

UNITY

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

Sought through prayer and meditation to improve our conscious contact we God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out..



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.

~November~
A Time of Gratitude and Thanksgiving

**Grateful for our bountiful harvest of friendship
 and loved ones with which to share good times.**

*Please come to the November's Intergroup Meeting on Saturday, November 25th
 and place nominations for Chair, Vice Chair, Treasurer and Secretary.*

*We also need chairpersons for committees such as
 ways and means, twelve step within and unity with diversity.*

Elections will take place in December.

Remember service is slimming. To keep what you have, you have to give it away. Help another and you will help yourself in the process. "Service is for everyone. My experience tells me that when I give service, I receive more than I could ever give." Come for the vanity and stay for the sanity.

Last month I was 5 years abstinent one day at a time. Intergroup does not require abstinence, however it simply requires a desire to stop eating compulsively. Please join me if you are able and know you are always welcome at intergroup.

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@fu.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

**Please join us
 at your November's
 Intergroup Meeting**

**Saturday
 November 25th
 at 10am
 at the Community
 Presbyterian Church
 4433 Bougainvillea Dr.
 Lauderdale-by-the-Sea
 33308**

*Located one block north of
 Commercial Blvd and one
 block west of A1A*

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.



*OA
Thanksgiving
Meeting*

**Thursday
November 23, 2017
10:00am-11:30am
St. Benedicts Church
7801 NW 5th Street
Plantation**

*Kick off Thanksgiving
by Celebrating our
Annual Meeting of Fellowship
and Support*

**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*

PALM BEACH COUNTY OA INTERGROUP *7th Annual
Spiritual Retreat "Spiritual Rebirth"*

December 8-10, 2017

**Our Lady of Florida
1300 US Highway 1
North Palm Beach, FL 33408
\$225 All-Inclusive Program
Room and Meals**



*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.*

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		



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.**

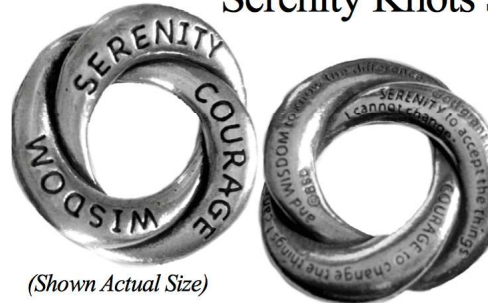
Inspirational Gifts

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.

Unity With Diversity Checklist

The following checklist for OA groups and service bodies is offered in the spirit of Overeaters Anonymous' Third Tradition and the OA Unity With Diversity Policy Statement.

This checklist is not meant to be exhaustive, nor can it be.

As we continue to grow, so does our understanding of diversity.

These questions are only a starting point for reflection and discussion.

We hope that newcomers who are used to "closed doors" can find not only a welcome in OA, but also a home if they wish. As OA's responsibility pledge states:

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

1. In what ways do we welcome all who share our compulsion, regardless of race, ethnicity, language, culture, religion, gender identity, sexual orientation or any other attribute?
2. What measures do we take to provide meeting access to OA members who have challenges such as mental or physical disabilities or illnesses, or those who have allergies? What about those who have small children or those who rely on public transportation?
3. How do we welcome members such as anorexics, bulimics or those who have had weight-loss procedures? Do we welcome OA members in relapse as authentically as we welcome newcomers or any other members?
4. Does our group meeting format use the Diversity Statement included in OA's current Suggested Meeting Format?
5. Do we avoid suggesting that all OA members have the same issues with food, such as addiction to specific foods, a need to weigh and measure, and so on?
6. How do we communicate to newcomers—and reinforce to all members—that Higher Power means a God of our individual understanding and is not specific to any particular religion, faith or concept?
7. Do we respect each member's way of practicing the OA Twelve Steps and Twelve Traditions in a manner best suited to his or her own needs?
8. Do we emphasize all three aspects of recovery (spiritual, emotional and physical) equally, or do we focus only on one or two?
9. Does our OA literature table stock items that highlight our common solution through diversity, such as: • A Common Solution: Diversity and Recovery; • Black OA Members Share Their Experience, Strength and Hope; • Dignity of Choice; • Focus on Anorexia and Bulimia Packet; • Many Symptoms, One Solution; • OA Members Come in All Sizes; • To the Teen; • To the Man Who Wants to Stop Compulsive Overeating, Welcome; • Welcome Back, We Care! Packet; and • Young Person's Packet
10. How do we reflect diversity when we conduct business meetings, elect trusted servants or choose speakers and workshop leaders?
11. In what ways do we carry the OA message to groups who are currently underrepresented in the rooms? Speakers? Workshops? Special focus meetings? Other methods of attraction?
12. Having completed this checklist, what other areas can we examine in order to better "extend the hand and heart of OA" to all who share our compulsion?

Faith without works is dead.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions.

Willpower vs. Willingness

When I was in the food, deep in my addiction, I believed I was a weak person. If I truly wanted to stop the binges and the pattern of self-hatred and self-destruction, then I should be able to muster the willpower to get myself out of the depths of despair. But it never really worked that way.

I would be “good” for a while, and then think I should be able to treat myself, but every treat ended in a binge, with me feeling swollen, nauseated, guilty, and remorseful. Ashamed and exhausted, I would try to figure out why my willpower had failed me again. I definitely wanted to stop this cycle. I wanted to be free. I eventually discovered, much to my relief, that “willpower” and “willingness” are two different things. Willpower did not and could not give me the willingness to succeed; wanting to do something was not the same as being fully willing to do something. I hadn’t been willing to do anything necessary to get healthy. My bingeing behavior was comfortable. Change was uncomfortable.

My addiction is an addiction of the body and the mind. If I eat a trigger food or a binge food, my body has a physical reaction that causes it to crave more and more. Then I mentally obsess about that food to the point of insanity. No amount of willpower can prevent this reaction. No amount of willpower can stop me from bingeing. I lost (or never really had) the ability to

choose whether I would binge; I was compelled by my addiction to continue the self-destructive behavior.

Once I let go of this concept of willpower and became willing to do anything necessary, my recovery truly began. When I became willing, I was able to admit I did not have all the answers. I became open to letting go of old behaviors, beliefs, and patterns that kept me inside my addiction. I became open to learning new strategies and a new way of living. I began to live life on life’s terms, rather than trying to control everything. I became willing to change.

Today I know I must put my recovery first. I have to avoid people, places, and things that will pull me back into active addiction. I have ended relationships, stopped going to certain places, and stopped eating certain foods. I have let go of the toxic and opened myself up to the healing. These steps are so important to my recovery.

Today I realize that I cannot moderate my binge foods. I will never be a normal eater. I am like an alcoholic, a drug addict. The smallest taste of my drug of choice will send me back into a tailspin of active addiction, mental obsession, physical pain, and utter destruction. Today all I ask of myself is that I be willing to maintain my abstinence from my addiction.

— oalifeline.org

Principle of Step 11: Spiritual Awareness

Principle of Tradition 11: Anonymity

Principle of Concept 11: Humility

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 11

Sought through prayer and meditation to improve our conscious contact we God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

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

AND
 CARRY
 CONSCIOUS
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 FOR
 GOD
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 HIS
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 ONLY
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 PRAYER
 PRAYING
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 THE
 THROUGH
 UNDERSTOOD
 WILL

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

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

ALWAYS
 AND
 ANONYMITY
 ATTRACTION
 BASED
 COMMUNICATIO
 FILMS
 LEVEL
 MAINTAIN
 MEDIA
 NEED
 OTHER
 OUR
 PERSONAL
 POLICY
 PRESS
 PROMOTION
 PUBLIC
 RADIO
 RATHER
 RELATIONS
 TELEVISION
 THAN
 THE

SPIRIT

Silent Present Invisible Real Intuitive Truth

— Orlando

Higher Power, as I understand You,

I pray to keep my connection with You open & clear from the confusion of daily life. Through my prayers & meditation I ask especially for freedom from self-will, rationalization & wishful thinking. I pray for the guidance of correct thought & positive action.

Your will, Higher Power, not mine, be done.

— Anonymous

Virtual Online Meetings
www.oavirtualservices.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.