

# UNITY

September 2017

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

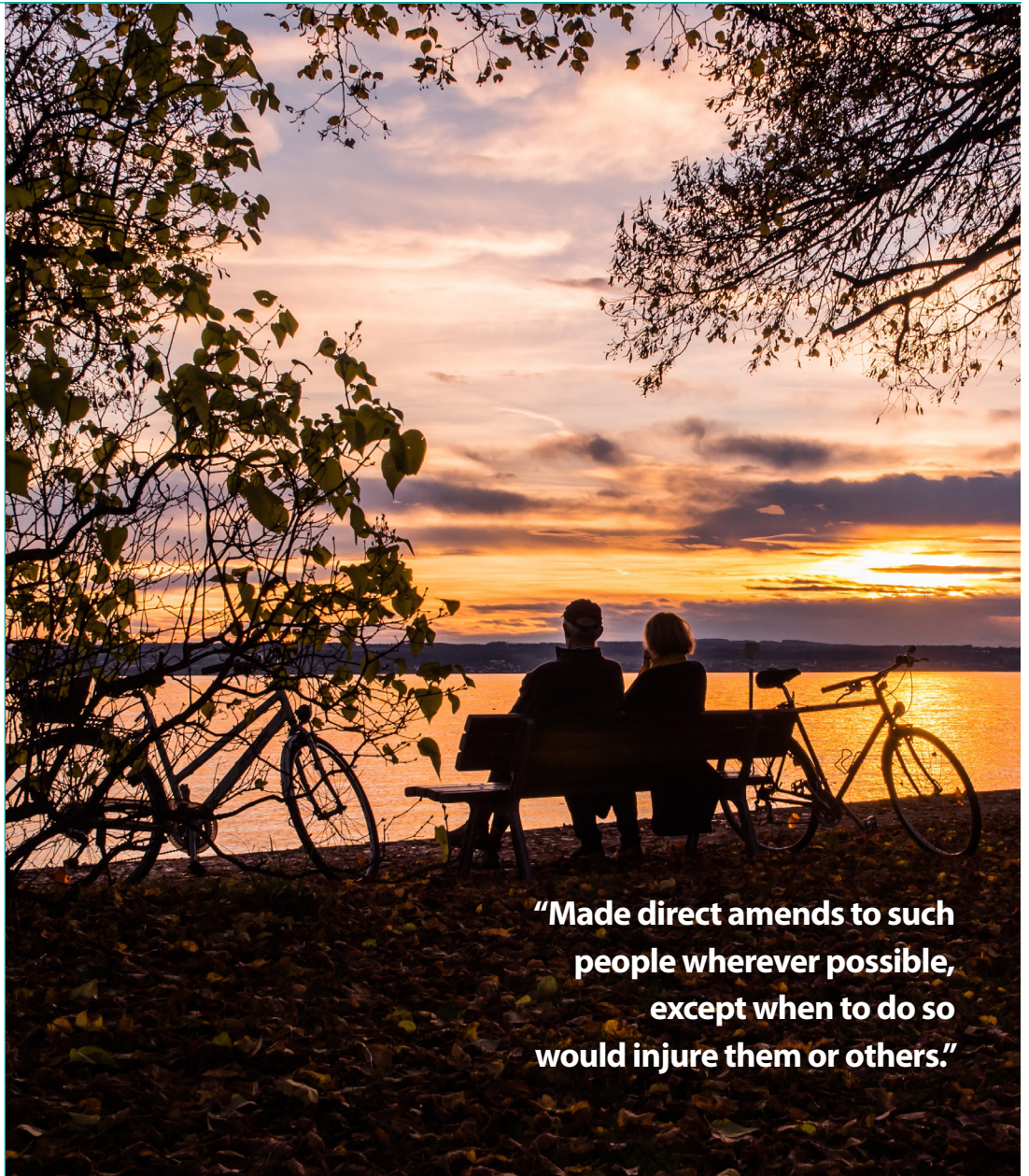
## **Overeaters Anonymous**

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.**



**“Made direct amends to such people wherever possible, except when to do so would injure them or others.”**

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



# Intergroup Needs a New Home



It turns out that intergroup has lost its meeting place after many many years. We took it for granted that we had a place to meet for our meetings, workshops and conventions. Now we must find a new home. In our recovery we must go to any lengths. So too we must go to any lengths to find a new home. One should never take anything for granted but appreciate what you have while you have it. Yes it was nice while it lasted. Intergroup and the membership is large and perhaps if we put our heads together we will find a new home. If anyone knows of a place with reasonable rent centrally located please let us know. Maybe more people would come to intergroup meetings and more meetings would be represented. After all, service is slimming and service is an important action plan for abstinence.

Respectfully serving,

*Lila V.*

Fort Lauderdale

*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.*



## 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**

*The 9th Step  
is not about  
saying  
we're sorry,  
although sometimes  
an apology plays an  
important part  
in the process.*

It's about making amends, which means that we do our best to mend whatever our past behavior has damaged. We fix what we've broken or make restitution or do whatever else might be necessary. Mere apologies seldom suffice to set things right or to clear a guilty conscience — and especially not if they're insincere. In fact, words alone may make things worse, not better.

***How do we know  
when our apologies  
are sincere?***

When they're backed up by action, either concrete action to make restitution where possible — such as repayment of debts — or by honest admission of our own wrongdoing, together with the changed behavior that shows we really understand our fault, regret its harmful consequences to others, and are determined not to repeat it.



PALM BEACH COUNTY OA INTERGROUP

## *7th Annual Spiritual Retreat "Spiritual Rebirth"*



*To become a butterfly, metamorphosis is necessary.  
If the caterpillar never went through this process of change,  
it would never achieve its ultimate destiny and become its most glorious self.  
We can reach our ultimate destinies by changing what needs to be changed.*

***December 8 - 10, 2017***

**Our Lady of Florida, 1300 US Highway 1, North Palm Beach, FL 33408**

*\$225 All-Inclusive - Program, Room and Meals*

There's one sad truth in life I've found  
While journeying east and west ~  
The only folks we really wound  
Are those we love the best.  
We flatter those we scarcely know,  
We please the fleeting guest,  
And deal full many a thoughtless blow  
To those who love us best.

~Ella Wheeler Wilcox

## 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	Louis	954-496-3278
Billi Z	508-294-5136	Martha	954-971-3932
Booky	561-573-4372	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
Lonna	305-338-0423		

28th ANNUAL FLORIDA STATE CONVENTION OF  
OVEREATERS ANONYMOUS

**"Together We Can...  
Fully Rely on God (FROG)"**



**FEBRUARY 23-25, 2018  
HOLIDAY INN TAMPA — WESTSHORE  
700 N. WESTSHORE BLVD., TAMPA 33609**

For more information contact: Ruby Hayn  
Email: [fsctogether@gmail.com](mailto:fsctogether@gmail.com) or Phone: 813-516-0782



### 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)**

## Gratitude Luncheon Coming November 18th

We are looking for members to chair and work on this year's committee.

Also, if anyone has a thought for a location to hold our event, we need your help.

Please contact Heather 954-806-7766.

*Thank you!*

## Step 9

Made direct amends  
to such people  
wherever possible,  
except when to do so  
would injure them  
or others.

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

AMENDS  
DIRECT  
EXCEPT  
INJURE  
MADE  
OTHERS  
PEOPLE  
POSSIBLE  
SUCH  
THEM  
WHEN  
WHEREVER

## 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-1m	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.

Never ruin an apology  
with an excuse.

Keep your words soft  
and tender because tomorrow  
you may have to eat them.

**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 9 *Love*

Principle of Tradition 9 *Structure*

Principle of Concept 9 *Ability*

An apology is the  
superglue of life. It can repair  
just about anything.

## Step 9: Timing, Courage and Prudence

After working step 8, you should have a list of people you have harmed and you should be willing to make amends to them all. If so, then you are ready to work step nine. Timing, courage, and prudence are much more valuable to you at this point than sheer enthusiasm.

For starters, making direct amends is not always a good idea. That is why the second half of step nine reads “except when to do so would injure them or others.” It may be that the harm you have done to someone is so severe that simply seeing you would cause them great consternation, no matter how benevolent your current intentions. In such cases, you should probably not make a direct amends. It may also be that the person is unaware of the harm you have caused, and simply making them aware will cause them significant pain. It is also possible that approaching someone and admitting your behavior could stir up the proverbial hornets’ nest, putting your job or freedom in jeopardy, which might in turn injure your loved ones – especially if you are your family’s primary breadwinner. In such cases, direct amends should only be undertaken after much careful consideration. Sometimes an indirect amends – simply being aware of what you have done and working hard to live differently in the future – is the best that you can do.

Most of the time, however, a direct amends can and should be made. In such instances, ensure that you are making the right amends for the harm done.

Sometimes just admitting your bad behavior and saying, “I’m sorry, and I’m working hard to behave differently in the future,” is sufficient. Other times you may need to repay, or promise to repay, money that is owed (along with the apology and assertion that you are changing your behavior). In all cases an amends is more than just an apology; the most important part of any amends is the follow-up of not making the same mistakes again.

Not surprisingly, step nine is among the scariest steps in recovery. The prospect of approaching someone we have wronged, admitting what we’ve done, apologizing and making restitution when appropriate, and then living differently in the future is, at best, daunting. However, making amends is it rarely as difficult as we make it out to be. Nearly everyone is receptive to a genuinely sincere effort. Sometimes people we’ve long held resentments against will actually use the opportunity to make an amends of their own. Usually, at worst, others appreciate

*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

the effort we are making to set things right.

In rare instances the people to whom we are making amends are not receptive. They may distrust our motives, they may just be so angry with us that they can't accept our apology and attempts at restitution, or they may have an emotional or psychological issue that prevents them from behaving as most others do. This is their prerogative, and it is not a reason for us to deviate from our course. We make our amends anyway. After all, this is our recovery, not theirs.

For many of us, step nine is a key stride on the road to lasting recovery and a life changed for the better. In fact, this "change for the better" occurs so often that the Big Book lists what are commonly called "The Promises" at the conclusion of step nine. They read:

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

## Tradition 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

BOARDS  
BUT  
COMMITTEES  
CREATE  
DIRECTLY  
MAY  
NEVER  
ORGANIZED  
OUGHT  
RESPONSIBLE  
SERVE  
SERVICE  
SUCH  
THEY  
THOSE

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

## 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> Wilton Manors Pompano Beach	12:15pm 6:00pm	Newcomer / Speaker Voices of Recovery/For Today	Pride Center, 2040 N Dixie Hwy. (first bldg. on left Christ Church, 255 NE 3rd Ave., Class 6 (across from playground)	Darlene 954-299-8038 Martha 954-971-3932	#46694 #51690
<b>MONDAY</b> Plantation Hollywood Pompano Beach	10:00am 10:30am 1:00PM	Big Book/Newcomers Welcome 12 Step Literature	St. Benedict's Episcopal Church, 7801 NW 5th Street 4th Dimension, 4425 Hollywood Blvd. (N. side of Hollywood Blvd. (between I-95 and Turnpike) St Nicholas Episcopal Church, 1111 E Sample Rd., Far north class by the Church Office. Park in the back	Charles 954-563-3453 Shelia 786-837-3093 Maureen 954-600-1483	#21830 #51180 #56038
Plantation Boca Raton	7:30PM 7:00pm	Newcomer/Speaker/Step1-3 Beginners / Discussion	St. Benedict's Episcopal Church, 7801NW 5th Street Regents Park Nursing Home, 6363 Verde Trail	Leigh 954-682-2653 Bobby 561-477-7914	#50467 #27229
<b>TUESDAY</b> Boca Raton Hollywood Boca Raton	10:00am 6:30pm 6:30pm	OAA/AA 12 & 12 Step Meeting OA Steps & Traditions Study Big Book: Vision for You	Good Shepherd Lutheran Church, 6301 SW 18th Street Rebel's Drop-In Center, Behavioral Health Outpatient building of Memorial Regional Hospital, 3400 North 29th Avenue Stratford Court of Boca Raton, 6343 Via De Sonrisa Del Sur, Park in "Team Parking" or "Guest"	Robin 561-445-9636 Susan 954-593-4232 Fred (561) 716 4455	#02797 #00304 #09095
<b>WEDNESDAY</b> Hollywood Margate	10:00am 6:30pm	OA 12&12 on 1st, 3rd, 5th Wed. Big Book of AA on 2nd & 4th Wed. Beginner/Literature	Oasis at TY Park, Park entrance at Atlanta Street (off N. Park Rd. Keep right/follow sign to the Pavilion 2) Prince of Peace Lutheran Church, 6012 NW 9 Court	Ellen 305-682-1569 Lois 954-604-8490	#27545 #00880
<b>THURSDAY</b> Pembroke Pines Plantation Boca Raton Boca Raton Hollywood	10:00am 10:00am 1:00pm 7:00pm 7:00pm	OA Literature OA Steps/Abstinence/ Literature Big Book Study Literature Speaker / Discussion	Pines Baptist Church (in rear trailer), 800 NW 102 Ave (Palm & Johnson) St. Benedict's Episcopal Church, 7801 NW 5th St. Patch Reef Park Community Center, 2000 W. Yamato Rd. Our Lady of Lourdes, 22094 Lyons Rd., Room 201 Sober Today Club, 1633 S 21 <sup>st</sup> Ave.	Jeanette 954-430-0928 Brenda 954-609-7393 Marcella (561) 451-8758 Ron 561-483-0500 Andrea 786-210-7977, Jessica 954-806-4206	#31812 #40172 #53679 #00903 #54106
<b>FRIDAY</b> Margate	6:30pm	Big Book	Prince of Peace Lutheran Church, 6012 NW 9 Court	Mort 954-815-2058 / Mike 954-675-7382	#52805
<b>SATURDAY</b> Boca Raton Coral Springs Plantation Hollywood	9:30am 10:00am 10:00am 10:30am	90 Day Speaker (Special Interest) Big Book / Discussion A Vision 4 You/ Big Book Big Book / Discussion	Good Shepherd Lutheran Church, 6301 SW 18th St. Coral Springs Medical Center, 3000 Coral Hills Dr. (First Floor) St. Benedict's Episcopal Church, 7801 NW 5th St. Sober Today Club, 1633 South 21st Ave.	Phyllis 561-994-8664 Sue 754-307-5678 Cheryl 954-336-6467 Sherr 954-612-1250, Drew 954-612-1251	#39822 #48428 #41217 #20653