



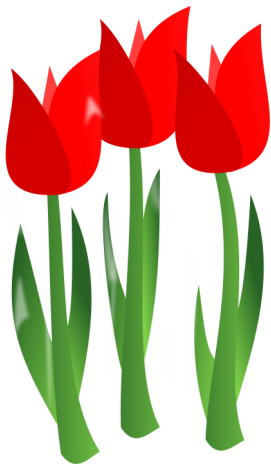
www.goldcoast.oagroups.org

Unity

A publication of OA Gold Coast Intergroup

May 2016

Losses and Gains



I've lost 40 pounds in a little over a year. I've made it; I weigh slightly less than my goal weight. But I have these funny feelings in

my stomach: delight, shock, wry amusement, and a teeny bit of disappointment.

I am definitely delighted to wear a bikini and cry crocodile tears that none of my clothes fit. They are too big, so I have to (aw, shucks) go shopping. I'm very satisfied with the "you look great" comments my new photos get on social media. And I love posing in the mirror as I brush my teeth and seeing the lines of toned muscle under my skin.

I had gained all that weight as a way to cope with complete insanity in my life and some truly devastating circumstances. To lose those pounds, I had to deal with the emotional turmoil and spiritu-

al disconnect that packed them on. I think I've cried a tear for every molecule of adipose tissue I've shed, and I'm not quite done. It's been a painful process. I had to: (1) get consistent with my food and exercise behaviors and feed my body as HP would feed me. (2) find new ways of living and coping. Working the Tools gave me guidance and support for the first part, and working the Steps gave me a path to follow to work on the second. I never would have been able to diet and exercise my way to thinness or sanity. I absolutely had to have the support and guidance of OA and a new relationship with my Higher Power to hold me and help me. I have such gratitude for this.

So here I am, a new size 6, realizing that "goal weight" does not equal "goal life." Prince Charming hasn't shown up to compliment me on my missing muffin top. Work still stresses me out. My behind, despite all the lunges and squats, is still a bit droopy. And I will probably always have stretch marks. My new body size doesn't fix the rest of my life, and that realization is both startling and a

little disappointing.

Instead of the gleeful happy dance I had planned for this moment, I'm in a place of content acceptance. My body and life may never be perfect, but they are good. With the loss of 40 pounds, I lost a ton of resentment and bad behaviors, and I gained an active lifestyle (hiking and snorkeling are among my new hobbies). I also gained a healthy fear of what happens when I turn to food to fix my life and a healthy support system to deal with life on life's terms. I really enjoy putting on an outfit, meeting my eyes in the mirror, and telling myself without sarcasm, "You look beautiful."

Who knew that I'd gain more than I lost? — Steph S., Hawaii USA

Reprinted from *Lifeline Magazine*
April 2016



OVEREATERS
ANONYMOUS.
www.oa.org

From Your Chair

Tradition Five states: Each group has but one primary purpose—to carry the message to compulsive overeaters who still suffer.

It seems to me that we all carry the message in various ways throughout our day; for instance, making a phone call or receiving one, educating a professional about OA, driving someone to a meeting, and sharing our experience, hope and strength at a meeting. I'm sure you could think of more ways on your own.

Ask yourself, "What can I do today to help a fellow sufferer?" I thank my Higher Power everyday that there were members who reached out to me with the message of Hope. They shared that they themselves had been lost and then had been given a way to get out of the bondage of self and live a life that can be Happy, Joyous and Free from addiction.

Please, I ask you to make a commitment this month to take action. Follow our Tradition 5. Carry the message, Be the message. Make a difference in someone's life today.

Blessings,

Andi

2016 OA Holiday Marathon Telephone Meetings

Phone 712-432-5200 PIN: 4285115#

The Holiday Marathon meetings start at 8:00am and continue hourly through midnight.

Sat. April 22	Passover	Help from a Higher Power
Sun. May 8	Mothers Day	Sponsors are our Lifeline



Lifeline, OA's international magazine, serves as an indispensable "meeting-on-the-go." Since 1962, when the first issue debuted as the OA Bulletin, *Lifeline* has offered encouragement and hope to thousands of readers. *Lifeline* accompanies members around the world, ready to provide inspiration and support when needed. Don't miss the opportunity to laugh, learn and love with OA members in recovery. A *Lifeline* story could be the turning point in your life. Subscribe today! www.oa.org

2016 World Service Convention

Registration is Now Open!

Recovery—The Trail to Freedom!

Sept. 1-4, 2016—Boston, MA

www.oa.org for further details



The Knot Prayer

Author Unknown

Dear God,

Please untie the knots that are in my mind, my heart and my life

Remove the have nots, cannots and the do nots

Erase the will nots, may nots, might nots that may have a home in my heart

Remove me from the could nots, would nots and should nots that obstruct my life

And most of all, dear God, I ask that you remove from my mind, my heart and my life all of the "am nots" that I have allowed to hold me back. Especially the thought that I am not good enough.

Amen

Speakers List

OA members who are available to share their experience, strength and hope. Please call to confirm availability and be sure they meet your group's speaker qualifications.

If you would like to join this list, please contact Andi at spiritmade351@gmail.com

Dolores 561-265-5668 Mike 954-270-9169

Patty G. 561-927-0542 Ted S. 954-921-8370

Booky 561-573-4372 Kevin 786-566-8112

Andi S. 954-295-1123 Flo M. 954-870-7233

Cheryl S. 954-336-6467

Louis 954-496-3278

Martha 954-971-3932

Samantha 954-240-6450

Joyce M. 954-684-8152

Heather 305-206-7486



Telephone Support

Listed below are volunteers available at designated times to provide OA info, and a safe and supportive space for newcomers and struggling members. If you would like to provide telephone support in an open time slot, email goldcoastoa+chair@gmail.com

Times	Name	Phone #
7—8 am	Joyce	954-684-8152
9 am—1 pm	Andi	954-295-1123
1—3 pm	Dorothy	954-429-3576
3-5 pm	Paul	954-593-3881
5-7 pm	Terri	954-551-7827
7-9 pm	Open	
9-11 pm	Open	
11 pm—1 am	Marcia	954-741-8465
1-3 am	Keisha	754-224-8835
3-5 am	Open	
5-7 am	Open	

Dear Abby Abstain is a new column designed for questions and answers from members of our recovery community focusing on the 12 Steps. We welcome all contributions about the topics of the month. Please answer a question by sharing your experience, strength and hope. You may remain anonymous or sign your first name. Our goal is for an interactive discussion via our monthly newsletter.

Dear Abby Abstain: Describe your experience with the 5th Step, Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Step 5 has been one of the most healing, effective steps in my program. My family of origin silenced and stifled my expression. As a woman today, Step 5 affords me "My Voice." I can admit to God, to myself and to another human being the exact nature of my wrongs. I no longer am as sick as my secrets. I can be heard by my fellows and create my network of people who "get me."

Through prayer and meditation I communicate with my Higher Power. With His support, I can complete my Fifth Step with someone I trust. The Fifth Step allows me to shift my perception and see situations in a different light. That's the transformation recovery promises.

Anon

Step Six Question: Describe your experience with the 6th Step, Were entirely ready to have God remove all these defects of character.

Deadline for the June Unity is Friday May 13, 2016

Please send all entries to the Editorial Team at Donnayourgalfriday@gmail.com



Steps, Traditions, Concepts & Principles

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

Tradition Five—Each group has but one primary purpose—to carry its message to the alcoholic who still suffers

Concept Five—Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

Principle Four— Integrity



Gold Coast Intergroup Meeting

Saturday May 21, 2016—10:00 AM

North Broward Medical Center

201 E. Sample Rd., Classroom 8, Pompano Beach, FL 33064

OA Gold Coast Intergroup Officers and Committee Chairs

Position	Name	Telephone	Email
Chair	Andi	954-295-1123	goldcoastoa+chair@gmail.com
Vice Chair	Joyce	954-684-8152	goldcoastoa+vchair@gmail.com
Recording Secretary	Blanca	954-383-5613	goldcoastoa+rsec@gmail.com
Corresponding Secretary	Linda	954-240-0297	goldcoastoa+csec@gmail.com
Treasurer	Louis	954-496-3278	goldcoastoa+treas@gmail.com
Parliamentarian	Booky	561-573-4372	odatbook@yahoo.com
Committee	Name	Telephone	
12th Step Within	Heather	305-206-7486	
Public Info/Prof. Outreach	Lila	954-593-6621	
OA Literature	Mike	954-270-9169	
Ways and Means	Joyce	954-684-8152	goldcoastoa+vchair@gmail.com
Webmaster	Paul	954-593-3881	
Unity Editor	Donna	954-295-8271	donnayourgalfriday@gmail.com



www.goldcoast.oagroups.org

Receive up-to-the minute OA GC Intergroup, Region 8 and WSO information on new literature, events, meetings (phone, online and face-to-face) conventions, workshops and more!!! Remember to subscribe to the e-Unity and Intergroup News and Announcements!

OA Meeting List for Broward

City	Time	Meeting Type	Location	Contact	Meeting #
Sunday					
Wilton Manors	12:15 PM	Newcomer / Speaker	Pride Center - 2040 North Dixie Hwy. first bldg. on left	Darlene (954) 229-8038	#46694
Pompano Beach	6:00 PM	Voices of Recovery / For Today	Christ Church - 255 NE 3rd Avenue Classroom 6 (Across from Play Ground)	Martha (954) 971-3932	#51690
Monday					
Plantation	10:00 AM	Newcomers	St. Benedict's Episcopal Church - 7801 NW 5th Street	Charles (954) 563-3453	#21830
Hollywood	10:30 AM	12 Step	4th Dimension 4425 Hollywood Blvd. (N. side of Hollywood Blvd. between I-95 and Turnpike) NEW LOCATION	Sheila (786) 837-3093	#51180
Plantation	7:30 PM	Newcomer / Speaker / Step 1-3	St. Benedict's Episcopal Church - 7801 NW 5th Street	Leigh (954) 682-2653	#50467
Tuesday					
Boca Raton	10:00 AM	OA/AA 12 & 12 Step Meeting	Good Shepherd Lutheran Church - 6301 SW 18th Street	Robin (561) 445-9636	#02797
Hollywood	6:30 PM	OA Steps & Traditions Study	Rebel's Drop-In Center - Behavioral Health Outpatient building of Memorial Regional Hospital - 3400 North 29th Avenue	Susan (954) 593-4232	#00304
Wednesday					
Hollywood	10:00 AM	Big Book / Feelings (1st, 3rd, 5th) Steps & Traditions / Feelings	Oasis at TY Park - Park entrance at Atlanta Street (off of N. Park Rd. Keep right and follow sign to the Pavilion 2)	Ellen (305) 682-1569	#27545
Margate	6:30 PM	Beginner/Literature	Prince of Peace Lutheran Church - 6012 NW 9 Court	Lois (954) 604-8490	#00880
Thursday					
Pembroke Pines	10:00 AM	OA Literature	Pines Baptist Church (in rear trailer) - 800 NW 102 Avenue (Palm Ave & Johnson)	Jeanette (954) 430-0928	#31812
Plantation	10:00 AM	OA Steps / Abstinence Literature Study	St. Benedict's Episcopal Church - 7801 NW 5th Street	Brenda (954) 609-7393	#40172
Boca Raton	1:00PM	Big Book Study	Patch Reef Park Community Center —2000 W. Yamato Rd.	Marcella (561) 451-8758	Begins 10/9/14
Boca Raton	6:15 PM	(Men's) Step Meeting	Regents Park Nursing & Rehab Center - 6363 Verde Trail (Powerline and Jog) Conference Room D		#50190
Fort Lauderdale	7:00 PM	Literature (Leader's Choice)	Christ Church - 4845 NE 25 Avenue, Room 4 (Federal and Commercial Blvd.)	Joyce (954) 684-8152	#46364
Friday					
Tamarac	10:00 AM	Big Book / Discussion	Faith United Church of Christ - 6201 NW 57 Street Church Office	Camille (954) 739-2148	#41197
Margate	6:30 PM	Big Book	Prince of Peace Lutheran Church - 6012 NW 9 Court	Mort & Mike (954) 815-2058 &	#52805
Saturday					
Boca Raton	9:30 AM	90 Day Speaker (Special Interest)	Good Shepherd Lutheran Church - 6301 SW 18th Street	Bobbie (561) 477-7914	#39822
Coral Springs	10:00 AM	Big Book / Discussion	Coral Springs Medical Center - 3000 Coral Hills Drive (First Floor)	Helen GK (954) 968-6131	#48428
Plantation	10:00 AM	A Vision 4 You/ Big Book	St. Benedict's Episcopal Church - 7801 NW 5th Street	Cheryl	#41217
Hollywood	10:30 AM	Big Book / Discussion	Sober Today Club 1633 South 21st Ave, Hollywood, FL 33021	Sherri & Drew (954) 612-1250 &	#20653

For meetings in Palm Beach County, go to www.oapalmbeachfl.org For meetings in Dade, go to www.oamiami.org