



www.oabroward.org

Unity

JANUARY 2017

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 _____



Whatever games are played with us, we must play no games with ourselves, but deal in our privacy with the last honesty and truth.

Ralph Waldo Emerson

I cannot play games with myself where my disease is concerned and expect to be sane and spiritually fit. I won't be arrested for driving under the influence of compulsive overeating, but I can be just as irrational in my thinking, just as estranged from my values as a drunken driver. I played that game before I knew a better way to live.

Once I took the first step—admitted food had me beaten—I found I could look for other honest answers without fear.

For today: My abstinence and my sanity depend, above all, on being honest with myself.

-For Today, p. 315

Step, Tradition, Concept & Principle 1

Step One—We admitted we were powerless over food—that our lives had become unmanageable.

Tradition One—Our common welfare comes first; personal recovery depends upon OA unity.

Concept One—The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship

Principle One—Honesty



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

Gold Coast Intergroup Meeting

Saturday January 21, 2017—10:00 AM

North Broward Medical Center

201 E. Sample Rd., Classroom 8, Pompano Beach, FL 33064

Dear Readers:

I'd like to take this opportunity to express my sincere appreciation for the privilege of serving as your Unity Editor for the past two years. It has been a true labor of love!

According to our Second Tradition, "A vital part of our personal growth in OA is giving service, but it is also vital to practice humility by giving up our service (positions) after a specified length of time so someone else can have this opportunity to carry the OA message."

I am happy to announce that Sara B. has been appointed as our new Unity Editor. Sara is a seasoned long-timer in our fellowship who looks forward to giving service in this capacity.

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

In Love and Service
Donna V.



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



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.

OA Meeting List for Broward

(www.oabroward.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	#4121
Hollywood	10:30 AM	Big Book / Discussion	Sober Today Club 1633 South 21st Ave,	Sherri & Drew 954-612-1250 & 954-612-1251	#20653
Tamarac	:00-6:15 PM	CLOSED	University Hospital CLOSED		

For more meetings in Palm Beach County—www.oapalmbeachfl.org

For meetings in Dade—www.oamiami.org