



www.oabroward.org

Unity

December 2016

Overeaters Anonymous Gold Coast Intergroup Annual Convention

BE COOL, USE YOUR TOOLS



**ONE DAY
CONVENTION**

**OUT-OF-TOWN
SPEAKER
and Much More!**

**SUNDAY
JAN. 15
9AM-5PM**

Bring your lunch to fellowship or visit one of many nearby restaurants

**PRIDE CENTER
AT EQUALITY PARK**
2040 N. Dixie Highway
Wilton Manors, FL 33305

EARLY BIRD REGISTRATION

Before Dec. 15, 2016 \$25 per person

After Dec. 15, 2016 \$30 per person

Make checks payable to: Gold Coast Intergroup

Mail checks to: OA Gold Coast Intergroup
PO Box 5415
Lighthouse Point, FL 33978

Please bring boutique donations with you...

Gently worn clothing, fashion accessories, electronics, bric-a-brac.

All unsold items will be donated to charity.

For more info about donating, please call Martha 954-971-3932 or Marcia 954-870-7778

Convention details and updates...

Visit www.oabroward.org or call Joyce 954-684-8152

RESERVE YOUR SPOT(S) TODAY!

Name _____ Phone/email _____

Name _____ Phone/email _____

Name _____ Phone/email _____



"Honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service, unity, trust, open-mindedness, responsibility, acceptance, equality and fellowship—These Twelve Steps and Twelve Traditions principles, rather than our own problems, should be the focus of every OA Meeting."

-The Twelve Steps & Twelve Traditions of Overeaters Anonymous, p. 147

Tradition Five says that "each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers." I often wonder what "its message" is. This quotation clearly defines it for me. It is my responsibility to carry the message of the Twelve Steps and Twelve Traditions principles. I can share my problems with my sponsor or a trusted friend. If I focus on at least one of the principles, I ensure that I recover, that I share my recovery with newcomers, and that I contribute to the health and well-being of my group.

-For Today, p. 130

Step, Tradition, Concept & Principle 12

Step Twelve—Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Tradition Twelve—Anonymity is the spiritual principle of all these traditions, ever reminding us to place principles before personalities

Concept Twelve—The spiritual foundation for OA service ensures that:

- (a) No OA committee or service body shall ever become the seat of perilous wealth or power;
- (b) Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- (c) No OA member shall ever be placed in a position of unqualified authority;
- (d) All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
- (e) No service action shall ever be personally punitive or an incitement to public controversy; and
- (f) No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

Principle Twelve (in the Twelve Steps and Twelve Traditions) Service, Spirituality

Nothing is more dangerous than an idea when it is the only idea I have.

I have a character defect that I cannot shake and I refuse to let go. This idea is that I am a normal eater. I tell myself I am a normal eater and I can eat anything I want. That is the most dangerous idea for a compulsive overeater. I tell myself that even if I am a normal eater, I still have to stay away from trigger foods. I give myself the benefit of the doubt.

Lila V. Fort Lauderdale

A Message from Your Chair

As 2016 comes to a close, I want to express how very blessed and grateful I feel for the opportunity to serve as your GCIG Chair for the past two terms.

Thank you for being such a dedicated, thoughtful and intelligent group. Working together so cohesively has definitely advanced our primary purpose, to carry the message, in Broward County and surrounding communities. I feel strongly that with your help our new Board will continue to be a powerful force in living our responsibility pledge "...to carry the OA message to those who share my compulsion, for this, **we** are responsible."

Giving service has always been an important part of my personal program of recovery. I must remember that in order to keep my recovery, I need to learn and grow by helping others.

Please join me in continuing to offer our 2017 Board the same service and support you have so generously given in the past.

In Love and Service
Andi S.



27th Annual Florida State Convention

"Together We Can be Happy, Joyous and Serene in 2017"

February 24-26, 2017

Holiday Inn—Tampa Westshore

700 Westshore Blvd., Tampa, FL 33609

For more information contact: Committee Chair - Andi S. 954-295-1123

Email: spiritmade351@gmail.com



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 are available.

Visit www.avision4you.info for more information.



Wanted: Unity Editor & Team Members

Responsibilities include: collecting and verifying information on OA meetings, upcoming events, new literature, regional and World Service offerings; soliciting member articles and contributions; editing text and layout of content and images.

No experience is necessary. You will receive thorough on-the-job-training for the first several issues and ongoing consultation as required.

Please contact Donna V. if you are interested or have any questions.
Donnayourgalfriday@gmail.com



24/7 OA MEETINGS ONLINE

Can't make it to face-to-face meetings? OA World Service Organization offers recordings and virtual workshops on a wide variety of topics. Visit www.oa.org/podcasts In addition, you can listen to podcasts (updated regularly) at the Los Angeles Intergroup website www.oalaig.org under speakers and podcasts. Please remember how important it is to connect during these busy holiday times!

Overeaters Anonymous Palm Beach Intergroup

6th Annual Spiritual Retreat

December 9 through December 11, 2016

**Our Lady of Florida
1300 US Highway 1, North Palm Beach, Florida 33408**

\$225 per person (includes two room nights and six meals)

**Download registration form: www.oapalmbeachfl.org
For more information, contact Registration Chair Lois 561-702-3232**



Dear Abby Abstain

Dear Abby Abstain:

Describe your experience with Step 12, Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Early in my recovery I used to think that service (the principle behind Step 12) in OA meant carrying the message through sponsorship.

Since then, I have learned that there are many other ways to give service in OA, even in early recovery. Here are some examples:

- 1) attending a homegroup on a regular basis; arriving early to set up the room and put out literature
- 2) attending monthly Intergroup meetings and becoming your homegroup's IG representative
- 3) providing rides to and from meetings
- 4) calling newcomers
- 5) volunteering to lead a meeting or sharing your experience, strength and hope
- 6) volunteering to be an Intergroup committee team member (12 Step Within, Unity newsletter, Public Information/Professional Outreach, Ways & Means, Literature and Website)
- 7) maintaining or working toward a healthy body weight

One of my favorite ways to carry the message is through sponsorship, which reiterates and reinforces all that I have learned in working all 12 Steps with a sponsor. Sponsoring others may benefit the sponsee, but I have to be careful of having expectations about what they should or shouldn't do; or in thinking that I can change the course of their recovery. My sole purpose is to share my own personal experience, strength and hope.

Another important component of Step 12 is "...to practice these principle in all our affairs." For me the key word is practice. If I want to apply these principles to my life on a daily basis, I must remember to ask God for help on a regular basis.

Anonymous

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 Thanksgiving Meeting

Thursday November 24, 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 December 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.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