

‘Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

What does Step Five mean by “the exact nature of our wrongs”? When trying to understand an OA Twelve Step Principle, it’s best to review the entire Step in context with other Steps. Step Five says, “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

“Exact nature” means being precise in our disclosure of the harm we have done to others and ourselves recorded in Step Four (commonly called the “Fourth-Step Inventory”). OA literature suggests rigorous honesty in our assessment of bad deeds or wrongs done. In this way we do not rationalize our behavior as being okay.

As part of our recovery from compulsive overeating, OA suggests we write a fearless moral inventory describing in detail the harm we have done to others and ourselves when we practiced our disease. This inventory is like a retail manager’s assessment of on-hand saleable goods. After completing this list, we take action to rectify any losses or liabilities by reviewing the list with God and another human being.

We all have God-given instincts, such as the drive to succeed, be loved, and be recognized. But when our obsessive-compulsive behavior fuels these instincts, we are apt to leave a wreckage of human cargo in our wake, harm others and ourselves, and be unable to move forward until we chart the events that make us use negative behavior to meet our needs.

Admitting the exact nature of our wrongs involves charting the path and tactics we used to survive when we were in the midst of compulsive overeating, examining how these actions damaged us and those around us, and understanding how those actions have outlived their usefulness. Step Five asks us to disclose these damaging behavior patterns to God, ourselves, and another human being so we may replace these habits with more positive actions. *From OA.Org’s Ask-It-Basket Archives, June 2011*

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:

My journey of Recovery has been about right-sizing. The Big Book and our OA literature spend a great deal of time covering the importance of humility, fellowship, and the end of isolation. When I give or take a fifth step, I practice these tremendously important values that help right-size my ego. Deflate here, increase there, it's not just my clothes that are feeling different on my body, my soul too is getting a tune-up. I took a 5th step recently and was blown away at the courage and honesty I heard in the sharing. I too was given an opportunity to share my experience in compulsive overeating, the strength of the step in helping me overcome my tendency to hide in my shame when I act out on this compulsion, and the hope that if I could get recovery, the newcomer could too.

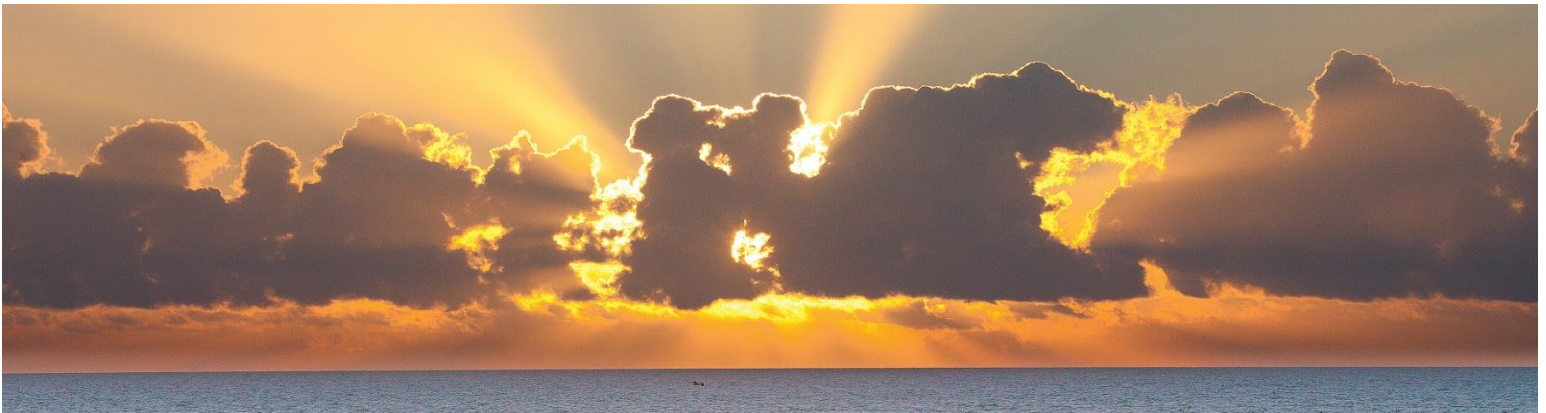
A fifth step is truly a gift to the sponsor and to the sponsee. When I look at the 12 & 12, it reminds me that confession is an ancient discipline and "without fearless admission, few could stay sober". The 5th Step delivers the beginning of a true kinship with man and God, a true education on humility! The outcome? A sense of serenity and peacefulness! No wonder I always find myself skipping home from a fifth step. Join us in the march from darkness to light....skipping is optional!

Tessa Q., GCIC Chair

Please continue to check OABroward.org for updated news and meeting information as we all navigate Covid-19

About the Gold Coast Intergroup:

When several meetings form in an area, they soon realize that they can better perform certain functions together rather than separately. Intergroups spring from a need to provide service for a number of local meetings and help distribute information about OA in a community. The Gold Coast Intergroup (GCIG) is directly responsible for the meetings it serves. The Gold Coast Intergroup provides support to OA meetings and members within the South Florida area, including northern Miami-Dade, Broward, and southern Palm Beach counties. Our mailing address is P. O. Box 5415, Lighthouse Point, FL 33074.



Your Gold Coast Intergroup Trusted Servants

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

Service Positions are available! Please come to the next intergroup meeting to step up for service or contact any of the above trusted servants!

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

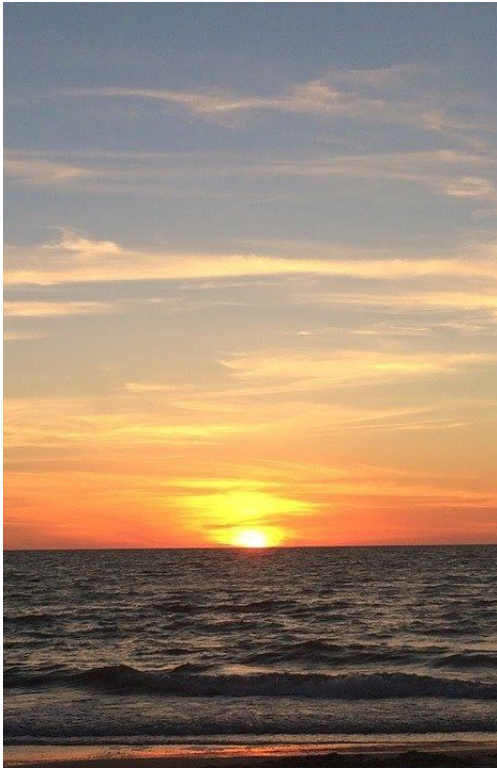
1am-3am	Keisha	754-224-8835
3am-5am	Darlene	954-299-8038
5am-7am	Donna	954-295-8271
7am-8am	Joyce	954-684-8152
9am-1pm	Andi	954-295-1123
1pm-3pm	Dorothy	954-429-3576
3pm-5pm	Paul	954-593-3881
5pm-7pm	Terri	954-551-7827
7pm-9pm	Lois	954-604-8490
9pm-11pm	Mort	954-815-2058
11pm-1am	Marcia	954-790-8912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



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	Heather	954-806-7766	Maureen H.	954-600-1483
Bill Z.	508-294-5136	Joyce M.	954-684-8152	Mike	954-270-9169
Booky	561-573-4372	Kevin	786-566-8112	Mort B.	954-969-9516
Dolores	561-265-5668	Lonna	305-338-0423	Patty G.	561-927-0542
Fela	305-527-1942	Louis	954-496-3278	Ted S.	954-921-8370
Flo M.	954-870-7233				



Wisdom from our Fellows:

Humility is to do the best things at all times to help others. I've realized that impression management isn't the way to go for me. No longer are THINGS important or the main focus of my existence. Today I know that God's work is what my role is. Humbly asking him to remove my shortcomings is daily practice of the steps. Today those blockages are being removed sometimes slowly sometimes quickly. Humility is getting right-sized physically, emotionally and spiritually. - Linda F.

Quoting Thomas W. Kempis: *We feel and weigh soon enough what we suffer from others; but how much others suffer from us, of this we take no heed.*

I never had any idea how much others suffered from me; from my behavior. I was always hypercritical for THEIR benefit, so that THEY could do a better job; so that THEY could avoid repeating their grammatical errors; so that THEY could look better, drive more safely, cook more efficiently.

It was only after the lessons of OA that I came to understand how many people's lives I likely had made miserable. Once I came to understand that, no one needed to beat me over the head to make me willing to make amends. I couldn't wait to apologize. I couldn't wait to change my behavior. I was willing to go to any lengths to recover. But, of course, I couldn't do that alone.

OA taught me how to ask for help, which was a new experience for me, since I had never needed help before, since I was the knower of all things (except how to lose weight). For today, I can promptly admit when I am wrong; I can ask for help; I can say I'm sorry. Hopefully, no one needs to suffer from my actions or my attitudes; not any more. -Paul C.

Step Five Principle: Integrity

The principle behind this step is Integrity. We could not continue to hide from the world, pretending we had done no wrong; we had to admit that we, like those we resented, were human and fallible. Paradoxically, rather than being a sign of weakness, admitting our faults proved to be a sign of strength.

Tradition Five: Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

The practicing compulsive overeater is more likely to listen to a recovered overeater than to doctors, family or friends. If their advice were sufficient, very few would be compulsive eaters. But we can and do listen to one another. We share our feelings and experiences with others. When we are traveling the road to recovery, we are uniquely equipped to help others, because they will let us. This is our prime purpose. An OA group is not a social club, though we make wonderful friends. If a group has stopped getting newcomers, it is time to examine its actions. Are efforts being made to let OA be known by public notice and personal witness? Is the newcomer neglected, while friends are absorbed in conversation? Or is the newcomer warmly welcomed and made to feel at home? Our group purpose is to carry the OA message. Specific causes, religions, unrelated philosophies, no matter how worthwhile, are not promoted at OA meetings. Overeaters Anonymous Pamphlet "The Twelve Traditions of Overeaters Anonymous"

Upcoming Events:

PALM BEACH COUNTY OVEREATERS ANONYMOUS INTERGROUP PRESENTS:

“OUR



TO YOU”

ZOOM IN FOR THIS SPECIAL EVENT, AND LET’S TAKE A CLOSER LOOK AT THE
FIRST CHAPTER OF THE OA BOOK *“Overeater Anonymous”*

What:	“Our Invitation To You” ZOOM Event
When:	Sunday May 10, 2020
Where:	Wherever/However... you ZOOM
Time:	3-4:30 PM
Format:	Speakers + Open Sharing + Fun = Abstinence
Zoom Details:	<u>https://us02web.zoom.us/j/82093996234</u>
	Phone: 1-929 -205-6099
	Meeting ID: 820-9399-6234/No Password Req.
7th Tradition:	VENMO App: treasurer@oapalmbeachfl.org
Or mail a check to:	Overeaters Anonymous Palm Beach County IG PO Box 8331, Delray Beach Fl. 33482

Virtual 4th Step Workshop

(Monday Evenings for 6 Weeks)

Start Date: May 11th

End Date: June 15th

Time: 7:00 - 8:30 P.M.



Criteria for Participation:

1. Have to be Abstinent (no time period).
2. Have completed Steps 1-2-3.
3. Have a sponsor.
4. Commit to the full 6 weeks.
5. If you wish to participate, contact Lillianmonterrey@Juno.com for paper work and Zoom information (this meeting will be open to participants only).

7th Tradition: Any donation is acceptable, suggested donation is \$25.00 for all 6 sessions via venmo. **Email:** treasurer@oamiami.org

This is an interactive workshop ...

Contact: Lillian M. / lillianmonterrey@juno.com / (305) 970-0577

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

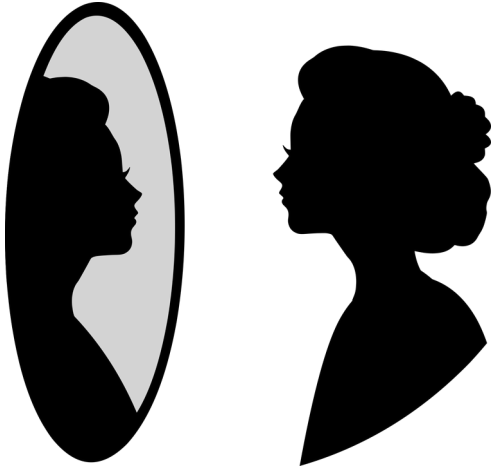
The following OA-approved literature will be used for weekly readings and assignments. These can be purchased from your local Literature Chair or by visiting the website at www.bookstore.oa.org.

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

For more information or to register, contact Cathy M at 561-756-2907 or email her at cathymento13@gmail.com. You can also contact Ria G at 954-632-6640 or email her at 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.”





Piedmont Intergroup Presents

A Virtual Body Image Workshop

Before recovery, many of us were ashamed of or even hated our bodies. Perhaps, when we looked in the mirror, we heard a parent's critical voice or taunts from grade school classmates; perhaps we became convinced no one could be attracted to us because of our weight, our body shape, our loose skin, or the effects of aging. Most of us saw a body that didn't match what others saw, because our vision was clouded by emotional and spiritual turmoil.

One of the greatest gifts of recovery is the ability to see our bodies as they really are. For some, that might mean realizing that we're actually a normal, healthy size. For others, it might mean coming to honor bodies that bore children or survived abuse, including compulsive over or under eating. Our bodies are eager now to thrive-to take up hiking, learn to dance, or wear flattering clothes

May 16, 2020, 2 to 3:30 p.m. EDT

Workshop to be conducted via Zoom

To receive an invitation to the Workshop, please email piedmontintergroup@gmail.com





*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

31st 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

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

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



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

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

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

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

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

Tuesday (cont.)

6:30 PM Rebels' Drop-In Center

Zoom link:

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

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: Karen (561) 706-1743

10:00 AM TY Park

Zoom link:

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

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

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

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

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

Zoom ID: 669 862 116

Meeting Type: 90 Day Speaker (Special Interest)

Contact: Phyllis (561-994-8664)

10:00 AM St. Benedict's Episcopal Church

Zoom link:

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=Z1Y2WUFvWFM1NTVIMX RmeDVINmx3QT09

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=bFIFU28rWG9lRGxlRGVPVHhEWFZCQT09

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

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:

Sunday May 24, 2020
2pm-3pm

Zoom Link:

<https://us02web.zoom.us/j/481963181?pwd=UjIINSk8yYTUrTm0vem9MYkY4WGNqQT09>

Dial In: 1-646-558-8656

Meeting ID: 481 963 181

Password: 954954