



www.goldcoast.oagroups.org

Unity

A publication of OA Gold Coast Intergroup

October 2016

Should I Quit?



I had many years of Twelve Step recovery from an addiction unrelated to food, and I thought adding OA would be a snap. I joined OA in January 2010, and because of my previous Twelve Step experience, I knew I had to attend meetings and get a sponsor. Within the first three weeks, I found meetings I liked, and I still have the same sponsor today.

My sponsor asked me to write down everything I ate and when I ate it. She also asked me to do a "daily fifteen" list: five things for which I was grateful, five things for which I needed to forgive myself, and five things I'd done well. I emailed the list to her every day along with my food diary. We began to work the Steps, I wrote answers to questions, and we talked every Sunday morning. I lost about 20 pounds in the first six months and became secretary of our small group.

By eight months, I noticed I had stopped losing weight. I became dissatisfied with my program and began looking for differences instead of similarities in the stories

I was hearing. I determined OA wasn't working for me and it was time to give it up. But I had four months left on my commitment as secretary, so I decided I couldn't quit something I hadn't really tried.

I told myself I could quit OA if it did not work for me after I had incorporated all the program Tools into my recovery for the balance of my service position. I began making daily phone calls to get to know people so that when I did have a bad day, I was already in the habit of reaching out. I added another meeting, so I was attending three to five Twelve Step meetings weekly. I added more OA literature to my long-established daily reading, writing, prayer, and meditation practices. I worked the Steps with my sponsor. I redefined my ever-evolving plan of eating using a nutritionist and OA literature. I provided service to my two regular groups by rotating my service position at each meeting and, among other things, typing up phone lists and steering committee notes. I practiced anonymity, and I incorporated an action plan into my OA frame-

work. Surprise! I lost another 30 pounds over the next year.

I am not a Cinderella story. I continue to trudge (not jump, hop, or skip, but trudge) this road of happy destiny. My weight loss has stalled again, but I am learning to balance life as it comes along. I haven't regained the weight I've lost, and my emotional maturity and spiritual connection continue to expand. With my chronic health issues, I need to refine food choices even more and remain creative with exercise to keep losing weight. After going through the Twelve Steps with abstinence questions, studying the Traditions, and experiencing a multitude of spiritual quests, my learning continues. My only job is to remain teachable.

If you haven't guessed, I decided not to quit OA at the end of that original service term. I'm still working for OA, and it is working for me. —

Laurie B., California USA
Reprint from Lifeline Magazine, Sept. 2016



www.oa.org

"Whoever is aware of his own failings will not find fault with the failings of other men."

James Ross

Other people's faults invariably match my own. When I notice some particularly objectionable shortcoming in a person, I can generally be sure it is a defect I detest in myself.

Without self-awareness, the habit of finding fault is a distraction that keeps me from seeing my own mistakes. As long as I look at another's wrongheadedness, I don't see myself—the only person I can change.

A daily tenth step turns my attention to myself so I will know what to do to put my life in order.

For today: I don't need to concern myself with other people's faults; I have all the detective work I can handle to ferret out my own.

From For Today p. 300

Step, Tradition, Concept & Principle 10

Step Ten —Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition Nine—Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never to be drawn into public controversy.

Concept Nine — Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Principle Nine- Perseverance

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#

Archived Meetings Number: 712-432-5203, same Conference ID

www.avision4you.info

OA GRATITUDE LUNCHEON

A celebration of gratitude for OA and recovery from compulsive eating



Featuring: Speakers, workshops, performances & an abstinent "potluck" lunch.

Saturday November 19, 2016

11 am—3 pm

Broward Health North Hospital

Conference Room

201 Sample Rd., Pompano Beach FL 33064

\$5 suggested donation

No one will be turned away due to lack of funds.

OA Palm Beach will provide salad greens and water. Please bring a protein or side dish to share with 4-5 people, or bring your own lunch if you choose.



Gold Coast Intergroup Convention February 4, 2017

Saturday Afternoon Meeting



5:00-6:15PM

University Hospital Pavilion Bldg.
7425 N. University Drive (in gym next to left of building entrance)
Tamarac, FL

Step 10

"As we repeatedly act on Step Ten, we begin to see the remarkable way the Steps will, from now on, continue to remove unnecessary turmoil and pain from our lives...More gifts are in store for us as we continue working the program and experiencing the miracle of permanent recovery, one day at a time."

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous" pp. 89-90

Ours is a disease of the attitudes. However, the years I've spent in OA have shown me that although my disease is progressive, so is my recovery. When I was active in my eating disorder, I hated everything about my life. My world consisted of binges, blame, fear, shame jealousy and rage. I was imprisoned by unrealistic expectations of people, bitterly resenting their imperfections. I also hated myself because I couldn't stop eating. Negativity breeds hopelessness and I was trapped.

Recovery teaches me that my gratitude and serenity snowball, just like my negative attitudes did. As I work the Twelve Steps of this program, it becomes fulfilling to focus on the good in my life. It doesn't always come easily; sometimes I struggle to think positively. But when my attitudes slip, I know there's hope. Now my world consists of daily miracles, both large and small, that keep the light in my eyes and lightness in my heart. Positive thinking breeds acceptance and today I am free.

-Voices of Recovery p. 345



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

Before coming into program, taking an honest look at myself was a foreign concept. My modus operandi was to blame everyone or everything else, create chaos, and never look back. The saying, "when I am disturbed, there is something wrong with me," might as well have been written in Greek, as it was lost in translation. Even if I could comprehend it enough to consider the validity of this notion it wouldn't have mattered, for it obviously didn't apply to me. My affliction of compulsive overeating has many immature, child-like manifestations; one of which can be a complete unwillingness to take responsibility for my thoughts or actions. If I happened to be in a particularly foul mood, it was probably due to that loudmouth coworker of mine. Perhaps I shouted at my sister? Well, she should've known better than to disturb me! It's no wonder an honest self appraisal is a skill I've learned to cultivate only after working towards abstinence. A veracious acknowledgement and acceptance of my conduct is a direct threat to my malady, and all of the "-isms" that accompany it.

Very early in my recovery I found myself in a treatment center, in possession of a binder they handed out. It was filled with the typical contents I had a habit of rifling through, and discarding to collect dust. With a newfound willingness born from desperation, I carefully flipped through the pages and came across a sheet labeled "Daily Progress Report". Included were questions regarding the events of the day. Had I been dishonest? Where had I been selfish? Had I kept anything to myself that would be better off shared with someone? I proceeded to answer with as much could muster at the time. Along with all of the inquires pertaining to liabilities, there were also some surrounding assets and jobs well done. What had I done that I was proud of? Did I reach any goals? Giving myself a humble pat on the back was about as unfamiliar (and uncomfortable) as looking at my responsibility in situations- but proved to yield just as much growth. Every morning, I turned them into my therapist, feeling a sense of accomplishment as she smiled at me. It wasn't long before I started to notice a shift in consciousness born from the practice of finally facing myself.

Today, Step 10 is just as important in my life as it was when I first discovered it. Taking the time to clean up my side of the street results in so much freedom and awareness. I do not have to live in fear of not practicing the 12 steps perfectly, because I won't! The wording "when we were wrong" tells me this, and promptly offers a solution to get me back on track. For me, I believe this is where the slogan, "progress not perfection" lives.

Lauren D.

Step 11 Question: Please describe your experience with Step Eleven

Deadline for the November Unity is 10/7/16 Please send all entries to Donnayourgalfriday@gmail.com

**OA Palm Beach Intergroup
2016 Spiritual Retreat
December 9-11, 2016**

Our Lady of Florida, North Palm Beach

Cost \$225 (includes room and meals)

For more information, contact Jeri at 314-409-5404 or my3carats@gmail.com

**THURSDAY FT. LAUDERDALE EAST SIDE MEETING
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 October 15, 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