



www.goldcoast.oagroups.org

Unity

A publication of OA Gold Coast Intergroup

September 2016

Acting Out



Nine years ago, I crawled into the rooms of OA, wishing I could die so I could be free of the hell of this disease. I heard "Welcome to Overeaters Anonymous. Welcome home!" and I began my recovery journey back to life. That year, I also began taking over the care of my mother. Working the Twelve Steps in OA not only gave me the grace to deal with her increasing dementia, but also enabled me to forgive both my parents, make amends to them, and share a loving relationship with them in their last years. Within a few years of joining OA, I went from a size 22 to a size 10. I am 5 feet 9 inches tall, and I maintain a weight loss of 70-75 pounds.

In 2014, my life was turned upside down. Mom passed away in August after years in nursing facilities. Dad died in November under hospice care in his home. In the midst of my grief, I looked at my marriage and knew I could no longer live with my alcoholic husband. I made the painful decision to leave him in June 2015.

The process of grieving these back-to-back losses has in-

cluded the darkest days of my life. When my only daughter left for college in September 2015, I fell deeply into a clinical depression. I sat through moments, hours, and sometimes days of enormous emotional pain. By the grace of God, I never picked up my drugs (sugar and flour), and I did not binge. At times, I started down the "slippery slope" by adding food to my meals, but I turned to the program Tools and the Twelve Steps to stop my addiction before it could progress. It is miraculous that I did not relapse. I felt those feelings without avoiding or delaying them with food.

I put one foot in front of the other and focused on one day at a time. I brought my body to meetings and absorbed recovery, although I was not often able to share. I added a second sponsor for additional support. I took sponsee phone calls daily, which brought me out of the self-absorption of my own problems. I called long-timers and newcomers. I read OA literature daily. I journaled frequently, including work in a daily gratitude journal, which reminded me to focus on my blessings. Most important, I started each day with prayer and meditation and main-

tained connection with my Higher Power throughout the day.

I did all these things, whether I felt like it or not, because my program has taught me not to think myself into action, but to act myself into thinking a recovered life.

I thank God I had my prior years of recovery, which gave me structure; I used my action plan to keep working my program. I am grateful beyond anything I can express for my fellows sharing their support, prayers, and love. Thank you, God, for Overeaters Anonymous! -

Pat H., Williamstown, New Jersey

Reprinted from *Lifeline Magazine*, August 2016



www.oa.org

"How shall we expect charity toward others, when we are uncharitable to ourselves?"

Sir Thomas Browne

The injustice we do ourselves was aptly expressed by a member who said, "If someone treated me that way I treat myself, I'd sue."

While it may be true that I tend to be harder on myself than I am on others, in a larger sense, if I do not feel kindly toward myself, I cannot extend kindness to others.

I am allowed to make mistakes, and so are other people. Errors can be pointed out and corrected without harsh measures or cruel words, without venomous self-recrimination.

For today: Steps four through nine are a highly effective way to deal with my inability accept imperfections-my own and others'.

From For Today p. 290

Step, Tradition, Concept & Principle 9

Step Nine —Made direct amends wherever possible, except when to do so would injure them or others.

Tradition Nine—OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept Nine — Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Principle Nine- Love for Others



A Vision for You Telephone Meetings

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, 8:30AM EST

Call in Number: 712-432-5210

Conference ID: 876148#

Overeaters Anonymous Gold Coast Intergroup presents
Spirituality Workshop



September 17, 2016 1pm-4pm

\$5 suggested donation

Broward Health North Hospital: Classroom 7, 8
201 Sample Rd.

Pompano Beach FL 33064

You are welcome to bring your lunch and enjoy Fellowship at 12pm



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



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.

"I myself believe that the evidence for God lies primarily in inner personal experiences."

William James

When I sit in meetings and listen to others speak of their experience, strength and hope, I realize they have allowed God to enter into their lives as they surrender to a Power Greater than themselves. Of myself, I am nothing and cannot handle the ups and downs I must go through as I work the 12 Step Program of recovery; and need Someone or Something powerful to help me. The world and its situations do not back off just because I have decided to not let food rule my life anymore. I must work the Steps and remain abstinent through thick and thin...pardon the pun!

There were many times all was going well and I had no reason to eat compulsively, but I did it anyway. This in itself tells me that I must have some sort of a kink in my brain that just likes to keep a bit of chaos going in my life.

The God of my understanding has carried me through good times and bad, and it is my job to just go along for the ride without feeling a need to jump in to see if He REALLY is taking care of business! For me, yes He is.

No one I know does what He does for me. Perhaps He puts people, places and situations in my life to help me along. I believe that's what He does. What I do with the situations and those people and places should be to just stay calm, abstinent and attentive to how my life is changing because of my allowing God to take over, as I back off.

So, for today, (and its all about today) I have already thanked Him for giving me another day on earth to enjoy life as much as I can, be compassionate to others and their needs and to live this day as peacefully as I can. Having

a plan for what I do for these 24 hours is a good thing, but trying to manipulate and control or direct must be surrendered along with any and all compulsions that will cause stress and disdain for myself and those around me.

I look at my life today, and I can see the pieces all falling into place as God wills it. All will work out according to His will. So for today, I will let go and Let God, anything else will just cause me stress, worry and unhappiness. It is what it is.

Helen GK



...the purpose of Step 9 is to clear away guilt and ill will so that we may establish better relationships with people whom our lives have touched. In most cases, this will require us to do more than just say, "I'm sorry"...

The 12 Steps & 12 Traditions of Overeaters Anonymous p.76



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 9, *Made direct amends to such people wherever possible, except when to do so would injure them or others.*

After I made my list in Step 8, my sponsor stopped me in my tracks. She said... what about yourself? What have you done to yourself that you need to make amends for? Well, I had never thought of that. I was never good enough to have someone make amends to me... never the less, me making amends to myself! As I pondered over that thought, I was reminded of the times I overate just to get away from the problem, how I would go to sleep instead of facing it, or even just isolating and not sharing with someone else for fear that they might find out about the "real" me. I always felt I was bad and it was confirmed over and over because I never kept up with other people's expectations for me. Then I would punish myself for being such a failure. What did it get me? Tons of illnesses that I can't fix now. I can try to live life better and maybe improve, but I wonder if I will ever be totally healed. Only God knows the answer to that one! So here I am making my amends to myself. Taking time to learn about me, who I am, what I want, what I need, and how to live life to its fullest.

Then the others came to mind. Some of the amends I made were done verbally, some were by a letter. I even had to just change the way I talked with one person to make my amends. I felt they were so much like me that they needed punished too! (I am so glad that God reminds us of where our place in life is! I am not God... so stop doing His job.) There was one person that I couldn't talk to about what had happened. In doing so, I could cause major damage to her life. So, I chose to just talk it out with my sponsor and love the person for who she was. It was hard to talk with her because I still felt the guilt. That was when a loving friend reminded me once more that I am not God. I cannot keep feeling the guilt and love myself. I needed to let it go. Well, that was the hardest lesson I think I have ever had to learn. I am grateful for the lesson, but I pray that I never have to go through that again.

Today I make amends daily. I review my day and apologize when I feel God nudging me to do it. He is really good at keeping my "side of the street clean". May your day be one filled with love. May you find that your amends list is small and that the one you love today should be You!

Anonymous

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

Deadline for the October Unity is 9/7/16 Please send all entries to Donnayourgalfriday@gmail.com

2016 World Service Convention

Recovery—The Trail to Freedom!

Sept. 1-4, 2016—Boston, MA

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



THURSDAY FT. LAUDERDALE EAST SIDE MEETING NEEDS SUPPORT

7—8 PM

Christ Church—4848 NE 25th Ave., Room 4
(Off Commercial Blvd. 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	Beth	954-607-9802
5-7 am	Donna	954-295-8271



Gold Coast Intergroup Meeting

Saturday September 17, 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

(www.goldcoast.oagroups.org)

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	Big Book/Newcomers Welcome	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 more meetings in Palm Beach County—www.oapalmbeachfl.org

For meetings in Dade—www.oamiami.org