



### *Step One:*

We admitted we were powerless  
over food—that our lives had  
become unmanageable

*Principle behind Step One:*  
Honesty

### *Tradition One:*

Our common welfare should come  
first; personal recovery depends  
upon OA unity.

*Principle behind Tradition One:*  
Unity

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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:

*Step One: Admitted we were powerless over food and our lives have become unmanageable.*

How many of us have promised ourselves we were going to start our new diet on January 1st only to have failed by January 2nd? It's the same promise I seemed to make every Monday only to be broken by every Friday (if I was lucky enough to make it a week!). My life and food were out of control and I became willing to try something new.

In October 2018, I realized that I was powerless. I was definitely not able to stick to any food plan on my own and my personal life was so out of control, all I wanted to do was hide, isolate, and, of course, binge. I had past experience with another 12-Step food recovery program, and in December of 2018, HP helped me find the rooms of Overeaters Anonymous by searching for "12 Steps for eating disorders" in the internet search engine. On New Year's Eve - December 31, 2018 - I promised myself I was going back to the rooms of recovery. Unlike all of the other New Year's diet resolutions I made, I actually went through with that promise. That night I was on my knees and Step One was my reality.

Now two years later, I am ready to give back to OA what HP has so graciously given to me by accepting the position of Intergroup chair. I am only able to do this service because instead of swearing to start my diet New Year's Day, I admit that I am powerless over food and my life is unmanageable when I am eating compulsively and acting out with my compulsive food behaviors. This simple admission brings me to using all of the 12 Steps, 12 Traditions, and 12 Concepts of Service daily.

As the incoming Intergroup chair, I do not know what lies in store for me. However, I do know that I have an HP and an OA fellowship that I can turn to for help. And I know that in giving service to the fellowship and those who still suffer, we can all do together do what we could never do alone.

Wishing everyone a very Happy New Year blessed with gratitude and peace!

*Sherry A.*, GCIG Chair

**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, January 24th 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 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 about your meeting's information

## Wisdom from our Fellows:

I have been a member of OA since October 2009. I knew I could not pursue a graduate degree while compulsively overeating. Food ran my life; I had to plan everything around it. I walked through the OA doors looking for relief from the pain of compulsive overeating. My HP paired me with a sponsor right away. My sponsor asked if I could email her my food for the day. I was resistant. Food is a private matter! I was afraid to write down my food because it made me feel accountable to someone besides myself.

However, I was also willing to try anything to recover. By submitting my plan of eating to my sponsor, I became more honest with myself. I slowly became honest about other aspects of my life as well, such as my feelings, relationships, and past.

I realized being honest is the foundation of my recovery. It can be frightening, but the more I can face and sit through with the truth, the freer I am from it. I never have to face the truth alone. My Higher Power, sponsor, and OA fellows are here to support my recovery!

— E.M. Chicago, Illinois USA

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I first came to Overeaters Anonymous in August 2011. I had recently returned from an overseas internship and moved to a new city, where I hardly knew a soul. I decided to try OA after a close friend recommended it. She said it helped her face her lifelong struggle with bulimia when nothing else worked.

As a food restrictor and over-exerciser, I didn't know how I would fit in with a group called Overeaters Anonymous. However, I had just enough humility to accept that if another "skinny" person thought it was valuable, then it might be worth trying (and I was hoping it would prove to be a diet-and-calories club that would help me maintain an unnaturally low body weight).

Two things surprised me at my first OA meeting: first, how deeply I related to the sentiments shared by others, and second, the fierce honesty of the sharing. It seemed that nothing was too shameful to talk about, and for the first time in my life I felt like I truly belonged. It didn't matter that I was underweight and others were normal or overweight. We all struggled with the same food obsession, and we all recognized a deep discomfort with our feelings. As one member said, "I'm an addict! I've never had a feeling I couldn't eat over!"

I quickly learned in the Fellowship to challenge my assumptions about other members based on their appearances. One man, a recovering binge eater, weighed over 300 pounds (136 kg) but had one of the strongest programs I have seen. He eventually became one of my Tenth Step heroes and was an absolute lifeline when I struggled. I was often struck by how OA gave me the privilege of meeting people I would never have met otherwise and the opportunity to know them in an intimate and very real way.

They say that the Twelve Steps really help us grow up. Since committing myself to recovery, I feel like I've gone from living in a hole to walking through a lush forest. When I lived in the hole, every day was the same. My life was small, safe, and very dark. Now I spend my days seeking to connect with myself, my God, and other people. I'm just beginning to discover who I am and what I like, and it is very exciting. My relationships have improved two hundred percent as I slowly learn to challenge faulty thinking.

I've put on 10–15 pounds (5–7 kg) since joining the group and am now at a normal weight for my height. I don't weigh myself, and I'm working on accepting that my weight is none of my business. For today, I am abstinent from food restriction and over-exercising, and I'm very grateful for that.

— K., Canada

### Using the Tools: Writing

GCIG is encouraging our fellows to take up a writing prompt each month to practice the tool of Writing. Please write on the below topic and share it with another compulsive eater so you both can grow your recovery.

*Do I have a devastating disease that leads to return to food for comfort?  
If so, how much pain does this cause me? How could my disease kill me?*

## An Atheist's Prayer

Higher Power, build with me and do with me as this program requires.  
Relieve me of the bondage of self.  
Let victory over my difficulties bear witness to the love and power of this program.  
Let me follow its way of life always. Direct my thinking.  
Eliminate my self-pity and dishonesty with myself.  
Confine my self-seeking to positive directions.  
Keep my mind open and my mouth shut.  
Through the day, help me know what to do.  
When I don't know, give me the patience to wait for inspiration.  
Give me whatever I need to do the next right thing.  
Keep me free from self-will.  
Grant me the serenity to accept what I cannot change,  
the courage to change what I can,  
and the wisdom to know the difference.  
When it hits the fan, let me stop to think instead of reacting.  
Let me work my way to a sensible conclusion.  
Let me not act on any decision until I have peace of mind about it.  
Remind me I'm no longer running the show.  
Let me do my part and let go of the result.  
Let me remember to ask myself what Step I'm on.  
Keep me abstinent, sober, and out of other people's business.  
Let me keep changing, keep growing,  
keep working toward being a better person, and keep improving my life.  
Let me always be grateful for all that life has given me.

— Alan P., Minnesota USA



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On May 28, 2017, I attended my first OA meeting. The courage to attend arose when I discovered the pamphlet *Maintaining a Healthy Weight*. I finally admitted I did not like my body or my weight. I realized I could not manage my weight by myself. Most importantly, I realized and admitted that not liking myself made me have nasty, weird thoughts about myself and my relationships with other people. I needed to ask for help both from a group and from a Power greater than my self-determination and ego.

I started reading about Step One even before I asked a woman to be my sponsor. The more I read, the more I realized I needed to honestly examine why I ate the way I did despite knowing the harmful consequences. The “why” would lead me to know my powerlessness and unmanageability. Working Step One, by reading, writing, talking with my sponsor, and asking my Higher Power to stay close to me, helped me uncover a long list of unhealthy, false beliefs and denial about my compulsive eating.

Becoming aware of these unhealthy beliefs, however, did not change my actions, even though I was now even more uncomfortable with myself. Feelings of shame and guilt and the nasty, jealous thoughts about others continued. Still, as I grew in awareness, I felt only support and understanding from my sponsor and other members of my OA group. Step One, I found, was not an exercise in self punishment. Step One was opening my eyes to acceptance. As *Voices of Recovery* states, “I don’t have to beat myself up for being a compulsive overeater any more. I also don’t have to waste time trying to ‘fix’ myself in ways that don’t work” (p. 71) and “What a relief to discover that it wasn’t just a matter of willpower!” (p. 84). I felt the relief. In fact, relief, hope, and freedom started for me in Step One. Hope was tangible in the faces and sharing of my sponsor and others at meetings, and I was not alone. Freedom rose from trusting that a Power greater than me would do what I couldn’t do for myself.

Before I could surrender to the program, I needed to experience my powerlessness. I needed to own all the ways my life had become unmanageable because of compulsive overeating. Step One allowed me to write my own OA prayer and write and rewrite my own plan of eating. I shared both with my sponsor as I worked the First Step. I continue to use the Tools. My first action plan was “Ways I take care of myself that do not involve food.” I am a newcomer, already feeling welcome and accepted in OA. I am so grateful for phone calls from members who barely knew me, for my willing sponsor, for our literature, for the Step One podcast on oa.org, and for all OA members who have kept this program healthy and growing. I will return the gift I have been so generously given.

— Mary Beth S.

# Upcoming Events:

You're invited to an Overeaters Anonymous Public Information Zoom Event, an event designed to offer information about OA to Newcomers, Medical and Psychological Professionals, Clergy and Media.

You're asked to:

- Attend the event. If you choose to share and identify as a member, be sure your video is turned off and you have renamed yourself to eliminate your last name, or you're wearing a face mask and sunglasses or baseball hat, some method of hiding your face and last name.
- There are two flyers attached here and on OAMIAMI.Org. Use the attached flyers to invite any professionals (doctors, nurses, therapists, clergy) or media persons you know or can reach.
- Reach out and invite professionals and media in your area. Send regularly repeated invitations leading up to the event date, Jan. 8th 2021.
- Invite newcomers, family, friends, anyone you think might benefit from information on OA or might pass the message along.

Meeting Info:

**Friday, Jan 8th**  
**1:30 PM-3:00 PM EST**

Zoom Meeting ID: 878 9297 2209  
Meeting Password: OAInfo



For info, please contact Gary at (305) 510-5150

<https://oamiami.org/events/2021/01/Public-Info-Media.pdf>

<https://oamiami.org/events/2021/01/Public-Info-Professionals.pdf>

Please join us for "A New Day In Recovery"  
An Interactive Workshop presented by the  
Twelfth-Step-Within Committee of Region 8

## What: "A New Day In Recovery"

An Interactive Workshop on Steps 1 through 3

When: Sunday - January 17, 2021

Time: 2 pm to 4:30 pm (EST)

Where: Zoom

Meeting ID: 868 2187 1530

Passcode: 121212

Join Zoom Meeting

<https://us02web.zoom.us/j/86821871530?pwd=K2pna3l1NWJYd09KY05keXAxZXlwZz09>

### Featuring:

- Speakers on Steps 1, 2 and 3
  - Time for writing
  - Time for sharing
- A gentle stretching break

Please have paper and pen available and  
wear comfortable clothing.

If you have any questions please email:

[sugarfreeplace@gmail.com](mailto:sugarfreeplace@gmail.com) or [guildman54@gmail.com](mailto:guildman54@gmail.com)



Click here: <https://us02web.zoom.us/j/86821871530?pwd=K2pna3l1NWJYd09KY05keXAxZXlwZz09>

**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

Until further notice, the Gold Coast Intergroup is not encouraging members to attend our local face-to-face meetings at their physical locations. Please find the below 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=MEhrS2U2ajVzd2pvRkt6blI5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6blI5RUx6dz09)

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

**6:45 PM** Paso-A-Paso

[zoom.us/j/214340328?pwd=dGxHQ3A0L3ZZcmJkeHNPVlhVWVUUT09](https://zoom.us/j/214340328?pwd=dGxHQ3A0L3ZZcmJkeHNPVlhVWVUUT09)

Zoom ID: 214 340 328

Meeting Type: Spanish language meeting: Paso a Paso [Step by Step]

Contact: Doris (305) 332-5832

**7:00 PM** Regents Park

Zoom link:

[zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVplK3FXRzlydz09](https://zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVplK3FXRzlydz09)

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

## Tuesday (cont.)

**6:30 PM** Rebels' Drop-In Center

**>> Zoom Meeting on Hiatus Until Further Notice <<**

Meeting Type: OA Steps & Traditions Study

Contact: Susan (954) 593-4232

**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: Karen (561) 706-1743

**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: Lois (954) 604-8490

## 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: Karen (561) 706-1743

**10:00 AM** St. Benedict's Episcopal Church  
Zoom link:  
[zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bl5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bl5RUx6dz09)  
Zoom ID: 750 162 024  
Meeting Type: OA Steps / Abstinence / Literature Study  
Contact: Brenda (954) 609-7393

**7:00 PM** Sober Today Club  
[zoom.us/j/608264524?pwd=aWozcEZjVTIMQzlxY01pMmpKR0hmZz09](https://zoom.us/j/608264524?pwd=aWozcEZjVTIMQzlxY01pMmpKR0hmZz09)  
Zoom ID: 608 264 524  
Meeting Type: Speaker; Discussion  
Contact: Andrea (786) 210-7977

## 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: Ronnie (914) 217-0001

**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** Sober Today Club  
[zoom.us/j/474548263?pwd=Z1Y2WUFvWFM1NTVIMX RmeDVINmx3QT09](https://zoom.us/j/474548263?pwd=Z1Y2WUFvWFM1NTVIMX RmeDVINmx3QT09)  
Zoom ID: 474 548 263  
Meeting Type: Big Book / Discussion  
Contact: Ellie (248) 342-8822

## 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=M2taYVRzK1ZCMXVHbWhCdXFFenlIUOT09>  
Zoom ID: 872 0435 1241  
Meeting Type: Literature: For Today/Voices of Recovery  
Meeting Number: 51690  
Contact: Roz (516) 851-0677

**7:30 PM** Miami Shores Community Church  
[zoom.us/j/172125099?pwd=NmhBRkRhYSttK3hmeFZKUIM0eGxPUT09](https://zoom.us/j/172125099?pwd=NmhBRkRhYSttK3hmeFZKUIM0eGxPUT09)  
Zoom ID: 172 125 099  
Meeting Type: Steps/Traditions  
Meeting Number: 57054  
Contact: Gary (305) 510-5150

## 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 January 24th, 2020  
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