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www.oabroward.org

UNITY

A publication of **Overeaters Anonymous Gold Coast Intergroup • October 2017**

If you stumble,
make it part
of the dance.
—author unknown—

"Continued to take personal inventory and when we were wrong, promptly admitted it!"

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.

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



Intergroup Now Has a Meeting Place

**Intergroup will Now Meet on the 4th Saturday of the Month at 10am
at the Community Presbyterian Church
4433 Bougainvillea Drive, Lauderdale-by-the-Sea, FL 33308**
Located one block north of Commercial Blvd and one block west of A1A

So when you come to an Intergroup Meeting you'll be right next to the beach. This was a great selling point in picking this venue in the firstplace... perhaps you would agree. Because this rental meeting space does not have the third Saturday available, we have changed the week when we will meet to every fourth Saturday of the month. We are looking forward to wonderful recovery, service and fellowship. One door closes and another door opens.

Please come to our Gratitude Luncheon on November 18, 2017 to be held at the Community Presbyterian Church at Lauderdale-by-the-Sea. We will have good speakers, games, sharing and food. Bring a dish to serve six or bring your own lunch. Salad and water will be provided. I am looking forward to seeing you there.

Yours in service, *Lila V.* Fort Lauderdale

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
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Unity Editor	Sara B.	954-328-4178	goldcoastoa+unity@gmail.com

Join us

**Gold Coast
Intergroup
Meeting**

**Saturday
October 28, 2017
10:00 am**

**Community
Presbyterian Church
4433 Bougainvillea Dr.
Lauderdale-by-the-Sea
33308**

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.

Eat Drink and be Thankful

Please come and share in the wonder of recovery at our
“Spirit of Gratitude” Luncheon
Speakers, Sharing, Fun Activities, Fellowship & Lunch

Saturday, November 18, 2017 from 11am – 4pm
Community Presbyterian Church
4433 Bougainvillea Drive, Lauderdale-by-the-Sea 33308
(Located one block north of Commercial Blvd. and one block west of A1A)

*Bring a dish to share (with the ingredients listed on a card)
or your individual lunch if preferred. Salad, water, and paper goods will be supplied.*

Contact: Andi S. 954-295-1123 | Suggested donation of \$5

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
Bill 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		



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

**Having so considered our day,
not omitting to take due note of things well
done, and having searched our hearts with
neither fear nor favor, we can truly thank G-D
for the blessings we have received and sleep
in good conscience.**

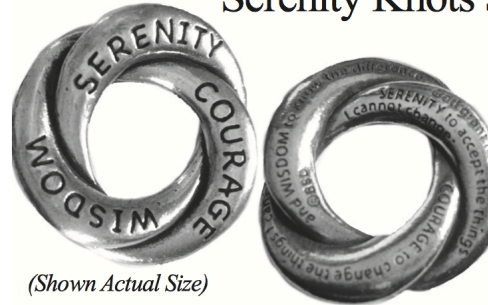
Inspirational Gifts

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



Serenity Prayer Click Pens \$3

Serenity Knots \$7



*Solid Pewter
Engraved on both
sides • Serenity,
Courage, Wisdom
• Serenity Prayer*

(Shown Actual Size)

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.

Looking for different way to do Step 10?

My brain struggles with honesty when it thinks it knows all the answers. My ego is certainly a progressive part of my disease, and formal Step 10s are the most effective antidote to an over blown ego. Today I heard about a new way to do Step 10 that I will try...

the AEIOU way.

A is for *abstinence*.

Reflect on what I have done for my abstinence; did I get to a meeting, work with others?

E is for *exercise*.

This one is going to be confronting for the lazy me! Reflect on what exercise I have done for the day.

I is for *me, what have I done for me*.

What did I do to take care of myself and my needs today?

O is for *others, what have I done for others*.

Was I of service today?

U is for *uncover*.

What is the thing/things I don't want to think about? All I need to do today is write it down, get it out of myself.

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

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

Downloadable flyer and registration form
are available on oabroward.org (see Events page).

For more information contact: Ruby Hayn
Email: fsctogether@gmail.com or Phone: 813-516-0782

If we are to experience
permanent
recovery from
compulsive eating,
we will have to repeat,
day after day,
the actions that have
already brought us so
much healing ...

The tenth step begins
with the word
"Continued" ...
... Our first clue
that perseverance is
about to become
a key aspect of our
recovery program.

Step 10: Forgiveness Around Food

Even in recovery, many of us are still touchy around food. We aren't defensive, so much as ready to blame ourselves. If we are one spoonful off or we've eaten something that might contain a food that's not on our plan, we double over with guilt, shame, and remorse. The question is whether we'll let those feelings overrun us, or whether we will simply resume our food plan. It can make all the difference.

With a slip or break in our abstinence, it's natural to feel disappointment or anger. We feel that old sense of powerlessness, and because we have years of experience with shaming ourselves, our disease guides us into that old groove: I feel bad about eating, so now I want to eat again to dull the pain of having eaten in the first place. Depending on what and how we've eaten, we've reactivated the physical craving and mental obsession that has lain dormant for some time. How do we return them to slumber?

Of course, we must cease eating compulsively and return immediately to our food plan. But we also have to deal with the mental and spiritual parts of our disease. What's going to turn off the obsession? What's going to prevent it from turning back on again? How do we get back on the spiritual track? Fortunately Step 10 holds a practical answer to all these questions.

We know that the cycle of addictive behavior begins in our minds with some kind of activating thought. Usually a negative one. "I wish it had gone my way." "I wish my husband/wife were different." "I'm tired of this." Step 10 rolls together Steps 4 through 9, so we first look back at what kind of thoughts could have triggered our eating, and then we inventory them just as we did in Step 4. We are looking for any chinks in our spiritual armor that allowed our disease to attack us. These are places where we may have held onto fear or resentment and not given them away to our HP. As we seek these weak spots, we must be ruthless in our inspection, but we must also take care not to pound on ourselves. It's as much a lie to harshly judge ourselves as it is to harshly judge others. So, just the facts.

Once we've inventoried what's been eating us, Step 10 tells us to do as we did in Steps 5 through 7. We ask our sponsor or a confidant to listen to us as we read off whatever inventory

we have written. We then ask God to remove the objectionable thinking, and in so doing, we also let go of the negative judgments about ourselves. Remove means remove. God takes it, so we don't hold onto it. We start putting one foot in front of the other just as we know how to do. That's the essence of spiritual action, moving forward with trust that our Higher Power is keeping us safe so long as we continue to take spiritual action.

As we resume our walk down the spiritual highway, we may find it helpful to remind ourselves of what spiritual work may we have pushed aside during busy times, resisted all along, or simply forgotten? We ask God to help us add such actions to our OA Plan of Action so that we might avoid a food slip or relapse in the future.

Here's some things we don't do. We don't walk around fretting that we're going to eat again. Instead we just get back on our feet and keep walking. We don't blame ourselves. Instead we use the experience as a learning moment, remembering that humility is another way of saying we are teachable. We don't blame anyone else. Instead we remember that we are responsible for our own spiritual condition and take action to restore its solidity. We don't say screw it and go off and eat again. Instead we remember that the program kept us food-sober for some time when we ourselves couldn't, and we embrace OA principles more firmly.

In short, Step 10 is like our spiritual GPS. When we make a wrong turn with our food, we return to Step 10 for a course correction. It helps us recalibrate our route on the road to happy destiny so that we can enjoy our life again and keep a right-sized perspective on those moments when we temporarily lose our way.

– *Seacoastoa.org*

Go to: www.oabroward.org

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!

Subscribe online to get this newsletter (in color) delivered to your email the first of every month.

A Vision 4 You OA Big Book Study Telephone Meeting

Live Meetings

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

**Mon. - Fri. 7am-8am (recorded) 9am (unrecorded)
10am-11am (recorded)**

Sunday Special Edition Meeting 8:30am

Check the calendar online to view upcoming Special Editions.

Archived Meetings

712-432-5203 • Conference ID: 876148#

0# accesses most recent recordings

www.avision4you.info

Listen and/or download podcasts of daily and Special Edition meetings and read AA's *Big Book/12&12* online

Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

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

ADMITTED
 AND
 CONTINUED
 INVENTORY
 PERSONAL
 PROMPTLY
 TAKE
 WERE
 WHEN
 WRONG

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 10:
 Perseverance**

**Principle of Tradition 10:
 Neutrality**

**Principle of Concept 10:
 Clarity**

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy

ANONYMOUS
 CONTROVERSY
 DRAWN
 HAS
 HENCE
 INTO
 ISSUES
 NAME
 NEVER
 OPINION
 OUGHT
 OUTSIDE
 OVEREATERS
 PUBLIC
 THE

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

Virtual Online Meetings
www.oavirtualseervices.org

More than 400 virtual telephone and online meetings each week for compulsive overeaters, bulimics and anorexics. Meetings are available every day and most any time during the day or night.

SUNDAY 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
MONDAY 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 St. Benedict's Episcopal Church, 7801NW 5th Street Regents Park Nursing Home, 6363 Verde Trail	Charles 954-563-3453 Shelia 786-837-3093 Maureen 954-600-1483 Leigh 954-682-2653 Bobby 561-477-7914	#21830 #51180 #56038
Plantation Boca Raton	7:30PM 7:00pm	Newcomer/Speaker/Step1-3 Beginners / Discussion			#50467 #27229
TUESDAY Boca Raton Hollywood Boca Raton	10:00am 6:30pm 6:00pm	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
WEDNESDAY 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
THURSDAY 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 21st 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
FRIDAY Margate Boca Raton	6:30pm 10:00am	Big Book Speaker/Discussion: The Promises	Prince of Peace Lutheran Church, 6012 NW 9 Court Center for Spiritual Living: 2 SW 12th Ave.	Mort 954-815-2058 / Mike 954-675-7382 Wendy G. 561-927-1818	#52805 #56091
SATURDAY 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