



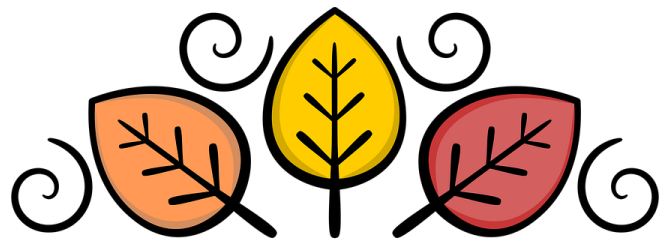
Step Ten: Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition Ten: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy

Principle behind Step Ten: Perseverance

Even when God's plan feels difficult, by saying, "I can do it today" and doing the next right thing, the todays add up. If I turn back, I'll never get to the destination...

The purpose of Step Ten is to identify and remove from our path today's stumbling blocks, those manifestations of pride, fear, anger, self-pity, greed, and other emotions that are bringing pain into our lives and keeping us from growing today



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

The AA 12 & 12 asks a very good question: Can I stay sober and keep my emotional balance in all conditions? The self searching of the daily 10th step becomes a habit: admit, accept, & correct my defects. After house cleaning, I can now practice meeting present challenges and the character defects that offer to “help” me. My 10th Step can focus on anger, jealousy, envy, pride, and personal relations - All topics that I used to eat over!

Finally, I love the concept of insurance against “big-shot-ism.” I have a feeling Bill W. knew something about this as he sat in his writing studio “Wits End” penning the 12 & 12, and learned more each night when he came down to Stepping Stones and read his pages to the AA group that gathered in the living room. Just like Bill, I can examine my credits and my debits, and in doing so, understand more about my motives.

- *Tessa Q.*, 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, November 1st 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

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
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Public Information/Professional Outreach, Sherry S	818-398-4160	goldcoastoa+pipo@gmail.com
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	-----	goldcoastao+announce@gmail.com
Unity Editor, Maureen H.	954-600-1483	goldcoastoa+unity@gmail.com

For more information and meeting updates, please check out:

www.OABroward.org

As a compulsive eater:

I have eaten past the point of full to the point of excruciating pain that keeps me from moving, sleeping, thinking.

I have binged on foods I dislike because it was all I had.

I ate dozens of foods trying to avoid the food I was craving until I finally gave in and ate the food I craved.

I made excuses to be late and leave events early because I couldn't eat in front of people the way I wanted to.

I stayed home instead of joining others in activities so I could eat alone.

I have been to multiple drive-thrus to hide the amount I was eating.

I have also ordered several drinks as if I was buying for multiple people.

I had body dysmorphia and would be shocked to see a reflection of myself and how big I was.

I went to multiple stores to disguise purchases.

When buying large amounts of sweets, I would make up stories for the cashier to justify why I was buying them.

I would eat while shopping in stores and on the way to my car because I couldn't wait.

I was unbearably excited on the way to a restaurant planning what I would eat.

I used credit to finance my binges.

I inhaled five course meals in a restaurant in 20 minutes and would lie to servers about being in a hurry.

I ordered extra desserts to "bring home to the family" that they never saw or knew about.

After serving a meal I finished up leftovers in the kitchen while cleaning up.

I ate entire packages or trays of items and had to replace them to hide what I had done.

I would stay up late to be alone to eat.

I ate undercooked and overcooked food.

I couldn't stop.

As a recovering compulsive overeater:

I have abstinence which is better than the taste of any food.

I feel peace and serenity around food at events.

I know I don't have to take that first compulsive bite.

I eat only three times a day.

I feel freedom from not eating sugar.

I have a food plan that makes my life peaceful instead of a diet I am struggling to follow.

I have a life that is filled with Higher Power, program, and more miracles than I can count.

I am present and really listen to people. I trust my Higher Power.

I write down my food before I eat it.

I weigh and measure my food.

I ask my sponsor before I make changes to my food plan.

I regularly attend meetings, read the literature, work my Steps, and use the tools.

I pray, rather than binge, daily.

I call my sponsor and others and reach out rather than reaching for the food.

I look for service opportunities in Overeaters Anonymous and my life outside of OA and truly enjoy living a useful life.

I am someone people can count on, not someone whose moods they need to fear.

I am able to speak up for myself and my needs when it comes to program and food.

I am letting people get to know the real me, not the "me" I always pretended to be.

I am as happy as I make up my mind to be and accept life on life's terms.

I carry the message of Overeaters Anonymous to others.

I no longer need to eat over every emotion, nor do I need to stuff down my feelings.

When I am struggling I look for the spiritual solution, not how to fix my food.

I know that I have a disease and that I need spiritual, emotional, and physical recovery.

My spiritual recovery is what allows me to have emotional and physical recovery.

I am no longer a slave to the scale and the number on it.

I no longer need to be perfect, which is good, because I was never very good at being perfect!

I know I am loved.

I am able to give love to others and receive love from others.

I am even able to love myself.

- Anonymous



Wisdom from our Fellows:

There are problems faced by OA members who do not practice a dogma-based spirituality. These problems could be eliminated by restating certain Steps and Traditions to align with Tradition Ten.

In OA, I was constantly being told:

- living within ethical and moral principles can only occur within dogma-based spiritual practices.
- spirituality is only expressed by belief in a singular and masculine god
- only spiritual expression (prayer) that is recognized by the group is valid for the individual.
- only certain postures constitute valid spiritual practices.
- only spiritual practices from specific dogmas are the correct ones to use to practice or express recovery.
- only dogma-based religions are valid spiritual practices.
- spirituality must be indoors, unmoving, silent, or voiced within religious confines to be valid.
- specific spiritual practices must be utilized in a particular way before and after meals.

Would we dare say that only eating with a fork and knife is abstinent? What about with chopsticks or clean fingers?

I've since realized:

- a phrase that was amazingly open-minded in 1935 ("God as we understood Him") is not sufficient to embrace the diversity of our global Fellowship.
- Step Two can live in my thoughts as "Recognized that acknowledgement of our individual spiritualities will create balance and have a positive, healthy effect in our lives."
- Step Three can live as "Made a decision to guide our physical and emotional lives by the practice of our individual spiritualities."
- Step Five can live as "Acknowledged our negative and positive characteristics to ourselves, another human being, and within the practice of our individual spiritualities."
- Step Six can live as "Were entirely ready to see that awareness and practice of our own spiritualities strengthens our positive characteristics and transforms our harmful characteristics without needing a time frame for this process."
- Step Seven can live as "I am in charge of the footwork; the timing of the results is not in my control."
- Step Eleven can live as "Sought to practice our spiritualities regularly to encourage and support our recovery."
- Tradition Two can live as "OA authority is our group conscience as guided by the spirituality practiced by each member."

With these changes, Tradition Ten would need no change to be true.

— Anonymous

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.

How have you processed strong emotions after finding abstinence? How did you work the Steps to overcome denial or find forgiveness? How has taking a daily inventory helped change your thoughts and habits? What other lessons have you learned in your emotional recovery?

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:

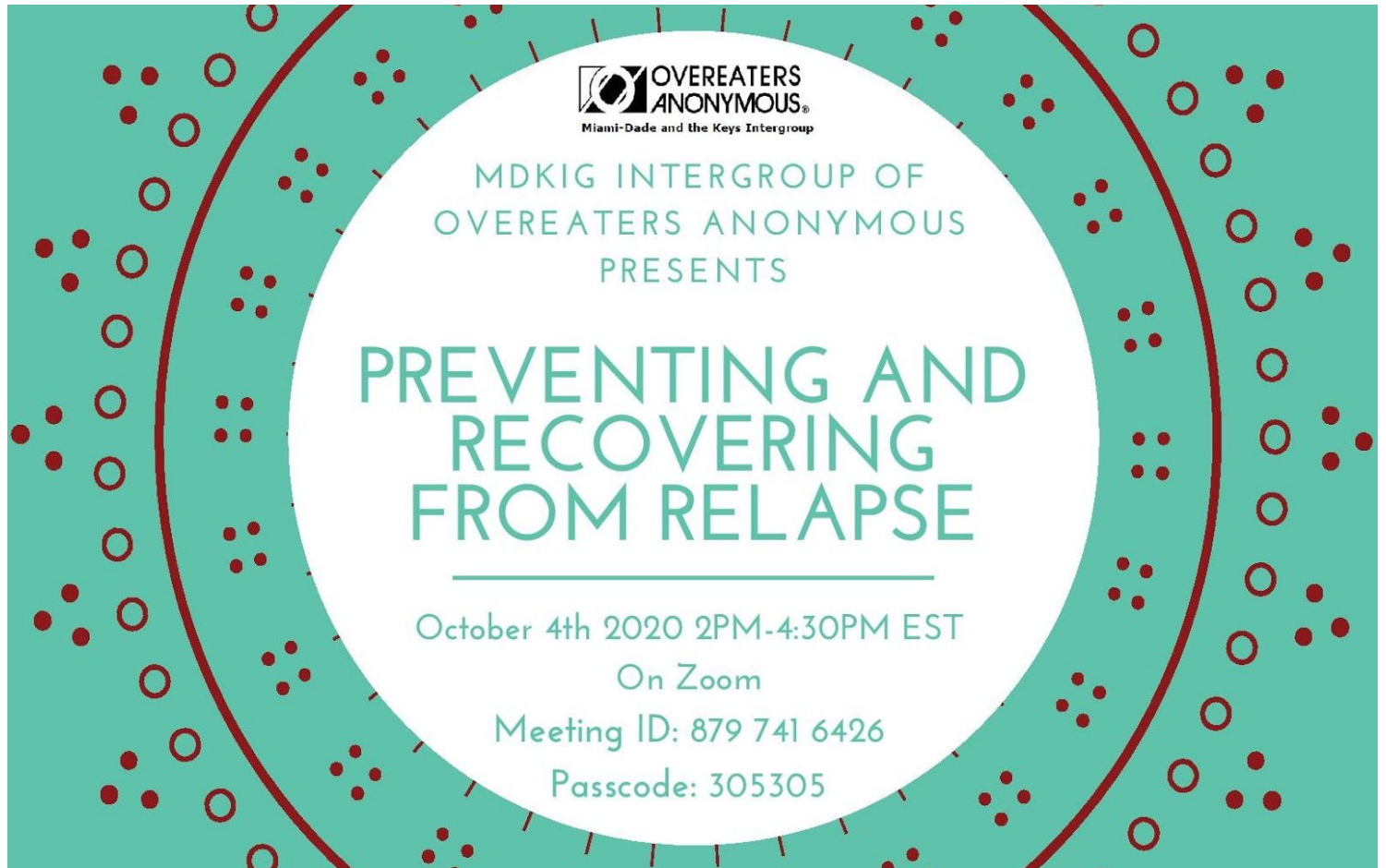
Group Venmo Accounts: Several meetings have established their own Venmo or Zelle accounts. Each meeting in the GCIG is autonomous and are welcomed to establish their own Venmo or Zelle accounts to allow members to make regular 7th contributions to the group. The treasurer of the group then treats the 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.

Upcoming Events:



PREVENTING AND RECOVERING FROM RELAPSE: AN OVEREATERS ANONYMOUS WORKSHOP

No matter where we are in our recovery journeys, achieving and maintaining abstinence provides a daily reprieve from the devastating effects of all manifestations of compulsive eating. Unfortunately, relapse is an all-too-common occurrence in Overeaters Anonymous.

This workshop explores the causes of relapse and explains how applying the 12 steps and tools of the program can prevent and assist in recovery from relapse.

The leader of this workshop is from Northern California, with 13 years abstinence (40 years in OA) and at a healthy weight now ODAT with a top weight of around 450 lbs.

The agenda included the leader's story of recovery from relapse, followed by an "Ask-it basket" Question & Answer session, and writing exercise with time for sharing

For more information, contact: Lonna C. (305) 338-0423

**MIAMI DADE & THE KEYS
INTERGROUP PRESENTS**

Zooming into the 4th Dimension

**Come enjoy workshops,
discussions, and a featured
Keynote speaker!**

October 23.24 & 25, 2020

Register using Eventbrite:

<https://www.eventbrite.com/e/115410368519>

\$15 Registration Fee

We never turn anyone away.

**Please contact Trisha at
Trishad2@bellsouth.net**





SAVE THE DATE

LET'S ZOOM TOGETHER AND CELEBRATE I.D.E.A. DAY

**(Overeaters Anonymous-International Day of
Experiencing Abstinence)**

Date: Saturday November 21, 2020

**Time: 12-12:30 Fellowship / "Bring Your Lunch"
(small breakout rooms for this!)**

12:30-tbd Gratitude Share-A-Thon

Zoom Details to Follow....Stay Tuned...





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/

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

Suggested workshop contribution \$5 oavirtualregion.org/region/seventh-tradition/



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

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: Ronnie (914) 217-0001

10:00 AM A Vision for You - Plantation

Zoom link:

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 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=bFIFU28rWG9lRGxIRGVPVHhEWFZCQT09

Zoom ID: 150 175 349

Meeting Type: Newcomer / Speaker

Meeting Number: #46694

6:00 PM Christ Church Pompano

Zoom link:

<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 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
on the 4th Sunday of every month:

Sunday November 1, 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