



www.goldcoast.oagroups.org

Unity

A publication of OA Gold Coast Intergroup

August 2016

Serenity and Balance



My office at work is directly across from the conference room where my company holds weekly meetings for a commercial weight-loss program. I overhear the conversations, and they remind me of my pre-OA days, namely the excitement and validation I felt when others noticed how my clothes fit. Sometimes I pity those folks and think, "If only they knew a better way." But what they do with their food is none of my business. Their Higher Power is looking after them.

I know this. So why am I affected by the conversations I overhear? I'm affected because it brings me right back to when I did my fair share of commercial diets and to what used to be the story of my life: my obsession with self and with food. The focus of my day used to be what I put in my body, and what I weighed at the end of the week. Inevitably, I enjoyed some success for a month or two, bingeing on the diet food every now and then, mind you. Then when I couldn't handle being at my new goal weight, I sabotaged myself, went back to bingeing, and gained back the weight.

I'm grateful to OA for the focus on spirituality and emotions instead of techniques, strategies, and schemes to change my body. Yes, it is important for me to maintain a healthy body-fat percentage; however, that is not my goal. To me, that's the difference between the commercial stuff and OA.

My goal is serenity. Serenity and balance in all areas of my life! Thank God I get to focus on my relationship with my HP and with myself instead of focusing on the mechanisms of weight loss.

For me, weight never has been the real issue. The real issue has been an inability and unwillingness to go face-to-face with my feelings, to experience the fullness of the emotions coursing through my nervous system. When I felt lonely or pitied myself for being single, I ran to the market to stock up and sate through food. Then to fix the damage I'd head to the gym. When I felt excited about great news, I'd run to fast food for a treat. I just didn't know how to handle my feelings.

OA teaches me how to handle my feelings. I can call a fellow. I can plug into a phone meeting, or two or three—whatever it takes to dissipate the compulsion to escape what I'm feeling.

Thank God I've been led to a solution that works for me for today. Thank God for OA. — Tricia, California USA

Reprinted from *Lifeline Magazine*, Oct. 2015



www.oa.org

"As long as we have not forgiven people for harms they have done us, we will find it impossible to make sincere amends to them for our side of the conflicts."

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 71

For me, the essential element in Step Eight is forgiveness. Until I learned how to forgive, I could not even see where I was at fault.

I was not aware of the deep resentment I had against my parents for the abuse I endured as a child. My insecurities, fear of rejection and low self-worth were all a direct result of suppressing those feelings. I began to truly search my past, and the old memories of abuse returned. As I examined them, hate, humiliation and deep rage boiled out of me in floods of tears. I knew I could not forgive these wrongs myself, especially where my own defiance was often at fault.

I suddenly occurred to me to pray for a "sprit" of forgiveness. Gradually, a peace enfolded me. Forgiveness came, and with it came complete deliverance from those damaged feelings. From that moment, I was healed. Once the miracle of forgiveness occurred, the amends happened naturally.

From Voices of Recovery, p. 214

Step, Tradition, Concept & Principle 8

Step Eight —Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition Eight—Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers

Concept Eight —The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

Principle Eight- Self-Discipline

NEW MEETING IN TAMARAC NEEDS SUPPORT

WHERE: University Hospital Pavilion Building in the Gym to the left of bldg. entrance
WHEN: Saturday 5:00-6:15 PM
FORMAT: Rotating
CONTACTS: Mark 505-501-1166 or Liz 754-205-4806

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



Prayer and Meditation An Atheist's Perspective



Honesty is important in our program and so, before discussing prayer and meditation, I should disclose that I consider myself an atheist and someone who has grappled long and hard with the Second, Third and Eleventh Steps. And yet, I also pray and meditate—regularly. You might think this is contradictory or perhaps a little strange and maybe it is. Why would someone who can't quite get the concept of a higher power engage in activities usually associated with a strong attachment to one? Well, I found that my personal beliefs about God or a higher power weren't particularly relevant when it came to prayer and meditation. Though I'm not sure why this is so, a wise sponsor once said "instead of asking why something is the way it is ask what you can do about it, if it bothers you so much."

Early in my recovery I wasn't particularly happy but I saw people recovering all around me, who appeared to be centered and serene. I soon noticed that those who practiced prayer and meditation seemed to be less bothered by life's ups and downs. At some point, I decided to take my sponsor's advice and began praying and meditating, leaving unanswered the question of whom, if anyone, was the recipient of my fledgling attempts at spirituality. The result has been interesting and somewhat unexpected. I've found that both prayer and meditation work extremely well in combating thoughts and behaviors that aren't conducive to a calm, balanced, and purposeful life, regardless of whether I believe in God or not.

What does it look like to pray and meditate when you don't believe in a traditional God? Well, I feel prayerful in many instances: when humbled by a sunset, thankful for a new job, saddened over the loss of a dear friend, hopeful for a better tomorrow, grateful for my abstinence, or whenever I remember a loved one who has passed away. I feel meditative whether I am formally sitting in silence, watching my thoughts come and go like clouds in the sky, or focusing on my breath by counting ex-hales, or driving carefully and noticing—rather than reacting to—the distracted soul who just cut in front of me on the highway. I feel both meditative and prayerful whenever I eat slowly and deliberately, taking in the aromas, colors, textures, and tastes of an abstinent meal; savoring each bite and appreciating everyone whose diligent efforts brought it to my table.

I have come to rely upon my atheistic prayer and meditation practices. They are free, portable, and provide a welcome respite from most of my woes, anywhere and at any time. They require nothing but my attention and are utterly devoid of opinion. They are not meant to persuade me of anything other than to be in the moment and accept what is. Finally, and perhaps most importantly, they are completely private and have never, ever inspired me to harm myself or anyone else in any way.

Eliza T.



 I don't know exactly what a prayer is. 

 I do know how to pay attention, how to fall down into the 

 grass, how to kneel down in the grass, how to be idle and 

 blessed, how to stroll through the fields, which is what I have 

 been doing all day. 

 Tell me, what else should I have done? 

 Doesn't everything die at last, and too soon? 

 Tell me, what is it you plan to do with your one wild 

 And precious life? 



Anonymous

I'm New to OA, Where Do I Start???

Just visit www.aa.org and click on *Am I a Compulsive Eater?* On the homepage.

In addition to this questionnaire, you will learn about the 12 Steps and Traditions of Overeaters Anonymous, Tools of OA, FAQ's and more. You can also search for face-to-face meetings all over the world plus telephone and online meetings, too!

I think we naturally assume people who call themselves atheists or agnostics are not spiritual people. Therein lies the basis for confusion."

- What If I Don't Believe in God? , available on www.aa.org

How's it Working?

A group inventory process workshop with a Region 8 Trustee and presented by Miami-Dade and the Keys Intergroup of OA

The purpose of this group inventory is to ask ourselves how well our groups and Intergroups are functioning and what we can do to improve Overeaters Anonymous in South Florida. Please lend your voice to support this important effort!!

**SATURDAY AUGUST 6, 2016
 10AM-1:00PM
 Trinity Episcopal Cathedral
 464 NE 16 St., Miami, FL 33132**



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.aa.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 8—*Made a list of all persons we had harmed and became willing to make amends to them all.*

Nice people do it too

I was so sure that my core issues were the fault of others that this step didn't bother me at all. After all, what'd I ever do? Wow, I gave myself so little credit and gave my power to everyone who ever cast a shadow in my life. As I worked the steps I saw, no matter how small a role I was willing to own, I influenced my life moments.

Gather power

So I gathered my power. I re-looked at my life moments. Where was I in the scheme of things when others got hurt? Did I ever say or do anything that might have harmed others?

I asked these questions gently, because it was me and I wouldn't hurt a fly. Until I really dug into my life moments. All of a sudden I could see how my flippant comments or inconsiderate actions could have gutted someone.

This step only asks me to list the people I believe I harmed. Not contact them. Just list all the people. All. It says it.

Step away from the baggage

It's not ok for me to admit to one or two uncomfortable moments and let myself off the hook. Because I'll keep carrying the baggage of guilt and shame from harming others. So I have to stop. Put down the baggage. The one in my right and left hands. And the ones jammed under each armpit. And the backpack. And the travel socks with pockets. All of it. All of it.

So the list has all people I harmed. Before I can walk away from that mass of baggage, swinging my arms, I have to agree to the second part. I wrote their names because I am willing to make amends to them all. All of them. It says it. All.

Just be willing to be willing

This is all about willingness. Not action. Just to be willing to be willing to see my part and to own it. That's all it is.

Once I'm in the habit of seeing my part and owning it, it actually becomes like walking. At first my feet and back are sore from walking. But as I do it, I stand taller, my pace quickens and I start to feel more agile. That is more comfortable than hobbling.

Sue B.

Step 9 Question: Describe your experience with Step 9, *Made direct amends to such people wherever possible, except when to do so would injure them or others.*

Deadline for the September Unity is 8/10/16 Please send all entries to Donnayourgalfriday@gmail.com



Miami-Dade & The Keys Intergroup presents
"Having Had a Spiritual Awakening"
 Annual OA Convention

SATURDAY SEPTEMBER 10, 2016 9 AM—4 PM
 Miami Shores Country Club
 10000 Biscayne Blvd., Miami Shores, FL 33138

Early Registration ends September 1, 2016 at 5 PM
 Visit www.oamiami.org for further details.



THURSDAY EVENING EAST SIDE MEETING NEEDS SUPPORT
 7 PM in Fort Lauderdale

Christ Church
4848 Commercial Blvd., Room 4
 (behind Chuck's Steakhouse)
 Contact Joyce M. 954-684-8152

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. Please announce this service at all your meetings!!!

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 August 20, 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)	Sue 754-307-5678	#48428
Plantation	10:00 AM	A Vision 4 You/ Big Book	St. Benedict's Episcopal Church - 7801 NW 5th Street	Cheryl 954-336-6467	#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	Mark 505-501-1166 Liz 754-205-4806	#54572

For meetings in Palm Beach Co., visit www.oapalmbeachfl.org

For meetings in Dade, visit www.oamiami.org