

UNITY

June 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.



We pray for the willingness until it comes...

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



Act as if and it will come...

As I speak to people from other backgrounds and or religions I marvel at how much alike we are rather than different. Someone who has lost some of his memory still remembers that G-d is the most important thing without exception; although he has made some mistakes in his life he feels it is still the best of all worlds and he is glad to be alive to be one of G-d's creatures. Being a spiritual being is a gift from G-d; if you don't have it yet it will come, act as if and it will come.

Overeaters Anonymous welcomes all diverse peoples. We accept everybody. Let 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.

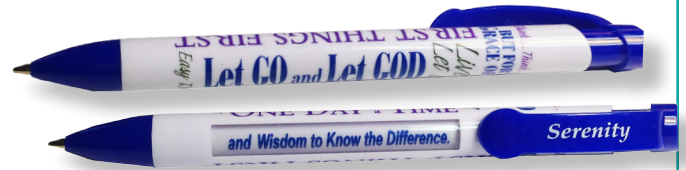
Respectfully serving,

Lila V.

Ft. Lauderdale

Inspirational Gifts

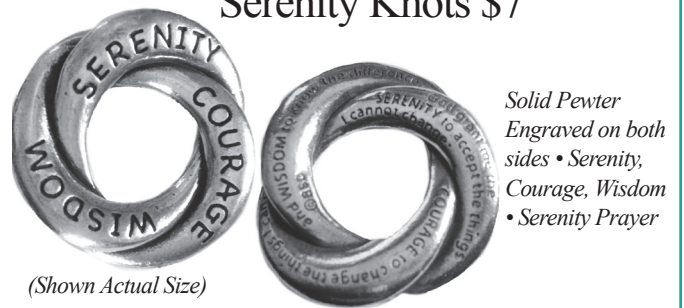
To purchase, call Joyce at 954-684-8152
Proceeds Support Our Intergroup



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)

Gold Coast Intergroup *Trusted Servants*

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Join us

**Gold Coast
Intergroup
Meeting**

**Saturday
June 17, 2017
10:00 am**

**Broward Health North
Classroom 8**

201 E. Sample Road

Bask in the Sunlight of the Spirit

WORK THE 12 STEPS IN 2 DAYS

June 10th & 11th

Broward Health North, 201 East Sample Road, Pompano Beach

Registration 9:30am • 10am to 4pm (with a break for lunch)

Bring the Big Book (Alcoholic Anonymous)

\$20.00 fee for materials



After a While...

After a while, you learn the subtle difference between holding a hand and chaining a soul, and you learn that love doesn't mean leaning and company doesn't mean security.

And you begin to learn that kisses aren't contracts and presents aren't promises, and you begin to accept your defeats with your head up and your eyes open with the grace of a woman, not the grief of a child.

And you learn to build all your roads on today because tomorrow's ground is too uncertain for plans and futures have a way of falling down in mid-flight.

After a while, you learn that even sunshine burns if you get too much so you plant your own garden and decorate your own soul, instead of waiting for someone to bring you flowers and you learn that you really can endure....

That you really do have worth and you learn and learn..... with every good-bye you learn.

Words are Cheap

After writing and sharing our fourth step (completing steps 4 and 5), we need to go further still. On page 76 of the Big Book, we find the directions for steps 6 and 7. In step 6 it says that 'We were entirely willing that God remove all these defects of character.' (There is a very important direction associated with Step Six which is often missed. It says that "if we still cling to a defect we will not let go, we ask God to help us be willing." So if there is a shortcoming that we are not willing to ask God to help us with, we pray for the willingness until it comes. This should not stop us from going on to Step Seven with the shortcomings we are willing to ask Him to help us with.

The difference between saying I'm entirely ready and being entirely ready is the core of why so many people don't make it through the steps. This program is one of action. Anyone can say anything; it's the person's actions that will dictate whether they are being entirely ready.

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	954-806-7766	Patty G.	561-927-0542
Joyce M.	954-684-8152	Samantha	954-240-6450
Kevin	786-566-8112	Ted S	954-921-8370

Just Don't Offer Me a Newcomer Packet

Experience, strength, and hope from a teen member

As a fifteen-year-old girl who couldn't just "eat", I felt separate from my peers. I'm a social person who couldn't enjoy myself at parties or dinners, the food looming over my head like an angry dark cloud. Every bit and morsel of food or candy I was given for anything went down straight away, followed by a small effort to stop, and then an even larger effort to finish the food.

As my attendance to meetings became more and more regular, I began to realize that if parties or some events aren't fun for me, I just shouldn't go! What a concept to a social butterfly like me. And just like that, the pressure I felt to impress my friends, be at every event, and plaster on the big grinning fake smile on was lifted. I began to enjoy healthier habits; going to the gym, yoga, biking, makeup, hairstyling, and pottery. Just because these are things not normally enjoyed by everyone else doesn't mean I can't enjoy them.

As miserable as the reclusion from conventional social events sounds, I have never been more at peace with myself. I can only imagine how out of place I look, a baby sitting around a table of old people sharing about marital issues and health problems of their grandchildren. And yet the strange sense of understanding I feel with such different people at my favorite Sunday night meeting is the best feeling in the world, and nothing I could've ever received from the paper thin relationships with false friends. Although I am still offered a newcomer packet whenever I go to a new meeting, the security, comfort, and acceptance I feel within the walls of OA tastes better than any slice of birthday cake I've ever had.

— Anonymous

For in meditation,
debate has no place.



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

Step 6

Were entirely ready
to have
God remove
all these defects
of character.

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

ALL
CHARACTER
DEFECTS
ENTIRELY
GOD
HAVE
READY
REMOVE
THESE
WERE

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.

Willingness, Honesty and
Open Mindedness are the
essentials of recovery.

The Essence of Willingness

“Our commitment to embrace the needed changes in ourselves has given us an extraordinary power to deal with life’s challenges. No longer do we go through life clinging desperately to the past, resistant to change. From now on, we will strive to keep ourselves entirely ready for any transformations our Higher Power wants to bring about in us. Having such an attitude, we can’t fail. We will become wiser, saner, more effective people as we recover from the disease of compulsive overeating. We’ll find we can cope with both good times and bad, learning and growing spiritually from each experience as our Higher Power intended us to do all along.” – *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 58

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 6 *Willingness*

Principle of Tradition 6 *Solidarity*

Principle of Concept 6 *Responsibility*

A Step of Willingness

I find that I have to be willing to do it before I can allow HP to take over and fix my defects of character. I also have to be willing to allow Him to do it in His timing and not mine! For instance, one of my defects of character is people pleasing. I have a bad habit of trying to make everyone happy. When I can't seem to make them happy by what I do, I will go buy things for them. I did that for my alcoholic husband and reaped many results from it... some not good! For instance... I bought him a truck so he could go find a job. He wanted to work at carpentry, so he had to have a truck to get the materials for his jobs. We would work together. I would get his contracts ready for him and he would do the work. Well, maybe I should say... he sometimes did the work. Most of the time, his disease took over and he was not able to work. Then I would feel guilty about giving him the truck. I would take his keys away so he wouldn't drink and drive. Well, one day he did it anyways and killed a man. Talk about guilt. I don't know what kind of guilt he felt, but I felt responsible for the man's death. If I had never bought that truck... and so the story goes. It is like that with all things in my life. I am always looking back and saying "If only I had..." when I really should just accept things as they are and just learn from those mistakes.

I think that is what HP wants us to learn from this step. He wants us to know that the outcome is not always our doing. Yes, I bought the truck but I had no

real control over when he would or wouldn't use it. I needed to turn that over to HP and allow Him to control that. Instead, I tried to fix it in my own way. I wanted to make my hubby happy and instead I became miserable. I find that when I try to fix anything, it always ends up a mess.

Step 6 reminds me that I am not in control. HP has control over my life, my decisions, my destiny. I am to be willing to accept whatever He brings my way today and leave the results with Him. Can I do it? Some days are better than others. I do find that I am willing most of the time, however, there are those days when I want to play god again. That is when I need to go back one more time to step 1 and turn it over again to Him!

Today I am willing to allow HP to take over and change those things within me that He thinks needs changed. He knows me better than I know myself. Am I willing to allow Him to do this? Today I am. How about you?

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.

"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

Hi Everyone!
WSO needs our help!
Please update your meeting information
and pass the word!!



Questions? Please contact the World Service Office at 505-891-2664 (USA) or info@oa.org.

OA will be conducting an electronic member survey later this year and we are asking that all meetings review their contact information, especially email addresses. Updating your meeting information is easy, just follow the steps below.

- 1) Go to **www.oa.org** in your browser.
- 2) Click on **"Find a Meeting"** on the home page.
- 3) Under **"Meeting Changes"** in the left-hand column, click on **"Edit an Existing Meeting"** and select the type of meeting to edit (face-to-face, online, telephone).

- 4) Follow the search instructions to locate your meeting. Click on **"Edit Meeting"** when meeting has been located in the search results and update the appropriate information.
- 5) Please be sure to check the box under Form Verification and then click on **"Submit Form."**
- 6) If you are unsure of the contact information listed in the WSO database, please contact the World Service Office.

Defects Become Assets When Balanced

ASSETS <i>Attributes and characteristics of Higher Power's Will</i>	DEFECTS <i>Attributes and characteristics of Self Will</i>
Forgiveness, Acceptance	Resentment
Faith, Courage.....	Root Fears (Specify)
Altruism, Interest In Others.....	Selfishness
Considerate, Unselfish	Self-Seeking
Honesty	Dishonesty
Being Considerate.....	Being Inconsiderate
Humility, Seeking To Do God's Will.....	False Pride
Giving, Sharing	Greed
Contentment, Generosity, Being Grateful	Envy
Taking Action	Procrastination
Moderate Eating	Overeating
Self Acceptance.....	Self-Criticism
Minding My Own Business	Gossiping
Acceptance, Self-Forgiveness	Guilt
Accepting, Minding My Own Business	Being Controlling
Trust.....	Jealousy
Patience	Impatience
Tolerance	Intolerance
Gratefulness For What I Have Got.....	Self-Pity
Humility	Self-Justification

Virtual Online Meetings
www.oavirtualseervices.org

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. **Anyone with a desire to stop eating compulsively is welcome.**



Broward County OA Meetings • www.oabroward.org | June 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
Boca Raton	6:30pm	Big Book: Vision for You	Stratford Court of Boca Raton , 6343 Via De Sonrisa Del Sur, Boca Raton Park in "Team Parking" or "Guests". Contact Fred (561) 716 4455 #09095
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
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