

UNITY

May 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 compulsive food behaviors, and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.



Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

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



Welcome to OA, Welcome Home

When you come to a meeting you will see that there are people there just like you. They have the same fears, hopes, dreams and ambitions that you have. You will hear what you need to hear. You will take what you need to keep; and what you don't need you will let go. Accept yourself and accept others. No need to pass judgement. Stay for the fellowship. Stay until the miracle happens.

We need to welcome all diverse peoples. We need to accept everybody. Left us not discriminate due to race, creed, sexual orientation, religion, native origin and so on. Let there not be a barrier to welcoming everyone. The only requirement to be a member of Overeaters Anonymous is a desire to stop eating compulsively.

Respectfully serving,

Lila V.

Ft. Lauderdale



We are in need of Committee Chairs

Public Information/ Professional Outreach

To coordinate the efforts of OA groups and Intergroups to carry the message of recovery to the public and the professional community. 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

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	954-806-7766	hvaug001@fiu.edu
Public Info/Professional Outreach			
Oa Literature	Diana	954-234-7696	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
May 20, 2017
10:00 am

Broward Health North Classroom 8

201 E. Sample Road

12 Big Fat Lies COEs Tell Themselves

We compulsive overeaters are dishonest by nature. Really! For decades, our brains have been telling us lies about our eating to keep us eating. The truth about compulsive eating is that it is an illness. We are not like other people. We have a physical allergy to food that creates systematic cravings, a mental obsession with food, and a downward spiral of our spiritual well-being. But some of us are so wedded to our lies that we either don't realize they are lies or are too afraid of failure to address them.

Here are 12 of the lies shared retrospectively by people who have experienced recovery.
Lies that keep us stuck in our disease when we accept them as truths.

I'm a bad person because I can't stop eating compulsively.

We're sorry to burst this bubble, but we aren't bad people. What we are is people with a chronic, progressive illness that we cannot control.

I don't care anymore. I might as well keep eating.

If we truly didn't care, we wouldn't be preoccupied with our bodies and the pain the disease causes us. Experience shows that we eat precisely because we care desperately.

If I could eat like a normal person, everything would be better.

An insidious lie if there ever was one. What we're really saying to ourselves is that we wish we could eat as much as we wanted and not gain weight so that we could keep eating compulsively and not face any consequences.

I'm only hurting myself.

We bury feelings with food, and in our more lucid moments, we recognize that the people who love us are deeply concerned by the slow suicide our food behaviors appear to be.

All I have to do is eat in moderation.

Sure, and while were at it, we can build a time machine, be in two places and once, and bring peace and harmony to the world with one magic word. Controlling our food is no longer possible for us. By the time we learned about OA, that ship had sailed a long time ago.

Life wouldn't be worth it if I couldn't have my favorite foods.

Really? And how's life going with those favorite foods?

Depriving myself of my favorite foods is just a way to punish myself.

Perhaps abstaining from those foods is a way to give ourselves the gifts of freedom, joy, and happiness?

I'm just an emotional eater.

Maybe true. If so, try this experiment just to make sure: Put a serving of your favorite food in front of yourself, but keep the rest of the contents of its original container within arm's reach. Now sit in front of that one serving and see if you can not eat it. Try it for 5 minutes. 10 minutes. An hour. Try it a couple days in a row. In our experience, few if any compulsive overeaters can keep themselves from not only eating that serving but from getting into the rest of the container as well. It's because our emotions are only a trigger for our eating, not the root cause.

I eat because of what someone else did to me or how they treated me. You'd eat too!

In other words, we take the poison we intend for the other person.

I know myself, and I can't change.

Do you really know yourself? What we find out in OA is that underneath the highly-defended face we present to the world is a person we don't know very well. We haven't let anyone, including ourselves, get close to that person for years, perhaps decades, because of pain and fear. We've discovered that our outward behaviors can indeed be changed if we let go of what we think we know about ourselves and adopt an attitude of rigorous honesty, openness, and willingness to try what millions of others have used successfully to arrest this killing disease one day at a time.

I just need to get through _____, and I'll OK.

In our experience, addiction doesn't care what's going on in our lives. We can eat over a broken shoelace, a broken heart, a broken arm, or a broken home. There's always some reason to eat.

I've tried everything else, and OA won't be any different.

OA isn't like anything else. Come in, stick around, you'll see.

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.

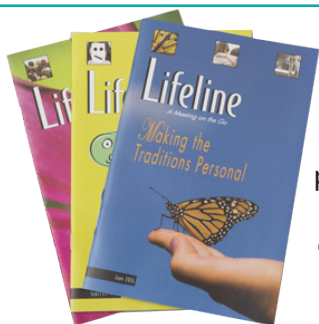
Andi S.	954-295-1123	Lonna	305-338-0423
Billi Z	508-294-5136	Louis	954-496-3278
Booky	561-573-4372	Martha	954-971-3932
Cheryl S.	954-336-6467	Maureen H	954-600-1483
Dolores	561-265-5668	Mike	954-270-9169
Flo M.	954-870-7233	Mort B.	954-969-9516
Heather	305-206-7486	Patty G.	561-927-0542
Joyce M.	954-684-8152	Samantha	954-240-6450
Kevin	786-566-8112	Ted S	954-921-8370



Literature For Sale

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

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



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

Spring House Cleaning

Imagine that you've decided to clean out your house. There's too much stuff in there bogging you down, covering every surface, stuffing every closet. You're constantly reminded by the clutter that it's time to pare down. When you finally do it, you realize that you need to determine what stays and what goes, so you make a list as you sort through all the stuff.

Once the list is made, you need to get rid of everything that's not useful, so you pick up the phone book and call for a dump truck. Then you ask a friend to come by and help you carry all the dreck out of your house. The driver arrives and backs up to the house, and you and your friend load the items you are throwing out into the truck, one by one. As you go, you carefully tick them off your list.

That's exactly where we are in step five. Just prior, in step four, we made our list of the damaging attitudes, behaviors, thoughts, and situations that have gotten in our way. They have weighed us down, and every time we think about our lives, they are there to remind of us why we have sought comfort in food. But the trick is that making a list of our ugliest characteristics isn't the same as getting rid of them. We need to expose them to the light of day where they lose their potency. We need to share them with another, understanding person who will see our humanity instead of judging us. We need to share them with God to demonstrate our continuing willingness to let go of what has blocked us from a relationship with our Higher Power.

Reading out our inventory to another person and God is how we load up the psychic dump truck so that our emotional and spiritual junk can be taken away from us.

— Anonymous

Are you willing to tell someone
ALL of your secrets?

Step 5

Admitted to God,
to ourselves,
and to another
human being
the exact
nature of our wrongs.

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

ADMITTED
AND
ANOTHER
BEING
EXACT
GOD
HUMAN
NATURE
OUR
OURSELVES
THE
WRONGS

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.

It is one of the beautiful compensations of this life that no man can sincerely try to help another without helping himself.

NEW MEETING DEERFIELD BEACH

Mondays 1-2pm

Cathedral Church of God

365 South Dixie Highway, Deerfield Beach

Just South of Hillsboro Boulevard

***Parking and meeting entrance in rear
just off SW 1st Terrace***

Contact Kitty 203-246-5709

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 5

Integrity

Principle of Tradition 5

Purpose

Principle of Concept 5

Consideration

“No Longer Eaten Alive”

Ever experience this? Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

You’ve got a paralyzing fear. Maybe of someone’s opinion. That you’re going to be fired for an error you made. Of pain, disease, or death. You’re furthermore afraid to even speak about this fear because you think you’ll be judged.

Finally, when you’re ready to explode, you ask a best friend or family member or counsellor to listen. It starts coming out, in a gush or a trickle, until you’ve said the whole thing. And as you speak it feels incredibly awkward, but as the words hit the air, the reasonable part of you starts to realize how your unreasonable mind turned something very small, perhaps something whose significance you’ve misinterpreted, into personal armageddon.

The fear diminishes simply by being voiced out loud and listened to in the cold light of day. Ahhhh. Relief, as if a pressure valve had been released.

And then it’s onto the next personal crisis!!!

Turns out that we compulsive eaters have waited a long time, maybe our entire life, to get this relief. We’ve bottled up every little fear, resentment, judgment, self-hatred, you name it. Deep inside, they live, wriggling around in our stomach like a pile of crazed, squirming worms. When we eat compulsively, we want to bury those horrific feelings-worms in a landslide of food, but somehow, quickly, they poke back up to the surface, so we do it again and again. If only we could feel real relief! But there’s so much of those negative feelings inside us that we despair ever feeling better.

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.

Surrendering means
you don't have to
fight any more.

“A Vision For You”
**Overeaters Anonymous Big Book Study
Telephone Meeting**

Live Meetings

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

Monday through Friday

7am-8am (recorded) 9am (unrecorded)

10am-11am (recorded)

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

Now that we've worked the first four Steps, we've been able to inventory those nasty secrets that plague us. We know each and every one of them by name, and we know exactly how they affect us. In Step 5, we read that inventory aloud to God and one other person. Difficult as it may be to speak these things, we do it, and as we do, something curious happens. We start to laugh. We cry. We groan at the repetition. No matter what, we are feeling these feelings in a safe way, and the sound of them is evaporating into the air. Finally, our reasonable, abstinent self can process them without the fog of food and its attendant fear.

The inventory we are reading is an objective one. Just the facts. We start understanding that we can let go of these feelings. That we can let go of the idea that we are irreparably broken. We see in full color the futile way that we've lived our life up to now. By the time we finish reading it, we have heard a great deal that is objectionable. We have also observed that our listener has not run away in fear or turned their

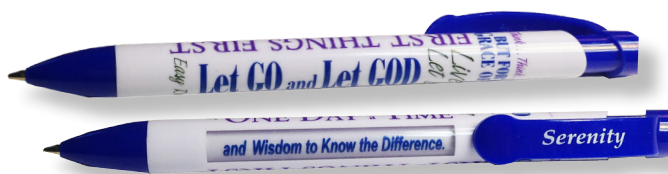
back on us. If they say anything, it is usually "me too." In the end, we find out that our foibles and flaws are merely human nature, and that we can forgive ourselves if God can.

In fact, as we complete Step 5, we can see the outlines of what life in food-sobriety is like. We see that in Steps 6 and 7, the slate will be wiped clean by our Higher Power, and we are so ready for that to happen! We feel ready to look at the people in our world as equals. We want to cast aside the fear and loathing that keeps us from being helpful to others. We want to be reliable, trustworthy people who think of someone other than themselves. We see that this Step 5 has given us hope that God will turn all these defects we've just read into assets that allow us to be uniquely helpful to other compulsive eaters.

— *SeacoastOA.org*

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)

Virtual Online Meetings

www.oavirtualseervices.org

OA Virtual Services Consist Of Telephone and Online Meetings



Using telephone or online technology, OA members from around the world may attend meetings together. These meetings are fully interactive. Also included are OA email

groups, commonly called loops, which do not meet in real time.

Like all registered OA meetings, virtual meetings welcome all who have the desire to stop eating compulsively, do not require members to practice any actions to remain a member or to share at a meeting, have no affiliations other than OA, and practice the Twelve Steps and Twelve Traditions of OA.

OA has more than 400 virtual recovery meetings each week for compulsive overeaters, bulimics and anorexics and the numbers continue to grow. Meetings are available every day and most any time during the day or night. Average attendance per meeting is 39 members. **Anyone with a desire to stop eating compulsively is welcome.**

Broward County OA Meetings • www.oabroward.org | April 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
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