

**Step Six:** Were entirely ready to have God remove all these defect of character



“A willingness to change is the essence of Step Six. Change is always frightening, even when it’s a much-needed and long-overdue change for the better... Our commitment to embrace the needed changes in our thinking and behavior has given us an extraordinary power to deal with life’s challenges. No longer do we go through each day clinging desperately to the past, resistant to change. From now on, we will strive to keep ourselves entirely ready for any transformations our Higher Power wants to bring about in us. Having such an attitude, we can’t fail. We will become wiser, saner, more effective people as we recover from the disease of compulsive overeating. We’ll find we can cope with both good times and bad, learning and growing spiritually from each experience as our Higher Power intended us to do all along”

(The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Edition, Pg. 48)

## *Step Six Principle : Willingness*

**Tradition Six:** 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.

## *Tradition Six Principle : Solidarity*

---

**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 Six - "Were entirely ready to have God remove all these defects of character."

We're here for spiritual growth, right? Right! Working Step Six thoroughly is necessary and ultimately the beginning of a lifetime assignment. I will probably always be blind to one character defect or another, but Step Six allows me to strive for willingness for their removal, even the ones that still deliver *pay-offs*. Being ready becomes all-important, and I must take action to become ready. I must use the tools to keep my recovery in action, & avoid stagnation or fatal rebellion. At this step, we abandon our limited self-serving objectives and move towards Higher Power's will for us.

*A quick note on persistence:* As the country, state, and county moves to re-open, please continue to practice diligence in protecting your health and well-being. Intergroup will also discuss transitioning as the re-opening proceeds, but will also consider continuing to offer Zoom as an option since we have all so thoroughly enjoyed our ability to reach compulsive overeaters all over the world! God speed.

*Tessa Q.*, GCIC 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 June 28, 2020 2pm-3pm

Zoom Link:

<https://us02web.zoom.us/j/481963181?pwd=UllNSk8yYTUrTm0vem9MYkY4WGNqQT09>

Dial In: 1-646-558-8656 - Meeting ID: 481 963 181 - Password: 954954

---

### Your Gold Coast Intergroup Trusted Servants

Chairperson, Tessa Q.	305-962-5989	<a href="mailto:goldcoastoa+chair@gmail.com">goldcoastoa+chair@gmail.com</a>
Vice Chair, Stephanie W.	913-706-1553	<a href="mailto:goldcoastoa+vchair@gmail.com">goldcoastoa+vchair@gmail.com</a>
Treasurer, Mike S.	954-675-7382	<a href="mailto:goldcoastoa+treas@gmail.com">goldcoastoa+treas@gmail.com</a>
Corresponding Secretary/Website, Sandy G.	954-275-6100	<a href="mailto:goldcoastoa+csec@gmail.com">goldcoastoa+csec@gmail.com</a>
Recording Secretary	OPEN	OPEN
Parliamentarian	OPEN	OPEN
12th Step Within, Arlene	914-255-8072	<a href="mailto:goldcoastoa+12SW@gmail.com">goldcoastoa+12SW@gmail.com</a>
Public Information/Professional Outreach, Sherry S	818-398-4160	<a href="mailto:goldcoastoa+pipo@gmail.com">goldcoastoa+pipo@gmail.com</a>
OA Literature, Sande K.	954-610-6205	<a href="mailto:goldcoastoa+lit@gmail.com">goldcoastoa+lit@gmail.com</a>
Ways and Means, Lila	954-593-6621	<a href="mailto:goldcoastoa+treas@gmail.com">goldcoastoa+treas@gmail.com</a>
Website Updates/Announcements	-----	<a href="mailto:goldcoastao+announce@gmail.com">goldcoastao+announce@gmail.com</a>
Unity Editor, Maureen H.	954-600-1483	<a href="mailto:goldcoastoa+unity@gmail.com">goldcoastoa+unity@gmail.com</a>

For more information and meeting updates, please check out:

**[www.OABroward.org](http://www.OABroward.org)**

## About the 7th Tradition:

We pray and trust all of you are well and staying safe. Even though you are not meeting at our 'usual' face to face meeting spaces, the Gold Coast Intergroup continues to provide support to OA meetings and members within the South Florida area, including northern Miami-Dade, Broward, and southern Palm Beach counties. 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:

Make your 7th Tradition Donation:

**@Gold-Coastintergroup** on



You can also continue to send  
7th Tradition checks via the 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.

Many of us have continued to stay in contact with one another through Zoom meetings and we encourage you to do the same. At such meetings, the question of "passing the basket" for the 7th tradition comes up frequently, and below are some best practices that groups have developed:

**Group Venmo Accounts:** Several meetings have established their own Venmo or Zelle accounts. Each meeting in the GCIG is autonomous and are welcomed to establish their own Venmo or Zelle accounts to allow members to make regular 7th contributions to the group. The treasurer of the group then treats the Venmo account as a virtual 7th Tradition basket, paying any meeting expenses like rent, and even sending funds beyond prudent reserve to the Gold Coast Intergroup, Region 8, and OA World Service office.

**Individual Donations:** Other groups, particularly those that will not be paying rent or other expenses during this stay at home order, recommend that individual members continue to make seventh tradition donations on their own. The Gold Coast Intergroup has a Venmo account set up so you can make donations online (Search: @Gold-Coastintergroup on your Venmo App) or via the mail. You can also make donations to Region 8 (OARegion8.org) and OA World Service (OA.org) on their websites.

**Donation Savings:** Some folk just don't feel comfortable sending money online. Many fellows have decided to put aside donations for each meeting they attend. They simply place the donation in an envelope and save it for when we can get back to our face-to-face meetings.

We hope the suggestions above will enable groups and individuals to continue with the very important 7th Tradition. Thank you, as always, for your consideration, and we pray for safety for you and yours and for the spiritual and physical well-being of all of us at this difficult time.

## Wisdom from our Fellows:

**TURNING FOOD OVER TO A HIGHER POWER:** How does a person turn his or her food over to a Higher Power, and what does it mean to turn one's food over to a Higher Power?

In Step Three of The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, much is written about turning the food problem over to a Higher Power. That chapter states, "If we want to live free of the killing disease of compulsive eating, we accept help without reservation from a Power greater than ourselves" (p. 17). The chapter proceeds to discuss the willingness to adopt a new attitude about weight, control, body image, and eating. The following are two quotes of interest from that chapter: "As we become aware of what our eating guidelines should be, we ask God for the willingness and the ability to live within them each day. We ask and we receive, first the willingness, and then the ability. We can count on this without fail" (p. 21) and "As we work the Steps, using the Tools of the program—a plan of eating, literature, writing, meetings, the telephone, sponsorship, anonymity, and service—we find the help we need" (p. 21). Rereading this chapter, working the Steps with a sponsor, and using the OA Tools of Recovery are the best ways I know to turn my will, life, and food over to my Higher Power.

—Ask It Basket Archive: November 2010

---

It was over fifteen years ago, but it feels like just yesterday, when I heard at my very first meeting, "Welcome to Overeaters Anonymous; welcome home." And I suddenly realized I had come to the right place: a room full of people who obviously knew where I was coming from, since they expressed in their own stories the very same experiences I had been having, and which had driven me to OA in the first place.

Their openness and honesty were refreshing. Their lack of pretense was readily apparent. And I knew from the get-go that I was among friends, before even having learned all their names.

What a blessing it was for me to have found these people, who took me under their collective wings like mother hens, and who loved me so unconditionally, before I could even learn to love myself. They explained the nature of my physical problem and its spiritual solution, which they had already found, and which they were all ready to share. And, I never stopped coming back.

- Paul C



## Using the Tools: Writing

GCIC 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.

*My Recovery Miracle: We often say, "Don't leave before the miracle happens!" Share the story of your recovery miracle. How long did it take? Was it a recovery milestone? HP stepping in? A gift of desperation? What turning point brought you to seek help or took your recovery to the next level? What has your miracle meant to you?*

# Upcoming Events:



# Amends Workshop

Craft Amends and Go Beyond Step Nine!!!

Craft amends in this interactive workshop. Prepare to know a new freedom and happiness!

**Sunday, June 7, 2020 from 2:00 to 3:30pm EST via Zoom**

<https://us02web.zoom.us/j/85759215146?pwd=enVFUSs2VldsSGorcUNkNFphMXISQT09>

**Meeting ID:** 857 5921 5146

**Call In:** 3126266799

**Password:** 954954

*This meeting will be a closed meeting after the first 5 minutes in order to maintain a sensitive and confidential atmosphere.*

For more information: Arlene B. at (914) 255-8072  
or Lonna C. at (305) 338-0423



**OVEREATERS  
ANONYMOUS®**  
GOLD COAST INTERGROUP



**OAMiami.org**  
Miami-Dade and The Keys Intergroup

# Overeaters Anonymous Twelve Step Workshop

Presented by Gold Coast Intergroup

*A 15-session workshop designed to help participants achieve and maintain abstinence through working all Twelve Steps*

**June 11, 2020 – September 17, 2020**

**Thursdays from 6:30 PM to 8:30 PM**

## LOCATION

From the comfort of your own home.

This will be a ZOOM meeting.

Details will be given upon confirmed registration.

*Suggested Donation: \$15*

The following OA-approved literature will be used for weekly readings and assignments. These can be purchased from your local Literature Chair or by visiting the website at [www.bookstore.oa.org](http://www.bookstore.oa.org).

- The Twelve Step Workshop Workbook
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 1<sup>st</sup> or 2<sup>nd</sup> Edition
- Alcoholics Anonymous (Big Book), 4<sup>th</sup> Edition
- Voices of Recovery
- For Today
- The Twelve Steps and Twelve Traditions of Alcoholics Anonymous
- Overeaters Anonymous, 3<sup>rd</sup> Edition

For more information or to register, contact Cathy M at 561-756-2907 or email her at [cathymeto13@gmail.com](mailto:cathymeto13@gmail.com). You can also contact Ria G at 954-632-6640 or email her at [ria462019@gmail.com](mailto:ria462019@gmail.com).

“Based on the experience of recovering OA members, the way out of despair and hopelessness and into a life of recovery beyond our wildest dreams is through working all Twelve Steps.”





# e-WORKSHOP series

Every "2nd Sunday of the Month" 3-4:30pm

EDT until Nov 1 (UTC/ GMT -4)

EST Nov 1 to December (UTC/ GMT-5)

## UPCOMING TOPICS

- 4/12 Spring Cleaning: Inventory & Appraisal
- 5/10 Utilizing an OA Toolkit in a Virtual World
- 6/14 Recovery through Grief and Traumatic Times
- 7/12 ACCEPTANCE is the answer to all my problems today
- 8/9 New Sponsor Workshop
- 9/13 19 Symptoms to Relapse
- 10/11 Demystifying the OA Service Structure  
What is the inverted Pyramid?
- 11/8 Abstinence and Keeping It - the difference between abstinence and a plan of eating
- 12/13 Young persons in OA



## VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207>

One tap mobile:

+17207072699,, 557696207# US or  
+16465588656,, 557696207# US (NY)

**(Meeting ID: 557696207)**

FOR MORE INFORMATION:

[oavirtualregion.org/events/workshops/](http://oavirtualregion.org/events/workshops/)

email: (BJ) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) (Carolyn) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)

Suggested workshop contribution \$5 [oavirtualregion.org/region/seventh-tradition/](http://oavirtualregion.org/region/seventh-tradition/)





*Virtual Region  
of Overeaters Anonymous  
invites the OA fellowship from  
around the world to join with us in our*

# *1st Annual Virtual Region Convention*

*Many Languages*  *One Virtual Recovery*

# SAVE THE DATE

- Featuring Keynote Speakers with multi lingual translation
- Meditation Room
- Sponsor / sponsee speed match
- Writing workshops
- Virtual Region tools search
- Recovery celebrations
- Newcomer Meetings

**Saturday, June 20th**

**11am-11pm EDT (GMT-4)**

**Sunday, June 21st**

**6am-6pm EDT (GMT-4)**

*Workshops will be led and supported by  
multiple Intergroups around the globe &  
Virtual Region special focus.*

**Virtual Region seeks service volunteers in the following areas:**

**Translators, zoom dashboard co-hosts, WhatsAppHosts, speakers, greeters, room monitors, graphic artists, workshop leaders, registration, outreach within and entertainment.**

**Please contact [vrconvention@virtualregion.org](mailto:vrconvention@virtualregion.org)**



31<sup>st</sup> Annual Florida State  
Convention of Overeaters  
Anonymous



# “Celebrate Recovery”



**JAN 15-17, 2021**

Hilton Cocoa Beach Oceanfront  
1550 N Atlantic Avenue  
Cocoa Beach, FL 32931  
(Reservations) 1-866-580-7402  
(Hotel Direct) 321-799-0003  
[cocoabeach.hilton.com](http://cocoabeach.hilton.com)

### *Responsibility Pledge:*

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

## 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)

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



## 2020 World Service Convention



**POSTPONED UNTIL  
2021**

**ORLANDO**  
FLORIDA, USA

**Early-Bird Registration Deadline: June 15, 2020**

More Info at: <https://oa.org/WORLD-SERVICE-CONVENTION/>

# 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=VGhJQitFY1NLK0N1aXNGS1B5cTVQdz09](https://zoom.us/j/733969447?pwd=VGhJQitFY1NLK0N1aXNGS1B5cTVQdz09)

Zoom ID: 733 969 447

Meeting Type: 12 Steps & 12 Traditions

Contact: Sheila (786) 837-3093

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

Zoom link:

[zoom.us/j/214340328?pwd=dGxHQ3A0L3ZZcmJkeHNPVlhhVWVUUT09](https://zoom.us/j/214340328?pwd=dGxHQ3A0L3ZZcmJkeHNPVlhhVWVUUT09)

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 link:

[zoom.us/j/808573978?pwd=RzNtZCtEUEdOVnR5SG1oemkzVFlwQT09](https://zoom.us/j/808573978?pwd=RzNtZCtEUEdOVnR5SG1oemkzVFlwQT09)

Zoom ID: 808 573 978

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 link:

[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=NWhQWjg2UUdKT0ZxYW1CSElwbDVodz09](https://zoom.us/j/337815181?pwd=NWhQWjg2UUdKT0ZxYW1CSElwbDVodz09)

Zoom ID: 337 815 181

Meeting Type: Beginner / Literature

Contact: Lois (954) 604-8490

## Thursday

### 9:30 AM Good Shepherd Lutheran Church

Zoom link:

[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=MEhrS2U2ajVzd2pvRkt6blI5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6blI5RUx6dz09)

Zoom ID: 750 162 024

Meeting Type: OA Steps / Abstinence / Literature Study

Contact: Brenda (954) 609-7393

### 7:00 PM Sober Today Club

Zoom link:

[zoom.us/j/608264524?pwd=aWozcEZjVTlMQzlxY01pMmpKR0hmZz09](https://zoom.us/j/608264524?pwd=aWozcEZjVTlMQzlxY01pMmpKR0hmZz09)

Zoom ID: 608 264 524

Meeting Type: Speaker; Discussion

Contact: Andrea (786) 210-7977

## Saturday

### 9:30 AM Good Shepherd Lutheran Church

Zoom link:

[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 St. Benedict's Episcopal Church

Zoom link:

[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 link:

[zoom.us/j/474548263?pwd=Z1Y2WUFvWFM1NTVIMXZmeDVINmx3QT09](https://zoom.us/j/474548263?pwd=Z1Y2WUFvWFM1NTVIMXZmeDVINmx3QT09)

Zoom ID: 474 548 263

Meeting Type: Big Book / Discussion

Contact: Ellie (248) 342-8822

## Sunday

### 12:15 PM Pride Center

Zoom link:

[zoom.us/j/150175349?pwd=bFIFU28rWG9IRGxIRGVPVHhEWFZCQT09](https://zoom.us/j/150175349?pwd=bFIFU28rWG9IRGxIRGVPVHhEWFZCQT09)

Zoom ID: 150 175 349

Meeting Type: Newcomer / Speaker

Meeting Number: #46694

Contact: Darlene (954) 299-8038

### 7:30 PM Miami Shores Community Church

Zoom link:

[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 June 28, 2020**  
**2pm-3pm**

Zoom Link:

<https://us02web.zoom.us/j/481963181?pwd=UjINSk8yYTUrTm0vem9MYkY4WGNqQT09>

Dial In: 1-646-558-8656

Meeting ID: 481 963 181

Password: 954954