



www.goldcoast.oagroups.org

Unity

A publication of OA Gold Coast Intergroup

July 2016



DIVERSITY AND GRATITUDE



I am grateful to be abstinent today and grateful my energy is going toward living on a spiritual plane and not toward food.

On the topic of sponsorship, I think about diversity and gratitude. I have been in OA for almost four years, and I've had five sponsors. They were different in their own ways: One sponsor believed in a structured and fixed food plan, another none at all. One sponsor did lots of service work in OA, and another hosted events at her house so no OA members had to be alone and tempted on holidays.

What they all had in common was a love for the Fellowship, a desire to be of genuine service, and an understanding of the Steps and how to work them. They suggested tools for living life without hurting myself with food, meaning they helped me learn to live with discomfort and to make changes if my behavior was the cause of discomfort. I had to trust that I could tell them everything, that they wouldn't criticize or judge me, and that they would

offer up the Steps and Traditions as a solution. My sponsors have all been abstinent and had spiritual practices of their own. It was also important to find sponsors who had the willingness and time to give me a lot of support.

When I stopped eating compulsively and stuck to a daily food plan, a lot of intense feelings and fears came up. I sought help from a therapist, but I also needed to be able to call my sponsor every day. When I found my current sponsor, I told her I would probably need a lot of support, meeting once a week and calling every day. She said she could handle that, so I got to trust that

she was being honest.

I am so grateful for my sponsors. They gave me ideas "to practice these principles in all our affairs" (Alcoholics Anonymous, 4th ed., p. 60), to practice honesty, integrity, patience, tolerance, love, and service. My current sponsor reminds me to stay in the day and to be a person among persons. All my sponsors have encouraged me by saying, "Don't eat no matter what; no mat-

ter what, don't eat." Since I am recovering from anorexia and bulimia, I also translate this to not restricting or changing the amounts or types of food because of emotions. In a variety of ways, sponsors listen to me, guide me, inspire me, and help me incorporate the Steps and Traditions into my life. It has meant letting go of old ideas and getting a better life instead. —

Anonymous

Reprinted from *Lifeline Magazine*
March 2015



www.oa.org

The Seventh Step Prayer

My Creator,

I am now willing that You should have all of me, good and bad.
I pray that You now remove from me every single defect of character
which stands in the way of my usefulness to You and my fellows.
Grant me strength, as I go out from here, to do Your bidding. *Amen*

from page 76 of the Big Book of Alcoholics • Copyright © Alcoholics Anonymous World Services, Inc.

“Faith without works is dead.”

Step, Tradition, Concept & Principle 7

Step Seven — Humbly asked Him to remove our shortcomings.

Tradition Seven—Every OA group ought to be fully self-supporting, declining outside contributions.

Concept Seven —The Board of Trustees has legal rights and responsibilities accorded to them by OA By-laws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

Principle Seven- Humility

SHE LET GO

Without a thought or a word, she let go
She let go of the fear. She let go of the judgements. She let go of the opinions swarming around her
head. She let go of the committee of indecision within her.
She let go of all the “right” reasons. Wholly and completely, without hesitation or worry,
she just let go...
No one was around when it happened. There was no applause or congratulations.
No one thanked her or praised her. No one noticed a thing.
Like a leaf falling from a tree, she just let go.
There was no effort, there was no struggle. It wasn't good and it wasn't bad.
It was what it was, and it is just that. In the space of letting go, she let it all be.
A small smile came over her face. A light breeze blew through her.
And the sun and the moon shone forevermore.

Anonymous

PROMISES



One of the reasons I love OA so much is the promises that we

read in the big book (pages 83-84) and at meetings... *We are going to know a new freedom and a new happiness... We will comprehend the word serenity and we will know peace... We will intuitively know how to handle situations which used to baffle us.*

These are three of my favorite lines from the promises. I heard them early in one of the meetings and I knew immediately that OA was for me. I especially love the talk of serenity and peace. I feel like I have rarely known those feelings my whole life before I came into OA.

I am trying to see the good in others, help those who are in need whenever I can, and stop being rude, pushy, angry and always in a hurry. I finally realize the world is not out to get me. I see people with long term recovery in the program who tell me the way they used to be and it is unbelievable. I would never know these serene peaceful people who seem to have it all together used to be like me!

I believe it all begins with putting the food down. Then comes the spiritual side of willingness to turn our lives over to our higher power. I am working through the steps with my sponsor to relieve myself of secrets and resentments, make amends, and then continue to work this program every day. I see this in others and this is what I want. In the end I know

this is my path to recovery, serenity, and peace.

Could these changes have come about solely on my own? The answer is no. I have tried all these years to change my life - I thought if I just lost weight my life would change. What I didn't realize is when my life began changing (through OA), the physical recovery follows. It would never work the opposite way because on my own I don't believe I could have ever put down the food. I know now that I require a power greater than myself to restore me to sanity.

On my own I cannot fulfill these promises. But with the support of the fellowship and my higher power they are not extravagant...they are materializing as I work for them.

Diana S.



2016 World Service Convention

Recovery—The Trail to Freedom!

Sept. 1-4, 2016—Boston, MA

Registration is Now Open!

For further info., please visit www.oa.org

Writing as a Tool

When I was in my disease, most of my constant stream of thoughts were self-destructive or self-loathing.

But as I learned to see myself as a compulsive overeater, I understood it wasn't a lack of will power or desire. I didn't have to loathe myself.

That was freeing. Because I started to talk to myself differently. I was willing to be vulnerable with myself because I was no longer blaming myself for not being good enough.

And that's when I was able to use my words to write my story. I didn't know how to begin because all I could ever recall was being blamed or ridiculed for being fat. I didn't have an inner script filled with self-loving statements.

But when I started to work the steps and answer workbook questions about my disease, my story bubbled to the surface. I did have a script. And it had self-loving statements peppered in the layers of life-hurt and fat-pain.

As I continue to examine myself and my life, I find more self-loving statements. Because I found a connection to my feelings through writing.



Sue B.

NEW MEETING IN TAMARAC

WHERE: University Hospital Pavilion Building
In the Gym to the left of the building entrance

WHEN: Saturday 5:00-6:15 PM

FORMAT: Rotating

The man who never alters his opinion is like standing water, and breeds reptiles of the mind.

William Blake



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



Dear Abby Abstain

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 7, *Humbly asked Him to remove all our shortcomings.*

"Release whatever doesn't bless you." This was part of my meditation this morning, and it struck me that OA has helped me do this by the release of 68 pounds over 15 months. That release also helped me let go of the pain in my ankles, knees, back and stomach. That pain was not a blessing!

However, I've been able to release physical weight before. I'm a diet veteran who knows how to read food labels, and I'm a sucker for anything that promises I can "lose 30 pounds in 30 days." I could certainly gorge myself to gain that much, but it never seemed to come off very fast.

What is different this time? The program has allowed me to focus on my emotional and spiritual health and to express and release the sense of hopelessness I felt when I attended my first meetings. I heard, "Focus on working the Steps. That's where you will encounter your Higher Power and receive the gifts of abstinence and right living."

I encountered Step 7 at a Big Book workshop, which gave me the structure to write my Fourth Step inventory, the courage to give it way to my loving sponsor and the ability to understand and practice right living with the Steps.

In Step 7, I thought I could change my behavior without any real effort. "Lose 30 character defects in 30 days!" That worked the same as the miracle diets-not at all. I believe "release whatever doesn't bless you" is my Higher Power's response to Step 7. I humbly asked God to remove my shortcomings and relieve me of my self-centeredness, sense of entitlement, self-righteousness and fear of not being good enough. I expected they would suddenly be gone forever. That hasn't happened. Until Today I was convinced I was doing something wrong.

Instead, I've seen that God is making me more aware of these defects, but not by shining a harsh spotlight on them, but by using a dimmer switch to help me see, for example, when my sense of entitlement makes me angry because things don't go my way. I'm unable to catch it before it happens, but the physical cue of "I need to eat something *now*" causes me to pause and ask, "What's going on here?" I have the opportunity to cease what I am doing or thinking; to making amends, especially with myself; and to not take that first bite.

Today God is telling me to "release whatever doesn't bless me." Step Seven tells us to ask to have our shortcomings removed. God is telling me to unclench my fist and let them go.

Anonymous

Step 8 Question: Describe your experience with Step 8—*Made a list of all persons we had harmed and became willing to make amends to them all.*

Deadline for the August Unity is 7/1/16 Please send all entries to Donnayourgalfriday@gmail.com

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#

For more information, visit www.avision4you.info

PLEASE CONSIDER A SERVICE POSITION ON OUR TELEPHONE SUPPORT LINE



We have three time slots available to service our telephone support line. As a support person, you are asked to provide a variety of OA general information about meetings, workshops, contact info, etc. and/or just lend an ear to those in need. If you'd like to provide service in this way, please contact Donna at 954-295-8271 or Donnayourgalfriday@gmail.com. Thanks in advance for your service!!!!

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 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 is Available!!

Listed below are volunteers available at designated times to provide OA general info, and a safe and supportive space for newcomers, out-of-town visitors and struggling members.

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	Lois	954-604-8490
9-11 pm	Mort	954—815-2058
11 pm—1 am	Marcia	954-707-7778
1-3 am	Keisha	754-224-8835
3-5 am	Open	
5-7 am	Donna	954-295-8271



Gold Coast Intergroup Meeting

Saturday July 23, 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	Email
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	paul_oa@comcast.net
Unity Editor	Donna	954-295-8271	donnayourgalfriday@gmail.com



FREE!!!!!!



Receive up-to-the minute OA Gold Coast Intergroup, Region 8 and World Service Organization information on new literature, events, meetings (phone, online and face-to-face) conventions, workshops and more!!! Just visit www.goldcoast.oagroups.org Remember to subscribe to the (full color version!!!) *Unity* online, delivered to your inbox the first of each month.

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) 299-8038	#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)	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	
Boca Raton	7:00 PM	Literature	Our Lady of Lourdes 22094 Lyons Rd., Room 207	Ron (561) 483-0500	#00903
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					
Margate	6:30 PM	Big Book	Prince of Peace Lutheran Church - 6012 NW 9 Court	Mort & Mike (954) 815-2058 & (954) 675-7382	#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,	Sherri & Drew (954) 612-1250 & (954) 612-1251	#20653
Tamarac	5:00-6:15 PM	Rotating Format	University Hospital Pavilion Bldg. , 7425 N. University Dr.. In the Gym to the left of building entrance	Liz 754-205-4806	

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