



www.oabroward.org

Unity

A publication of OA Gold Coast Intergroup

November 2016

Holiday Survival

Our rule is not to avoid a place where there is eating if we have a legitimate reason for being there. "Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it" (Alcoholics Anonymous, 4th ed., p. 102). Just for today, you can take the positive action that is needed to align yourself with your Higher Power and stay abstinent.

- Reach out and ask your Higher Power to keep binge foods from entering your body, to remove the obsession to compulsively eat, and to help you refrain from other behaviors. Just for today, this action can be done repeatedly while following the rest of this survival plan.
- Stay present and aware of your surroundings.
- Have a food plan that doesn't include binge foods. Allow it to be okay that your food choices do not include binge foods

- Call abstinent people. Hopefully you 12 Lifeline A Meeting on the Go have been collecting phone numbers and saving phone lists from meetings. If not, get some numbers now.
- Go to an OA meeting and share how you are doing. If you are going out of town, check out oa.org to find meetings in that area before you leave.
- Read OA literature. Just for today, you can learn more through our literature about the solution to all our problems.
- Use online meetings, phone meetings, and podcasts.
- Write a gratitude list.
- Write a harms prediction. If you take that first binge bite, who is going to get hurt? Take an honest appraisal and write your predictions of the harms that are likely to take place.
- Write a benefits list for not taking that first compulsive bite. Are you really ready to throw away your chances for

peace through abstinence for a binge bite or behavior?

- Write down all the positive benefits of abstinence.
- Do an anonymous kindness. Lots of people, including those who are not a part of our wonderful program, have a harder time around the holidays.
- Ask your sponsor for support.

Whether you are a newcomer or longtimer in our program, chances are your sponsor has some great support he or she can give you for surviving your disease during the holiday season. Take advantage of the fact that when you get to OA you are not alone anymore. It is not only possible to survive our disease through the holidays, we can thrive in spite of our disease with help from our Higher Power, our fellows in OA, and our Twelve Steps for recovery. We can learn a new way of living and be truly happy, joyous, and free.

Laura K.



www.oa.org

"Unhappy is the man, though he rule the world, who doesn't consider himself supremely blest."

Seneca

The fact that I am here at all is a blessing. Would I have chosen not to be born? That is the alternative.

The fact that I no longer have to compulsively overeat is a supreme blessing, indeed. Continuing the way I was going, I might not still be around today. That makes each day a gift.

The habit of complaining, of wishing things were different, is nothing more than a way of insuring depression and misery. As I expose this and other destructive habits to the twelve-step program, asking God to remove them. I can allow myself to be happy, I am coming to realize that it is not life that owes me something; it is I who owe something to life.

For today: To accept myself is to enjoy my life, and to feel supremely blessed.

From For Today p. 174

Step, Tradition, Concept & Principle 11

Step Eleven —Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry it out.

Tradition Eleven —Our public relations policy is based on attraction rather than promotion; we need always maintain anonymity at the level of press, radio and films.

Concept Eleven — The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Principle Eleven- Spiritual awareness

Introducing our new web address—www.oabroward.org

Please take a moment to check out our new and improved website with an easy-to-remember address!

OA Palm Beach Intergroup 2016 Spiritual Retreat

December 9-11, 2016

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



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.

Nominations for 2017 GCIG Board of Directors

Every year our Gold Coast Intergroup elects new board members. Nominations will be held at our November 19th intergroup meeting, 10:00 am at North Broward Medical Center 201 E. Sample Rd., Classroom 8, Pompano Beach, FL 33064; with voting at our December 17th intergroup meeting.

Please consider volunteering your services for one of these seven positions listed below (along with a brief summary of the prime responsibilities).

Chair: Presides over the board and all meetings. Establishes the meeting agenda. Casts a tie breaking vote. May appoint special standing committees and attend their meetings. Ensures the general account is audited annually.

Vice Chair: Serves in the absence of the Chair and assists the Chair whenever

needed. Serves as the functions Chair and Chair of the Registration Committee for the Intergroup's annual convention.

Recording Secretary: Keeps minutes of meetings and distributes them to board members. Maintains files of past minutes. Prepares occasional reports.

Corresponding Secretary: Directs correspondence to the appropriate board member and maintains files of incoming and outgoing correspondence.

Treasurer: Maintains checking account. Submits monthly financial reports. Serves as chair of the Budget Committee.

World Service Conference Delegate/ Region Representative: Attends the OA World Service Conference and all Region 8 Assembly meetings. Provides a written report on these activities. This position may be divided among two people.

Parliamentarian: Maintains copies of the By-Laws and the Policy and Procedures

for the Fellowship. Chairs the By-Laws committee.

Specific qualifications for these positions can be found at www.oabroward.org, Click on Intergroup, then documents, then Intergroup Representative Handbook. Scroll down to pages 4 - 6. In general, board members should be working the 12 Steps of the OA recovery program for at least one year to the best of their ability, with 12 months of back-to-back abstinence. They should have attendance at Gold Coast Intergroup meetings for a minimum of six months, and be familiar with the 12 Traditions and 12 Concepts of OA.

Serving as a member of the Intergroup board can be an integral part of working your own program. Get involved, make lasting friendships, serve others.

For further information, please contact our Chair, Andi S, at 954-295-1123 or spiritmade351@gmail.com

Gold Coast Intergroup One-Day Convention

Be Cool, Use Your Tools!



Sunday, January 15th, 2017
Pride Center at Equality Park
Visit www.oabroward.org for updates!!!!

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



Saturday Afternoon Meeting in Tamarac
5:00-6:15PM

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



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 11, *Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for the knowledge of His will for us and the power to carry it out.*

Step 11 for me confirms that God is in charge of my life. As I take Step 3 each day and say the 3rd Step prayer I turn my life and will over to the care of my Higher Power whom I choose to call God.

I am so thankful to this program for giving me a spiritual awareness. Having contact with my Higher Power offers me the gift of freedom to live life each day to the best of my ability. My conscious contact with God allows me the bonus of spiritual guidance toward the right path not only with my food but in dealing with emotions, decisions and situations that life throws at me.

Step 11 in the Big Book (pages 86 thru the top of 88) tells me exactly how I can continually enhance my connection with God: when I retire at night, when I awake, and through out my day. In the OA 12&12 (page 96 I am shown how to meditate. All I need to know is at my fingertips--how fortunate for me to have learned this, and more important to put it into practice although not always perfectly!

I thank God each evening for the day passed no matter what that day has brought. I thank God in the morning for having another day. I ask God for the knowledge of his will for me—to show me the way today, and always “thy will not mine be done”. My life has taken on “new meaning” as they say. It is hard to express the tremendous gratitude I feel in my heart.

Love and Peace,
Lonna C

Step 12 Question: Please describe your experience with Step Twelve

Deadline for the December Unity is 11/11/16 Please send all entries to Donnayourgalfriday@gmail.com

Maintenance of a Fit Spiritual Condition

It is not so much what I say as what I do. It is not so much what I do as what I am. Meditate and write. Words without actions are useless. Some people and I are guilty of this, and as well, sometimes can talk a good game. Half measures avail us nothing. I must do the next right thing in order to accomplish anything.

In terms of what I am, I am my actions. Actions speak louder than words. I wish to carry the message. In order to carry the message, I must be the message. I can be the message by doing the next right thing. I used to say to my children as it was said to me, “Let your conscience be your guide.” It still holds true today.

Lila, Ft Lauderdale



OA Thanksgiving Meeting

Thursday November 25, 2016 from 10:00-11:30am

St. Benedicts Church

7801 NW 5th Street, Plantation, FL

Kick off Thanksgiving by celebrating our annual meeting with fellowship and support.



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

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	954-651-3075
5-7 am	Donna	954-295-8271



Gold Coast Intergroup Meeting

Saturday November 19, 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.oabroward.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.oabroward.com)

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