

UNITY

July 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.



Step 7: At One with the World

My name is Penny, and I am a compulsive eater and food addict.

Step 7 is pretty simple. "... all we have to do is say a prayer requesting that God take our shortcomings from us." (OA 12&12, p. 59) That should be easy enough; after all, we are entirely read as the result of Step 6. And really, I found Step 7 to be the easier of the two steps because Step 6 is where I had to do most of the soul searching.

That being said, I think that like most OA's, my biggest hurdle was overcoming Step 7's asking us "... to adopt an attitude of humility." (OA 12&12, p. 59) I fell into the trap of confusing humility with humiliation. I had spent my life feeling humiliated, and no way was I going to do that anymore. "Humility" reminded me of the shame I felt when I thought I was being belittled and "put in my place." "Humility" meant "doormat."

I don't know how it happened, but in a hidden corner of my heart I realized that while OA's steps were meant to be ego deflating in a good way, I couldn't really believe that OA was asking me to go back to being the world's victim and pushover. That just didn't sound like the healthfulness and Godliness of the other steps. I was right.

"... humility is simply an awareness of who we really are today and a willingness to become all that we can be." (OA 12&12, p. 60) Humility means acknowledging my strengths *and* weaknesses. It means not having to apologize for taking up space or air in this world. It means to be open and teachable.

Defining humility was like turning on a light bulb in the attic of my brain. I had been either better than or worse than everyone. I compared and contrasted myself with others; and I never came out equal. I always wanted other peoples' talents, abilities, hair, body - even handwriting. My own were never (a)

enough, (b) as good as, and (c) as vaulable/needed as others'. I thought I was humble because I was always putting myself down. I believed that my believing I was inadequate was a hedge against disappointment and rejection; I'd tell you how bad I was before you figured it out. I believed this made me acceptable to others and admired for my lack of pushy and arrogant ego. In fact, these beliefs were destroying my soul and my essence, making me ripe for hurt feelings and being treated poorly. It wasn't humility; it was an ego trap concocted by my diseased mind. Humility meant that constantly devaluing myself and/or believing I was a failure and a disappointment was keeping me "... in bondage to self and thus (making) it impossible for (me) to find true humility." (OA 12&12, p. 59)

What an eye opener.

Why *are* we asking God - and why *humbly*?

We are asking God in order to act out our readiness gained in Step 6 and to acknowledge again (just like in Step 6) that we are powerless to remove our defects

The "how" of Step 7 is also pretty simple:

1. Say a prayer asking for "genuine humility." (OA 12&12, p. 62)
2. Trust "that our Higher Power will grant us the gift of humility to a greater and greater degree, one day at a time, as we continue to let go of our old values and practice the principles of the twelve steps." (OA 12&12, p. 62) "We proceed with our step-seven prayer, secure in the knowledge that we have done our part and God will do the rest." (OA 12&12, p. 62)
3. We look at each individual character defect (from our inventories), and we ask God to remove it in God's time and in God's way.
4. We say our Step 7 prayer. It really doesn't matter what words we use as long as we approach our Higher Power with an attitude of humility. I use the prayer found in the Big Book: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows (*PK note: I sometimes add "... and myself.*") Grant me strength, as I go out from here, to do your bidding. Amen." (AA Big Book, p. 76)

of character and need the help of a Higher Power. This doesn't mean we can't change our behavior. If dishonesty is a flaw, we can behave honestly - we cannot use powerlessness as an excuse to keep doing the same thing while we wait for God to do God's thing. However, until God removes my inclination towards dishonesty, I will struggle with the temptation.

Step 7 asks us to open ourselves to *God's* will for us - to stop struggling, fighting or nudging/helping God. In other words, we accept our defects of character as ours - we "own" them - and we acknowledge that we need God's help in changing.

Why humbly? It's not to make us better than other people, more righteous or pious. It's not even to get a better relationship with people, because Step 7 has little to do with our relationships. A better relationship will be a by-product of Step 7, but for now, Step 7 is an "inside job."

The "humbly" in Step 7 is to make sure that we are "willing to let go of old attitudes which block humility, such as low self-esteem, status-seeking and self-righteousness." (OA 12&12, p. 62) The point of Step 7 is to "draw closer to being the people God intends us to be ... so that we may be more useful instruments of our Higher Power." (OA 12&12, p. 61)

In other words, we ask humbly so that our Higher Power can clean us up and heal our wounded souls. This way we can truly know our value and worth, rightfully claiming our share of the air and space, making no shame-laced apologies for our assets or liabilities. We are at peace with ourselves.

That's it.

From now on, we need to be willing to pay attention to the clues that our Higher Power sends our way as to "which action we are to take as each defect is removed." (OA 12&12, p. 63) Sometimes we aren't even aware that the defect has been removed until we realize that we did something different from what we might have done before.

We keep working Steps 6 and 7 for the rest of our lives. Defects we weren't aware of may surface - old defects may pop up from time to time (remember my Step 6 train-station-to-sponsor phone call?). We don't get crazed or disappointed when a new or old defect arises; we just acknowledge it and work Steps 6 and 7 again. We're not being made perfect, just human.

*"Following the OA way of life is 99% inspiration and 1% perspiration. It takes five minutes to read **For Today** or **Voices of Recovery** every morning. When I read one of these daily, I find it gives me the solution to what I need."*

Join us

Gold Coast Intergroup Meeting

Saturday, July 15, 2017 at 10:00 am

Broward Health North in Classroom 8

201 E. Sample Road

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 | Darlene | 954-299-8038 |
| 5am-7am | Donna | 954-295-8271 |

Please announce this kind service at all your meetings.

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 7 *Humility*

Principle of Tradition 7 *Responsibility*

Principle of Concept 7 *Balance*

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|-----------------------|---------|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 |
| Pompano Beach | 1:00PM | Literature | St Nicholas Episcopal Church , 1111 E Sample Rd., Far north classroom by the Church Office in the back of the church. Parking in the back of the church. Contact Maureen 954-600-1483 #56038 |
| 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 |