

UNITY

March 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.



The Third Step Prayer

God, I offer myself to Thee -
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties, that victory over
them may bear witness to those
I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!

Page 63 of the Big Book of Alcoholics Anonymous

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



Love, Acceptance and Higher Power

March 21 is the first day of spring. It is spring and a young man's fancy turns to thoughts of love. Wouldn't it be so much better if we thought of love rather than hate? With love comes acceptance. Love oneself so you can love others. Wouldn't it be better to accept one's situation? Wouldn't it be better to know that your higher power has your back?

These three concepts, love, acceptance and higher power. For love, always to have everyone's best interests in mind. For acceptance, to appreciate what one is grateful for. For higher power, to have a power greater than oneself so that one is not ego driven. Let the group be your higher power or anything so that you are not isolated. Go to meetings, pray, and or make a phone call.

That is how we find recovery in Overeaters Anonymous. We just had a convention on January 15, 2017 where we learned about and were reinforced about the tools. The tools of OA are plan of eating, action plan, telephone, meetings, writing, sponsorship, literature, service and anonymity. A great time was had by all who attended. If you can commit to OA, think about attending a convention to have a day of abstinence and recovery. One day at a time. We planned a convention because we want and need to carry the message. *Welcome and keep coming back.*

Respectfully serving,

Lila V.
Ft. Lauderdale

We are in need of members to chair these committees:

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.

Please consider giving service.

Gold Coast Intergroup *Trusted Servants*

Chairperson	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	Heather	305-206-7486	hvaug001@fiu.edu
Public Info/Professional Outreach			
Oa Literature	Diana	954-270-9169	goldcoastoa+lit@gmail.com
Ways and Means	Joyce	954-684-8152	
Webmaster	Paul C.	954-593-3881	paul1212oa@gmail.com
Unity Editor	Sara B.	954-328-4178	goldcoastoa+unity@gmail.com

Join us

Gold Coast Intergroup Meeting

Saturday
March 18, 2017
10:00 am

Broward Health North Classroom 8

201 E. Sample Road

Promise of Recovery

Sometimes newcomers exclaim, “God?! What does God have to do with my compulsive eating?!” This freak-out moment, which almost all of us have had, occurs only when the first two steps have not been completed by the upset new OA member. Step 3 is actually really simple once we have taken 1 and 2.

Once we are on Step 3 a couple things should have happened. The first is that we have fully realized that we have an abnormal reaction to food that will never leave us and we have stopped trying to fight that reality. The second is that we realize that fighting our compulsive food behaviors is completely nuts-o and that only something greater than ourselves (and greater than food) can bring us peace. If these two things have occurred within the soul of a food addict, then Step 3 is a very simple task.

The OA 12&12 keeps it real for us by saying, “Note that we have said the step is simple; we have not said it is easy.” – *OA 12&12 p. 19*

I love that our literature keeps it real and totally on the up-and-up. Suddenly, I am living on a spiritual basis...and no longer trying to manipulate and control things so that I get my way. So, what does God have to do with my compulsive eating? “Once we compulsive overeaters truly take the third step, we cannot fail to recover.” – *OA 12&12 p.27*

Thank you for my recovery! I love all of you!!

– *Anonymous*

Living Steps Workshop

Daily Reprieve through Steps 10, 11 and 12

April 15, 2017 • 1-4pm

Broward Health North, Classrooms 7&8

Feel free to bring lunch for Fellowship from noon to 1pm

Suggested donation \$5

Enter OA's First Public Information

Poster Contest

Deadline for entries is March 31, 2017

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

Go to www.OA.org for all the details

2017 Variety Show “Anything Goes”

Presented by Overeaters Anonymous

Looking for More Talent :)

Please join us for our annual variety show.

There will be all kind of acts from singing, dancing, musical instruments, skits, comedy and much, much more! Don't miss out on all the fun. Be an entertainer or just come to be entertained.

Either way, there will be fun for everyone.

Sunday, March 26th at 2PM

Broward Health North

*201 Sample Road in Convention Center
across from the Main Hospital entrance*

Call Harriet (561) 496-2099

or Jeri (314) 409-5404

Tickets available at all meetings!

Pre order for \$5.00 - At the door \$6.00

**New Freedom Intergroup of OA
is hosting the OAR 8 Recovery
Convention and Business Assembly**

“The Blessings of Recovery”

March 17- 19, 2017

**DoubleTree Riverfront Hotel
Jacksonville, Florida**

For more information contact
904-534-4173 / 303-710-0589

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
Bill Z	508-294-5136	Louis	954-496-3278
Booky	561-573-4372	Martha	954-971-3932
Cheryl S.	954-336-6467	Maureen H	954-600-1483
Dolores	561-265-5668	Mike	954-270-9169
Flo M.	954-870-7233	Mort B.	954-969-9516
Heather	305-206-7486	Patty G.	561-927-0542
Joyce M.	954-684-8152	Samantha	954-240-6450
Kevin	786-566-8112	Ted S	954-921-8370

A Member's Third Step Prayer

*Oh Great Spirit whose voice in the winds I hear,
And whose breath gives life to all the world-
Hear me.*

*Before you I come
One of your many children.
I am small & weak.*

*Your strength & wisdom I need.
Let me walk in beauty & make my eyes ever be-
hold the sunset.*

*Make my heart respect all You have made,
& my ears sharp to hear Your voice.
Make me wise that I may know all You have
taught my people,*

*The lessons You have hidden in every rock.
I seek strength, not to be superior to my brothers,
but to fight my greatest enemy - myself.
Make me ready to stand before You with clean &
straight eyes,*

*So when life fades as the fading sunset,
may my spirit stand before You without shame.*

— Anonymous



Hi, I'm Diana, your new Literature Chair :)

Just to let you know... I have almost all of the books, workbooks, pamphlets and flyers published by OA for sale. Contact me (or your Intergroup Rep) and I'll be happy to get you all that you need.

(954) 234-7696 • goldcoastoa+lit@gmail.com

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.



Lifeline, OA's international magazine, is an indispensable "meeting-on-the-go" ready to provide inspiration and support when needed. Don't miss the opportunity to laugh, learn and love with members in recovery.

Subscribe today! Go to: www.oa.org

Step Three:

Made a decision to turn our will and our lives over to the care of God as we understood Him.

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

AND
 CARE
 DECISION
 GOD
 HIM
 LIVES
 MADE
 OUR
 OVER
 THE
 TURN
 UNDERSTOOD
 WILL

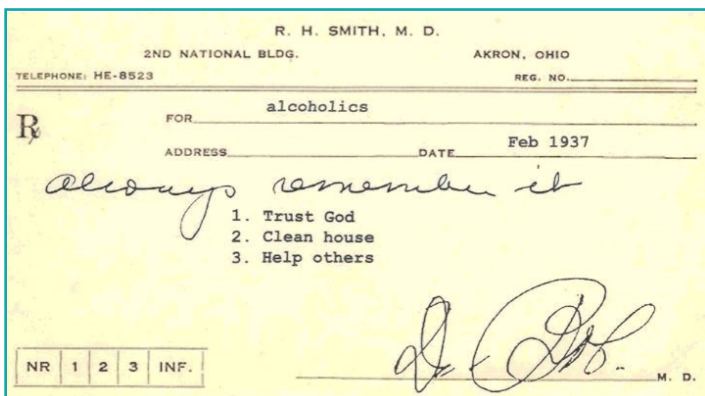
Some may say “Making a Decision” is only the first part of doing it.

For example, if I make a decision to buy a house, I haven’t bought the house yet, and I certainly can’t move in this afternoon. There are a series of things I must do after making a decision to buy a house before I have actually bought it. I have to find a house, get a realtor, a lawyer, a banker, check taxes, check a certificate of title, and do all kinds of

other things. Then finally, at the end of the process, I’ve bought the house, and I’m living in it. In taking Step Three, if you make a decision to turn your will and life over to God, you’re deciding. You’re committing to “buy the house”. You’re committed to turning your life and your will over to God. But you haven’t completed the transac-

tion when you say the words of commitment. ...

I asked my sponsor, “If saying the words doesn’t turn my will and my life over to God, how do I do it?” He smiled and said, “That’s what Steps Four through Twelve are: the way to turn our whole lives - past, future, and present - over to God.”



Growing up is making the same mistakes less often.

Let me be the clay and God be the sculptor.

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 3 *Faith*
 Principle of Tradition 3 *Identity*
 Principle of Concept 3 *Trust*

Tradition Three:

The only requirement for membership is the desire to stop eating compulsively.

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

COMPULSIVELY
 DESIRE
 EATING
 FOR
 MEMBERSHIP
 ONLY
 REQUIREMENT
 STOP
 THE

First the addict takes a bite,
 then the bite takes
 the addict.

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 FULL COLOR digital edition and enjoy FREE DELIVERY to your email the first of every month.

Dr. Bob's Third Step Prayer

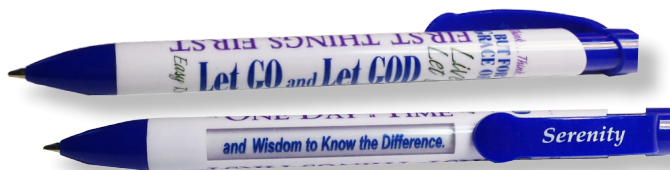
Dear God,

I'm sorry about the mess I've made of my life. I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. Please forgive me for it all. I know You have the power to change my life and can turn me into a winner. Thank You, God for getting my attention long enough to interest me in trying it Your way. God, please take over the management of my life and everything about me. I am making this conscious decision to turn my will and my life over to Your care and am asking You to please take over all parts of my life.

Please, God, move into my heart. However You do it is Your business, but make Yourself real inside me and fill my awful emptiness. Fill me with your love and Holy Spirit and make me know Your will for me. And now, God, help Yourself to me and keep on doing it. I'm not sure I want You to, but do it anyhow. I rejoice that I am now a part of Your people, that my uncertainty is gone forever, and that You now have control of my will and my life. Thank You and I praise Your name. Amen.

Inspirational Gifts

To purchase, call Joyce at 954-684-8152
 Proceeds Support Our Intergroup



Serenity Prayer Click Pens \$3

(Shown in Blue. Pink and Green also available.)

Serenity Knots \$7



*Solid Pewter
 Engraved on both
 sides • Serenity,
 Courage, Wisdom
 • Serenity Prayer*

(Shown Actual Size)

"A Vision For You"

Overeaters Anonymous Big Book Study
 Telephone Meeting

Live Meetings

Call 712-432-5210 • Conference ID: 876148#

Monday through Friday 7am-9am

7- 8am (recorded) 8-9am (unrecorded question and answer)

Sunday Special Edition Meeting 8:30am

Meetings cover various topics and personal stories of transformation made possible through the teaching and practice of the Twelve Steps and Twelve Traditions of OA. Check the calendar online to view upcoming Special Editions.

Archived Meetings

712-432-5210 • Conference ID: 876148#

All recordings are archived indefinitely and available by phone and online at www.avisionforyou.info 24 hours every day.

www.avision4you.info

Robust online site where you can listen and/or download podcasts of daily and Special Edition meetings and read AA's Big Book/12&12 online

Concept Three

The right of decision, based on trust, makes effective leadership possible.

The Twelve Concepts of OA Service help us apply the Steps and Traditions in our service work, which is an important part of the OA program. The Concepts define and guide the practices of the service structures that conduct the business of OA.

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

BASED
 DECISION
 EFFECTIVE
 LEADERSHIP
 MAKES
 POSSIBLE
 RIGHT
 THE
 TRUST

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