

# UNITY

August 2017

A publication of **Overeaters Anonymous Gold Coast Intergroup** • [www.oabroward.org](http://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.**



**God, I ask for the willingness to  
make amends for the damage  
I have done in the past...**

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



## The Sacred Awe

I was reading it one day and it talked about Sacred Awe. June 13 Voices of Recovery states I am filled with Sacred Awe over the many riches and experiences this program has given me the many just for today days of abstinence – this I will never be able to explain A loving higher power and the many caring people within the program that make up the fellowship, the budding relationship with the lovely person in my life whom I like ME, all through studying the twelve steps and twelve traditions. Sacred Awe I shall translate as being amazed. I am amazed at the life I now lead ,the people I meet and the things that I hear. We just had a 12 step workshop that was attended by 40 people. When I walked into the room I was amazed as you would be if you were there. Plan on coming to the next 12 step within workshop. You won't be disappointed.

Respectfully serving,

*Lila V.*

Fort Lauderdale

*Overeaters Anonymous welcomes all diverse peoples. We 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.*

## Inspirational Gifts

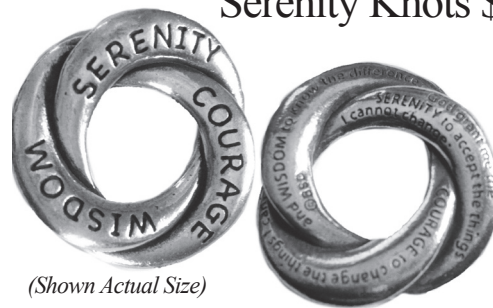
To purchase, call Lila at 954-593-6621  
Proceeds Support Our Intergroup



### 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*

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	Maureen	954-600-1483	goldcoastoa+pipo@gmail.com
Oa Literature	Diana	954-234-7696	goldcoastoa+lit@gmail.com
Ways and Means	Lila	954-593-6621	goldcoastoa+chair@gmail.com
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  
June 17, 2017  
10:00 am**

**Broward Health North Classroom 8**

**201 E. Sample Road**

# IS YOUR EATING OVERWHELMING YOU?



Do you worry about the way you eat? Overeaters Anonymous may be able to help. We are not a "diet" club, but a fellowship of people recovering from compulsive overeating. There are no dues, fees, diets, or weigh-ins. OA offers mutual support and a way out of the vicious cycle of compulsive eating. Whatever your problem with food, we welcome anyone who wants to stop eating compulsively. You are not alone anymore!

To find a meeting nearby, visit [oabroward.org](http://oabroward.org) or [OA.org](http://OA.org) or call **954-938-9586**

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

## 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	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

## Staying Put or Moving Forward?

### The Costs and Benefits of Step 8

#### STAYING PUT

##### Costs

- I'll eat again because I'm not growing spiritually and I'm not completing the program of action that's known to work
- My relationships won't improve or change
- I'll still feel discomfort about the harms I've caused

##### Benefits

- I won't have to admit I've been or done wrong
- I won't have to face fears or anger and rejection
- I won't have to give up control of the situation

#### MOVING FORWARD

##### Costs

- I'll have to swallow my pride
- I'll have to summon courage from HP to face my fears
- I'll have to accept the outcome, whatever it may be

##### Benefits

- I'll be growing spiritually and taking out insurance against eating again
- I'll feel freedom from self-resentment about the harms I've done
- My relationships and life circumstances will improve
- I'll feel self-esteem for following through on something difficult
- Other peoples' lives may change for the better because I've have broken the negative cycle between us

— Anonymous



#### 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](mailto: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](http://www.oa.org)**

Eat to Live  
Not Live to Eat

## Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

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

ALL  
 AMENDS  
 AND  
 BECAME  
 HAD  
 HARMED  
 LIST  
 MADE  
 MAKE  
 PERSONS  
 THEM  
 WILLING

## 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.

**GOD** GRANT ME THE  
**SERENITY**  
 TO ACCEPT THE THINGS I CANNOT  
**CHANGE;**  
**COURAGE**  
 TO CHANGE THE THINGS I CAN;  
**& WISDOM**  
 TO KNOW THE  
**DIFFERENCE**

**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 8 *Self Discipline*
- Principle of Tradition 8 *Fellowship*
- Principle of Concept 8 *Delegation*

We are not here to see through each other; we are here to see each other through.

## Step 8: Think of it as Exercising

Step nine, the making of amends, gets a lot of air time, but in some ways, it is step eight where the truly hard work of amends gets done. Think of it like exercising. The hard part isn't the actual exercise! The hard part is walking out the door to go to the gym. The big roadblock is not in the action itself but in our minds. In step eight, we are stepping out this proverbial door en route to the spiritual gym known to us as...our lives.

In the first seven steps we have spent our time on a solitary path toward recovery. We are supported by OA and our sponsors, perhaps even by family and friends, but no one can go on our spiritual journey for us; it is ours alone. But once step nine rolls around, we return to the world having undergone a massive psychic change. Our amends will demonstrate to those in our lives, most of whom we've probably not told much about our move toward spirituality, that we have changed and that a Higher Power can make change in us. But we have to know who to make this demonstration to, and sometimes when we recognize the who, we find ourselves wanting for willingness to walk out that door.

We have to be specific to make any progress. As we did in step four, we make a list in step eight. But this time, that list is who we harmed, not who harmed us. To review step four for just a moment: Page 65 of the Big Book shows us three columns to write out: who we were resentful at, the cause of the resentment, and what

it affected inside us (how it harmed us). In that second column, we described what burned us up about another person. Then on page 67 we are asked to write a fourth column of inventory for each resentment: where were we selfish, dishonest, self-seeking, and afraid? Now in step eight, we are again asked to look at our inventory from the other person's point of view. The self-seeking we wrote about in the fourth column of our own inventory is what we did to other people to get our way. We might imagine them writing inventory that includes us, and it turns out that our self-seeking behaviors are their second-column resentments! So we can start right there at making our list, and then we can ask God to show us other folks we may have harmed who were not in our inventory.

A question worth asking is what exactly is harm? Harm is usually defined as injury whether physical, emotional, or financial. In step eight we needn't get overly specific about what harm we did to another, only that we caused it. For now, we are simply making a list of

*Visit Our Website Today*  
**[www.oabroward.org](http://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 4 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**

**712-432-5203 • Conference ID: 876148#**

**0# accesses most recent recordings**

All recordings are archived indefinitely and available by phone and online at **[www.avision4you.info](http://www.avision4you.info)**

24 hours every day.

**[www.avision4you.info](http://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

those we harmed. If we can answer yes, then their name goes on the list. If we aren't sure, we pray for the truth from our Higher Power.

We need to be careful at this point that we don't tell ourselves that we didn't harm someone only because we know step nine is coming. Just because we don't want to face someone doesn't mean we didn't do them harm. We might recognize that they did us a terrible harm, far worse than we did them. So what? That doesn't negate the harm we did. And isn't a willingness to proceed with an amends to that person a reasonable exchange for our abstinence, our happiness, and our freedom from the horrors of compulsive eating? Here our minds may place our pride and fear ahead of our recovery. If we listen to them, we will be troubled again. If we ask God to help us

with them, we will make gains spiritually.

Step eight is not an overnight step. We may make a list of those we have harmed and find ourselves requiring time and prayer to achieve willingness for all the names on it. That's OK. We become willing. If pride and fear put a wall up between us and willingness, we use the tool of prayer to chip it away. We will know when we are ready not because the fear and pride are gone, but rather because the way through them will seem passable, if not easy. In the meantime, we have made our list and are willing to be willing. We can move on to step nine and make the amends we are willing to make as we continue to pray about those we are unwilling to make. In other words, progress not perfection.

— *SeacoastOA.org*

## Tradition 8

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers

ANONYMOUS  
BUT  
CENTERS  
EMPLOY  
FOREVER  
MAY  
NONPROFESSIONAL  
OUR  
OVEREATERS  
REMAIN  
SERVICE  
SHOULD  
SPECIAL  
WORKERS

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

## Virtual Online Meetings

[www.oavirtualseervices.org](http://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.**

<b>Sunday</b>			
<b>Wilton Manors</b>	12:15pm	Newcomer / Speaker	<b>Pride Center</b> , 2040 North Dixie Hwy. (first bldg. on left) Contact Darlene 954-299-8038 #46694
<b>Pompano Beach</b>	6:00pm	Voices of Recovery/For Today	<b>Christ Church</b> , 255 NE 3rd Avenue, Classroom 6 (across from playground) Contact Martha 954-971-3932 #51690
<b>Monday</b>			
<b>Plantation</b>	10:00am	Big Book/Newcomers Welcome	<b>St. Benedict's Episcopal Church</b> , 7801 NW 5th Street Contact Charles 954-563-3453 #21830
<b>Hollywood</b>	10:30am	12 Step	<b>4th Dimension</b> , 4425 Hollywood Blvd. (N. side of Hollywood Blvd. (between I-95 and Turnpike) Contact Sheila 786-837-3093 #51180
<b>Pompano Beach</b>	1:00PM	Literature	<b>St Nicholas Episcopal Church</b> , 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
<b>Plantation</b>	7:30PM	Newcomer/Speaker/Step1-3	<b>St. Benedict's Episcopal Church</b> , 7801NW 5th Street Contact Leigh 954-682-2653 #50467
<b>Tuesday</b>			
<b>Boca Raton</b>	10:00am	OA/AA 12 & 12 Step Meeting	<b>Good Shepherd Lutheran Church</b> , 6301 SW 18th Street Contact Robin 561-445-9636 #02797
<b>Hollywood</b>	6:30pm	OA Steps & Traditions Study	<b>Rebel's Drop-In Center</b> Behavioral Health Outpatient building of Memorial Regional Hospital 3400 North 29th Avenue Contact Susan 954-593-4232 #00304
<b>Boca Raton</b>	6:30pm	Big Book: Vision for You	<b>Stratford Court of Boca Raton</b> , 6343 Via De Sonrisa Del Sur, Boca Raton Park in "Team Parking" or "Guests". Contact Fred (561) 716 4455 #09095
<b>Wednesday</b>			
<b>Hollywood</b>	10:00am	OA 12&12 on 1st, 3rd, 5th Wednesday. Big Book of AA on 2nd & 4th Wed	<b>Oasis at TY Park</b> , 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
<b>Margate</b>	6:30pm	Beginner/Literature	<b>Prince of Peace Lutheran Church</b> , 6012 NW 9 Court Contact Lois 954-604-8490 #00880
<b>Thursday</b>			
<b>Pembroke Pines</b>	10:00am	OA Literature Pines	<b>Baptist Church</b> (in rear trailer), 800 NW 102 Avenue (Palm Ave & Johnson) Jeanette 954-430-0928 #31812
<b>Plantation</b>	10:00am	OA Steps/Abstinence/ Literature	<b>St. Benedict's Episcopal Church</b> , 7801 NW 5th Street Contact Brenda 954-609-7393 #40172
<b>Boca Raton</b>	1:00pm	Big Book Study	<b>Patch Reef Park Community Center</b> , 2000 W. Yamato Rd. Contact Marcella (561) 451-8758
<b>Boca Raton</b>	7:00pm	Literature	<b>Our Lady of Lourdes</b> , 22094 Lyons Rd., Room 207 Contact Ron 561-483-0500 #00903
<b>Friday</b>			
<b>Margate</b>	6:30pm	Big Book	<b>Prince of Peace Lutheran Church</b> , 6012 NW 9 Court Contact Mort 954-815-2058 / Mike 954-675-7382 #52805
<b>Saturday</b>			
<b>Boca Raton</b>	9:30am	90 Day Speaker (Special Interest)	<b>Good Shepherd Lutheran Church</b> , 6301 SW 18th Street Contact Bobbie 561-477-7914 #39822
<b>Coral Springs</b>	10:00am	Big Book / Discussion	<b>Coral Springs Medical Center</b> , 3000 Coral Hills Drive (First Floor) Contact Sue 754-307-5678 #48428
<b>Plantation</b>	10:00am	A Vision 4 You/ Big Book	<b>St. Benedict's Episcopal Church</b> , 7801 NW 5th Street Contact Cheryl 954-336-6467 #41217
<b>Hollywood</b>	10:30am	Big Book / Discussion	<b>Sober Today Club</b> , 1633 South 21st Ave, Contact Sherri 954-612-1250 / Drew 954-612-1251 #20653