

UNITY

February 2017

A publication of **Overeaters Anonymous Gold Coast Intergroup** • www.oabroward.org

Overeaters Anonymous

is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.



Nothing tastes
as good as
abstinence feels.

*Always to extend the hand and heart of OA
to all who share my compulsion, for this I am responsible.*



Please welcome me as your new Chair in 2017,

I hope to serve you well. This is February and the groundhog sticks his head out of his nest. If he sees his shadow we will have six more weeks of winter. Even if he doesn't see his shadow we will still see six more weeks of winter. However, since we live in Florida we do not see much of a winter. With blizzards in other parts of the country, we should be very grateful. If we try I bet we could all find ten things to be grateful for every day. If we try, I bet we could use the tools of program to have a happier life. Perhaps we could rework the steps in 2017.

Perhaps we could give service. Intergroup could use more meeting representatives. One goal could be to have every OA meeting in Broward County represented at the Intergroup meeting. The Intergroup meeting is the third Saturday of every month starting at 10:00 A.M and lasts about an hour and a half. We are also looking for someone to chair the **Public Information Professional Outreach committee** as well as the **Unity in Diversity committee**. We could always use new ideas. Please come to an Intergroup meeting. I promise we do not bite.

Respectfully serving,

Lila V.
Ft. Lauderdale

Public Information/ Professional Outreach Committee

To coordinate the efforts of OA groups and Intergroups to carry the message of recovery to the public and the professional community which can include hospitals, institutions, professionals, and the military (active duty personnel and dependents). To encourage and assist groups and Intergroups to make the public aware of Overeaters Anonymous through print and broadcast media, participation in community health fairs, and any other public means.

Unity with Diversity Committee

To recognize the significance that acceptance of diversity plays in our ability to effectively carry the message of recovery, this committee intends to encourage awareness within and outside the Fellowship of the importance of unity while honoring and respecting diversity.

Gold Coast Intergroup

Officers and Committee Chairs

Chair	Lila	954-593-6621	goldcoastoa+chair@gmail.com
Vice Chair	Andi	954-295-1123	goldcoastoa+vchair@gmail.com
Recording Secretary	Blanca B.	954-383-5613	goldcoastoa+sec@gmail.com
Corresponding Secretary	Linda R.	954-240-0297	goldcoastoa+csec@gmail.com
Treasurer	Louis	954-496-3278	goldcoastoa+treas@gmail.com
Parliamentarian	Booky	561-573-4372	odatbook@yahoo.com
12th Step Within Committee	Heather	305-206-7486	
Public Info/Professional Outreach Committee	Lila	954-593-6621	
Oa Literature Committee	Mike	954-270-9169	
Ways and Means Committee	Joyce	954-684-8152	
Webmaster	Paul C.	954-593-3881	
Unity Editor	Sara B.	954-328-4178	

Join us

Gold Coast Intergroup Meeting

**Saturday
February 18, 2017
10:00 am**

**North Broward
Medical Center
Classroom 8**

**201 E. Sample Road
Margate
33064**

Step Two BB Promises

Page 25

- There is a solution.
- We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.
- The great fact is just this, and nothing else: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe.
- The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous.
- He has commenced to accomplish those things for us which we could never do by ourselves.

Page 28

- A new life has been give us or, if you prefer, "a design for living" that really works."

Page 46

- We found that God does not make too hard terms with those who seek Him.
- To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to who earnestly seek. It is open, we believe, to all men.

Page 47

- As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.
- It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

Page 50

- In the face of collapse and despair, in the face of total failure of their human resources, they found a new power, peace, happiness, and sense of direction flowed into them.

Page 55

- Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us.

Page 57

- Even so has God restored us all to our right minds.
- But He has come to all who have honestly sought Him.
- When we drew near to Him He disclosed Himself to us!

— Referenced by an anonymous member OA member

Have You Signed Up Yet? Don't Miss Out The 27th Annual Florida State Convention

*"Together We Can Be
Happy, Joyous
and Serene in 2017"*

A fun weekend of recovery and fellowship is planned and there will be lots of opportunities to meet new friends, learn more about the program and enjoy fabulous meals.

February 24-26, 2017

**Holiday Inn—Tampa Westshore
700 Westshore Blvd., Tampa, FL 33609**

*Early Registration ends on Jan. 27th
and hotel reservations at the discounted rate
will be available only until Jan. 30th.*

*Be sure to get your reservations online at
<https://flsconvention2017.eventbrite.com>*

You can also contact Event Chair
Ruby at fsctogether@gmail.com
or Vice Chair Jacqueline R. at jarock587@aol.com

Enter OA's First Public Information Poster Contest

If you could do just one thing for your meeting, what would it be? How about more members? Help make it happen by submitting an entry into OA's first Public Information Poster Competition.

A professionally designed poster is not necessary; we're looking for great ideas!

***Deadline for entries is March 31, 2017
11:59 p.m. MDT. Then, watch for details how you can
vote April 15–May 15, 2017 for the winner.***

The winning design will be printed and sold at bookstore.oa.org. The winning designer or service body will be awarded 20 complimentary copies of OA's New PI Poster.

Good Luck to all who participate!

Go to www.OA.org for all the details

Around-the-Clock Telephone Hotline

These members are available for calls during their specified time blocks for OA general info and support for newcomers, out-of-town visitors and struggling members.

7am-8am	Joyce	954-684-8152
9am-1-m	Andi	954-295-1123
1pm-3pm	Dorothy	954-429-3576
3pm-5pm	Paul	954-593-3881
5pm-7pm	Terri	954-551-7827
7pm-9pm	Lois	954-604-8490
9pm-11pm	Mort	954-815-2058
11pm-1am	Marcia	954-707-7778
1am-3am	Keisha	754-224-8835
3am-5am		
5am-7am	Donna	954-295-8271

Please announce this kind service at all your meetings.

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.

Andi S.	954-295-1123	Lonna	305-338-0423
Billi Z	508-294-5136	Louis	954-496-3278
ooky	561-573-4372	Martha	954-971-3932
Cheryl S.	954-336-6467	Mike	954-270-9169
Dolores	561-265-5668	Mort B.	954-969-9516
Flo M.	954-870-7233	Patty G.	561-927-0542
Heather	305-206-7486	Samantha	954-240-6450
Joyce M.	954-684-8152	Ted S	954-921-8370
Kevin	786-566-8112		

Lifeline Magazine

Lifeline, OA's international magazine, serves as an indispensable "meeting-on-the-go." *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! Go to: www.oa.org

Kim's Story In the Throes of My Bulimia

I am a proud member of Overeater's Anonymous. It's hard to believe that I can honestly say that sentence. I first heard about OA when I was in the throes of my bulimia. I didn't know anything about OA except the thought of it scared me and made me sick to my stomach. There was no way I belonged in a program about compulsive overeating. I purged any excess food I ate and I did whatever I could to keep myself from eating. Not just overeating, but eating period. Of course that never worked and I now realize my attempts to not eat led me to my binges. How messed-up is that! The more I tried to control my food---the more out of control I became. Bulimia for me is about control and trying to be perfect. If I can control my food and eat perfectly, I'll be thin, happy and free. I now know that my thinking was way, way off.

So part of my resisting the idea of OA was pure ego and a bigger part was denial. I did not want to face up to my inability to control food. How shameful and degrading. I guess I thought if I went to OA I would be admitting I was fat and out of control. How could that be true when all I did was think about restricting my food and vomiting? Well guess what, I was out of control and I was overweight. To my surprise, going to my first OA meeting not only gave me the greatest sense of relief I had ever felt, I finally found a place where I belonged. There were people of all sizes and anorexics and bulimics too. They say not to focus on the differences, but to focus on the similarities. The similarity is that we all have issues around food. We may do different things with it, but whatever our method is----we are powerless over it and we need the OA program to restore us to sanity. I thank God every day for giving me the courage to get myself to my first meeting. Since then, I haven't purged in over a year and I have lost about 50 pounds. I don't eat perfectly all the time, but I am finding more meaningful things that help me to feel happy and free.

So if you are out there and uncomfortable with the idea of Overeater's Anonymous and don't think you fit in because you're bulimic or anorexic-----give yourself a well deserved break and check out a meeting. You may find yourself relieved and grateful for the rest of your life.

— Kim

Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

— *AA Twelve Steps and Twelve Traditions*

Willingness to act on faith, then, was the key to step two. It was the beginning of a healing process that would relieve us of the compulsion to overeat and bring stability to our unbalanced lives. As we responded with action to the love we had been shown in OA, the result was a new faith in ourselves, in others, and in the power of that love.

— *OA Twelve Steps and Twelve Traditions*

Step Two:

Came to believe that a Power greater than ourselves could restore us to sanity.

X B Q H Z Z V L T C M I O P L
 M G J X D R D T F S C O U L D
 M K M P G N J E C E K U S N W
 Y V L T A N O A S R C R L O C
 I P X H V X Z N V S O S B B L
 A P T O S D N F C A M E M C J
 T T Q H R D D F B N L L W H W
 D W V S A J P I O I M V I X U
 I J R E S T O R E T A E R G E
 Z Y G L P X W V E Y P S K B E
 H R S K L W E I D Y R C O R X
 M F M E X N R W F B J R B A H
 W A Y Q W B U E A P Q U F E Q
 N W V Z V F H L C P T Q L I P
 D Q N V K N J D E I O S Y R B

BELIEVE
 CAME
 COULD
 GREATER
 OURSELVES
 POWER
 RESTORE
 SANITY
 THAN
 THAT

Expectations
 are
 premeditated
 resentments.

Have
 an attitude
 of
 gratitude.

The spiritual principles of the OA program

The Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service have principles related to them.

Principle of Step Two

Hope

Principle of Tradition Two

Trust

Principle of Concept Two

Conscience

Tradition Two:

For our group purpose
there is one
ultimate authority —
a loving God
as He may express
Himself in our
group conscience.
Our leaders are
but trusted servants;
they do not govern.

X R Z K Q J A S T A N C M K U
W W G O Z S S P A R H O W B D
M T E I T T G R S E U N F F K
Z Y S R H U M O E R A S I Y M
Y I S O E P B F V D J C T Z D
Q J E T Y H P D L E A I D E C
A V R Z N S T N A V R E S Z D
P E P X C L F H U O G N L J L
X N X V F D I J H B P C P G Y
O U E T A M I T L U V E U L V
A T D U W P U O R G N F U U J
A L O R M A Y P G X I N P Q C
X W G N I V O L Z Y P Z B P G
M L F L E S M I H C G M V D Y
D V Q F E F C L B C Q L N V J

ARE
AUTHORITY
BUT
CONSCIENCE
EXPRESS
FOR
GOD
GOVERN
GROUP
HIMSELF
LEADERS
LOVING
MAY
NOT
ONE
OUR
PURPOSE
SERVANTS
THERE
THEY
TRUSTED
ULTIMATE

I can't, God can.
I think I'll let God.

Visit Our Website Today
www.oabroward.org

Your online destination for up-to-the-minute information on new literature, events, meetings (phone, online and face-to-face), conventions, workshops and more from your OA Gold Coast Intergroup, Region 8 and World Service Organization!

Be sure to subscribe online to your Unity newsletter digital edition and enjoy FREE DELIVERY to your email the first of every month.

Came to believe that a Power greater than ourselves could restore us to sanity

When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him. Afterward, we found ourselves accepting many things which then seemed entirely out of reach. That was growth, but if we wished to grow we had to begin somewhere. So we used our own conception, however limited it was. We needed to ask ourselves but one short question. - "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

— *Alcoholics Anonymous*

Compulsive Overeaters Are Often People of Extremes

We overreacted to slight provocations while ignoring the real issues of our lives. We were obsessively busy, the we were “wiped out” and unable to act. We were wildly excited then deeply depressed. We saw the whole world in black and white. If we couldn’t have it all, we didn’t want any.; if we couldn’t be the best, we didn’t want to play the game.

Little by little, we saw how much pain our way of living was causing us. Gradually, we came to believe we needed to change. In all of life, as well as with the food, we were irrational, unbalanced, insane. If our willpower and determination couldn’t change our unsuccessful way of living, what could? Clearly a Power greater than ourselves had to be found if we were to be restored to sanity.

— *OA Twelve Steps and Twelve Traditions*

A Vision For You” Telephone Meeting

Big Book Study of Overeaters Anonymous

Monday through Friday from 7am to 8am
Special Edition meeting on Sundays at 8:30am
Archived meetings are available
by phone and online 24 hours every day.

712-432-5210

Conference ID: 876148#

www.avision4you.info

The Special Edition meetings cover various topics and personal stories of transformation made possible through the teaching and practice of the Twelve Steps and Twelve Traditions of Overeaters Anonymous. Check the calendar online to view upcoming Special Editions.

Don't should on yourself.

Concept Two:

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

B S I C Z S S L A W W P D X Q
W F S R O P U U R H U O E S T
D X P E U N T H O M E E L E E
J T T O N H S L T C H P E C H
O X R M O I E C N K J D G I T
G G Z R A R S A I B T V A V S
S Z I S U Q N U Q E L X T R L
F T Z O V E O K B W N T E E Q
Y E V I T C E F F E O C D S A
Q C O N F E R E N C E R E R J
G T I A C T I V E B V F L J T
D A E V A H X R C O O O H D U
M I U B M S U W T V I Y C Y U
R G W D G W E H H V C J J A V
X K I Z R O M V M S E R L D I

ACTIVE
AUTHORITY
BUSINESS
CONFERENCE
CONSCIENCE
DELEGATED
EFFECTIVE
GROUPS
HAVE
MAINTENANCE
OUR
SERVICE
THE
THUS
VOICE
WHOLE
WORLD

Broward County OA Meetings • www.oabroward.org | February 2017

Sunday

Wilton Manors	12:15pm	Newcomer / Speaker	Pride Center , 2040 North Dixie Hwy. (first bldg. on left) Contact Darlene 954-299-8038 #46694
Pompano Beach	6:00pm	Voices of Recovery/For Today	Christ Church , 255 NE 3rd Avenue, Classroom 6 (across from playground) Contact Martha 954-971-3932 #51690

Monday

Plantation	10:00am	Big Book/Newcomers Welcome	St. Benedict's Episcopal Church , 7801 NW 5th Street Contact Charles 954-563-3453 #21830
Hollywood	10:30am	12 Step	4th Dimension , 4425 Hollywood Blvd. (N. side of Hollywood Blvd. (between I-95 and Turnpike) Contact Sheila 786-837-3093 #51180
Plantation	7:30PM	Newcomer/Speaker/Step1-3	St. Benedict's Episcopal Church , 7801NW 5th Street Contact Leigh 954-682-2653 #50467

Tuesday

Boca Raton	10:00am	OA/AA 12 & 12 Step Meeting	Good Shepherd Lutheran Church , 6301 SW 18th Street Contact Robin 561-445-9636 #02797
Hollywood	6:30pm	OA Steps & Traditions Study	Rebel's Drop-In Center Behavioral Health Outpatient building of Memorial Regional Hospital 3400 North 29th Avenue Contact Susan 954-593-4232 #00304

Wednesday

Hollywood	10:00am	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) Contact Ellen 305-682-1569 #27545
Margate	6:30pm	Beginner/Literature	Prince of Peace Lutheran Church , 6012 NW 9 Court Contact Lois 954-604-8490 #00880

Thursday

Pembroke Pines	10:00am	OA Literature Pines	Baptist Church (in rear trailer), 800 NW 102 Avenue (Palm Ave & Johnson) Jeanette 954-430-0928 #31812
Plantation	10:00am	OA Steps/Abstinence/ Literature	St. Benedict's Episcopal Church , 7801 NW 5th Street Contact Brenda 954-609-7393 #40172
Boca Raton	1:00pm	Big Book Study	Patch Reef Park Community Center , 2000 W. Yamato Rd. Contact Marcella (561) 451-8758
Boca Raton	7:00pm	Literature	Our Lady of Lourdes , 22094 Lyons Rd., Room 207 Contact Ron 561-483-0500 #00903
Fort Lauderdale	7:00pm	Literature (Leader's Choice)	Christ Church , 4845 NE 25 Avenue, Room 4 (Federal and Commercial Blvd.) Contact Joyce 954-684-8152 #46364

Friday

Margate	6:30pm	Big Book	Prince of Peace Lutheran Church , 6012 NW 9 Court Contact Mort 954-815-2058 / Mike 954-675-738 #52805
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Saturday

Boca Raton	9:30am	90 Day Speaker (Special Interest)	Good Shepherd Lutheran Church , 6301 SW 18th Street Contact Bobbie 561-477-7914 #39822
Coral Springs	10:00am	Big Book / Discussion	Coral Springs Medical Center , 3000 Coral Hills Drive (First Floor) Contact Sue 754-307-5678 #48428
Plantation	10:00am	A Vision 4 You/ Big Book	St. Benedict's Episcopal Church , 7801 NW 5th Street Contact Cheryl 954-336-6467 #41217
Hollywood	10:30am	Big Book / Discussion	Sober Today Club , 1633 South 21st Ave, Contact Sherri 954-612-1250 / Drew 954-612-1251 #20653

MEETING HAS CLOSED: Tamarac • 5:00-6:15pm • Big Book/Discussion • University Hospital Pavilion Building