enjoying it, as part of this thanksgiving.

— *Anonymous, New Zealand*

Twelfth Step Within Day : 12/12/21

Every December 12, OA groups and service boards around the world are encouraged to plan events for Twelfth Step Within Day, a day to support the still-suffering compulsive eater within our Fellowship.

If you or a group would like to get started with something simple, here are a few ideas to make it happen:

- Make outreach calls. How about twelve calls by noon?
- Write down twelve actions that will support your recovery and the recovery of others and then share the list.
- Offer to drive someone to a meeting.
- Reach out to twelve members who no longer attend meetings.
- Write an article for your service body's newsletter.
- Call someone whose share caused you concern.
- Call any sponsee who is struggling with the physical, emotional, or spiritual part of recovery.

What support and encouragement can you offer a member who is struggling in program? On December 12, reach out! Offer your honesty and support.



~ Presented by ~
 **OVEREATERS
ANONYMOUS**[®]
Miami-Dade and The Keys Intergroup



Annual Thanksgiving Day Meeting



"Day of Gratitude"

Thursday, November 25, 2021

10:00 - 11:30 a.m. EST

Join Zoom Meeting:

<https://us02web.zoom.us/j/88422545517?pwd=aUcrNWM0VnE4MGJqYWpCQTBPQ2VLdz09>

Meeting ID: 884 2254 5517

Passcode: 305305

Dial in: +1 646 558 8656

 **Got Questions?** 

Contact Susanna at (305) 807-4386

Zoom Link: <https://us02web.zoom.us/j/88422545517?pwd=aUcrNWM0VnE4MGJqYWpCQTBPQ2VLdz09>



**OVEREATERS
ANONYMOUS®**

PALM BEACH COUNTY
INTERGROUP PRESENTS

12th Annual Spiritual Retreat

Together We Can

Sign up
by Friday
12/3



1st come
1st served

Come join us on Zoom at your house
For our 2nd virtual, intimate, serene,
spiritual getaway.

Two Ways to Pay

- Pay \$25 by check made out to "**Palm Beach County Intergroup**" and specify in the memo that it is for the retreat.

Send to:

Nancy Nelson
1141 Bimini Lane
Riviera Beach, Florida 33404

- Or pay \$25 through the Venmo App:
At treasurer@oapalmbeachfl.org
Include in the memo your name, phone number and specify it is for the retreat.

To volunteer call
Marcia Levine.
917-693-4729

For questions about
registration, call Georgeann at
561-762-8021 Email this
registration form to
clarke_s@bellsouth.net
Or mail to:
Georgeann Clarke
129 Lexington Drive
Royal Palm Beach Fl. 33411

For more information, please visit OAPalmBeachFL.org

**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

(Lisa) workshop@oavirtualregion.org (Lee) 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

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

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=VGhJQitFY1NLKON1aXNGS1B5cTV0dz09

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=ckR1bVhRaHFzSIFVbVpK3FXRzlydz09

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

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

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

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

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 & Leon (305) 302-1377

6:30 PM Prince of Peace Lutheran Church

Zoom link:

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

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

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

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=c0lDdnprbFVfFdStPUmVjd1RwK0pOQT09

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=Z1Y2WUfVwFWM1NTVIMXRmeDVINmx3QT09>

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

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 at 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

