



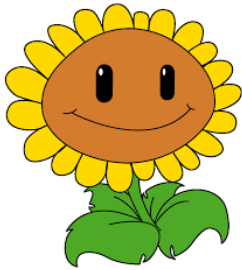
www.goldcoast.oagroups.org

# Unity

A publication of OA Gold Coast Intergroup

June 2016

## ASPIRE MORE AND THINK



As a returnee to OA after many years of "research," I discovered the action plan Tool. I love it.

Here's an action plan I made for myself: To get and stay abstinent, I ASPIRE MORE and THINK. When I feel an oncoming urge to eat compulsively, I:

**A**—Allow six minutes before eating. I set timers in the kitchen and other places I might go for extra food. During this time, I ask myself if I really want to eat.

**S**—Steep a cup of tea or make a cup of hot water with lemon to sip. I keep teas that I like in a tin by the fridge and put some in baggies to keep in my other eating places.

**P**—Pray for abstinence and to be relieved of the compulsion to overeat. I post a prayer on my fridge. I change it periodically so it doesn't become overfamiliar and invisible.

**I**—Inhale deeply five times. Rest. Inhale deeply five times more.

**R**—Read something, especially program literature. I keep a program book in the fridge in a sealed plastic bag! I keep literature in other eating places too.

**E**—Examine the last thoughts I was having, things I was doing, and things going on just before I got an urge to overindulge. I jot down my last thought in a notebook.

**M**—Make a program call. I keep numbers on the door of the fridge and in my eating places.

**O**—Okay whatever feelings I am having. I post sticky notes with positive affirmation messages, like "Feelings are okay," and change them often.

**R**—Remember priorities and long-term goals. I list them and post them.

**E**—Escape to another room and modify the triggering situation. For example, I start doing my nails while I watch TV, or I turn off the TV. I go to bed and rest, or I dance, stretch, and exercise for a few minutes using upbeat music.

Also, I don't forget to THINK:

**T**—Thank my Higher Power for each time and each day I stay abstinent.

**H**—Heap praise on myself for making the next right choice.

**I**—Involve my OA family, my Higher Power, and other supportive people in my struggle with this cunning and baffling illness. I choose people who help me, not ones who shame me. The phone is my friend. I call lots of different people so I won't wear anyone out.

**N**—Never give up, because the miracle is happening.

**K**—Keep trying my best. And I keep coming back! — Stephanie S.

Reprinted from *Lifeline Magazine*  
May/June 2016



OVEREATERS  
ANONYMOUS.  
www.oa.org

# 6 *Steps, Traditions, Concepts & Principles*

**Step Six** —Were entirely ready to have God remove all our defects of character.

**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.

**Concept Six**—The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

**Principle Six**- Willingness



*Are You an OA Sponsor or an  
OA Member in need of Guidance?*

*Then this is the workshop for you!!!!*

*Saturday June 18, 2016—1:30 to 4:00 pm*

North Broward Medical Center  
201 E. Sample Rd., Classroom 7 & 8, Pompano Beach, FL 33064

*Suggested donation: \$5.00*

We invite you to attend our Intergroup Meeting beginning at 10:00 am.  
Fellowship begins at 12 noon. Feel free to bring your lunch.

**WORKING WITH OTHERS  
CARRYING THE MESSAGE\*\*\*FINDING RECOVERY**

For more information, call Heather 305-206-7486 or Andi 954-295-1123



## From Your Chair

My Fellow OA Member:

I wish to thank you for the opportunity to give service at this year's World Service Business Conference held in Albuquerque, New Mexico. Imagine 199 delegates from 11 different countries, gathering together with but one purpose, "To carry the message..."

This year's theme is the Responsibility OA pledge: "Always to extend the hand and heart of OA to all that share my compulsion; for this I am responsible. "

I was able to be a part of the Conference Approved Literature Committee for the next year. This is where our books, pamphlets, pocket guides etc. are written, reviewed and sent through the approval process. Yes, everything we have in print must be approved by the conference delegates each year.

There are two new publications that were approved at this conference, a pocket-sized version of OA's *Twelve Traditions* and *OA Twelve Step Workshop and Study Guide*, which will be in print this year. It's very exciting to have new tools to use in my recovery and carry the message to others who share my compulsion, and it is truly awesome to be part of this committee. A recurring theme during the conference was, "you too can do this service". You can do what I do; don't be fearful of opening yourself to do service for OA on all levels. This is how I give back what I have been so graciously been given.

This program has saved my life because I embrace all that it has to offer me—a new way of living my life in abstinence, serenity and peace. I will share more of the details of the conference in my report that will be available on our website in June. I feel very blessed to "be with you in the Fellowship of the Spirit, and we will surely meet as we trudge the Road of Happy Destiny".

Blessings of Light

Your trusted servant,

Andi S.



## 2016 World Service Convention

*Registration is Now Open!*

*Recovery—The Trail to Freedom!*

*Sept. 1-4, 2016—Boston, MA*

*For further info., please visit [www.oa.org](http://www.oa.org)*

## A VISION FOR YOU

Telephone Meeting

An in-depth study of the first 164 Pages of the  
Big Book of Alcoholics Anonymous



Monday through Friday, 7AM to 8AM EST

Special Edition meeting on Sunday, 8AM EST

Call in Number: 712-432-5210

Conference ID: 876148#

Archived meetings are available

For more information, visit [www.avision4you.info](http://www.avision4you.info)



***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](http://www.oa.org)



## Dear Abby Abstain

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 Step 6, *Were entirely ready to have God remove all these defects of character.***

To be *entirely* ready to have God remove all my defects of character is a lot to ask; and not just the character defects I *want* to be rid of, but ALL of them!!! Yet Step 6 is such a crucial step toward the peace and serenity that will be my reward once my shortcomings have been removed. The awareness I receive from honestly seeing my defective patterns of behavior will not cure me from being a compulsive overeater; I have always been and will always be a compulsive overeater; however Step 6 begins the process of being willing to let go of the self-defeating patterns in my character that have driven me to the food.

The food was my solution to coping with everything. Step 6 allows me to begin a process of healing and learning a new way of "acting on life rather than reacting to it." I reacted to life with food and fear. In Step 6, I am experiencing a willingness to change. Thank God Step 7 comes right after! It's not all up to me! Humbly letting go of my old ways and asking my Higher Power for help is my new solution, my new way of "acting on life".

Step 6 gives me the opportunity to jump forward to step 12! It is a spiritual awakening that brings me the awareness of my behaviors I am willing to let go of and see so many of the principles of our program becoming a part of my life. WOW!! I have to have willingness, honesty, awareness, courage to change, perseverance, humility, integrity—and maybe most of all the HOPE that I can develop a way of life filled with the promises of our program!

A Gratefully Anonymous Compulsive Overeater

**Step 7 Question: Humbly asked Him to remove our shortcomings.**

**Deadline for the July Unity is Friday June 3, 2016  
Please send all entries to the Editorial Team at [Donnayourgalfriday@gmail.com](mailto:Donnayourgalfriday@gmail.com)**

**Thank you in advance for your awesome contributions!!!!!!**

## NEW MEETING IN BROWARD

**WHERE:** St. Vincent's Church Community Center  
Rooms 1&2, 6350 NW 18 St., Margate, FL 33063

**WHEN:** Mondays at 10:00 am

**FORMAT:** Literature—OA 12&12 If you have a copy, please bring it.



### PLEASE CONSIDER GIVING BACK BY JOINING OUR SPEAKERS BUREAU!

We have many speakers' meetings in Broward County that struggle to find new people to present their experience, strength and hope. As an OA, speaker, you are asked to share: How it Was, What Happened and How it is Now. Simple! If you want to provide service in this way, please contact Donna (Unity Team) at 954-295-8271 or [Donnayourgalfriday@gmail.com](mailto:Donnayourgalfriday@gmail.com). Thanks in advance.

**We know you are out there!!!!!!**

### Speakers Bureau

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

If you would like to join this list, please contact Donna (Unity Team) at 954-295-8271

- |                       |                     |
|-----------------------|---------------------|
| 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 | Mort B 954-969-9516 |
| Louis 954-496-3278    |                     |
| Martha 954-971-3932   |                     |
| Samantha 954-240-6450 |                     |
| Joyce M. 954-684-8152 |                     |
| Heather 305-206-7486  |                     |
| Lonna 305-338-0423    |                     |



### 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, please call Donna (Unity Team) at 954-295-8271

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	



## Gold Coast Intergroup Meeting

Saturday June 18, 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](http://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*

<b>City</b>	<b>Time</b>	<b>Meeting Type</b>	<b>Location</b>	<b>Contact</b>	<b>Meeting #</b>
<b>Sunday</b>					
Wilton Manors	12:15 PM	Newcomer / Speaker	<b>Pride Center</b> - 2040 North Dixie Hwy. first bldg. on left	<b>Darlene</b> (954) 299-8038	#46694
Pompano Beach	6:00 PM	Voices of Recovery / For Today	<b>Christ Church</b> - 255 NE 3rd Avenue Classroom 6 (Across from Play Ground)	<b>Martha</b> (954) 971-3932	#51690
<b>Monday</b>					
Margate	10:00 AM	Literature—OA 12&12	<b>St. Vincent's Church</b> Community Center Rooms 1&2 6350 NW 18 St.	<b>Dennis</b> 9954) 554-5570	
Plantation	10:00 AM	Newcomers	<b>St. Benedict's Episcopal Church</b> - 7801 NW 5th Street	<b>Charles</b> (954) 563-3453	#21830
Hollywood	10:30 AM	12 Step	<b>4th Dimension</b> 4425 Hollywood Blvd. (N. side of Hollywood Blvd. between I-95 and Turnpike)	<b>Sheila</b> (786) 837-3093	#51180
Plantation	7:30 PM	Newcomer / Speaker / Step 1-3	<b>St. Benedict's Episcopal Church</b> - 7801 NW 5th Street	<b>Leigh</b> (954) 682-2653	#50467
<b>Tuesday</b>					
Boca Raton	10:00 AM	OA/AA 12 & 12 Step Meeting	<b>Good Shepherd Lutheran Church</b> - 6301 SW 18th Street	<b>Robin</b> (561) 445-9636	#02797
Hollywood	6:30 PM	OA Steps & Traditions Study	<b>Rebel's Drop-In Center</b> - Behavioral Health Outpatient building of Memorial Regional Hospital - 3400 North 29th Avenue	<b>Susan</b> (954) 593-4232	#00304
<b>Wednesday</b>					
Hollywood	10:00 AM	Big Book / Feelings (1st, 3rd, 5th) Steps & Traditions / Feelings	<b>Oasis at TY Park</b> - Park entrance at Atlanta Street (off of N. Park Rd. Keep right and follow sign to the Pavilion 2)	<b>Ellen</b> (305) 682-1569	#27545
Margate	6:30 PM	Beginner/Literature	<b>Prince of Peace Lutheran Church</b> - 6012 NW 9 Court	<b>Lois</b> (954) 604-8490	#00880
<b>Thursday</b>					
Pembroke Pines	10:00 AM	OA Literature	<b>Pines Baptist Church</b> ( in rear trailer) - 800 NW 102 Avenue (Palm Ave & Johnson)	<b>Jeanette</b> (954) 430-0928	#31812
Plantation	10:00 AM	OA Steps / Abstinence Literature Study	<b>St. Benedict's Episcopal Church</b> - 7801 NW 5th Street	<b>Brenda</b> (954) 609-7393	#40172
Boca Raton	1:00PM	Big Book Study	<b>Patch Reef Park Community Center</b> —2000 W. Yamato Rd.	<b>Marcella</b> (561) 451-8758	
Boca Raton	7:00 PM	Literature	<b>Our Lady of Lourdes</b> 22094 Lyons Rd., Room 207	<b>Ron</b> (561) 483-0500	#00903
Fort Lauderdale	7:00 PM	Literature (Leader's Choice)	<b>Christ Church</b> - 4845 NE 25 Avenue, Room 4 (Federal and Commercial Blvd.)	<b>Joyce</b> (954) 684-8152	#46364
<b>Friday</b>					
Margate	6:30 PM	Big Book	<b>Prince of Peace Lutheran Church</b> - 6012 NW 9 Court	<b>Mort &amp; Mike</b> (954) 815-2058 & (954) 675-7382	#52805
<b>Saturday</b>					
Boca Raton	9:30 AM	90 Day Speaker (Special Interest)	<b>Good Shepherd Lutheran Church</b> - 6301 SW 18th Street	<b>Bobbie</b> (561) 477-7914	#39822
Coral Springs	10:00 AM	Big Book / Discussion	<b>Coral Springs Medical Center</b> - 3000 Coral Hills Drive (First Floor)	<b>Helen GK</b> (954) 968-6131	#48428
Plantation	10:00 AM	A Vision 4 You/ Big Book	<b>St. Benedict's Episcopal Church</b> - 7801 NW 5th Street	<b>Cheryl</b>	#41217
Hollywood	10:30 AM	Big Book / Discussion	<b>Sober Today Club</b> 1633 South 21st Ave, Hollywood, FL 33021	<b>Sherri &amp; Drew</b> (954) 612-1250 &	#20653

For meetings in Palm Beach County, go to [www.oapalmbeachfl.org](http://www.oapalmbeachfl.org) For meetings in Dade, go to [www.oamiami.org](http://www.oamiami.org)