

# UNITY

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

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.



**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.*



On a personal note, my husband just died and I am sad but at the same time I am lucky that I have the OA program and fellowship to get me through this. We had an interfaith marriage and in the spirit of love and tolerance I will recite the guidelines for Unity with Diversity Policy.

Yours in service, *Lila V.* Fort Lauderdale

*December is a time  
of holidays  
and the  
ringing in  
of a new year.*

Gold Coast Intergroup *Trusted Servants*

Chairperson	Lila	954-593-6621	goldcoastoa+chair@gmail.com
Vice Chair	Andi	954-295-1123	goldcoastoa+vchair@gmail.com
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Unity Editor	Sara B.	954-328-4178	goldcoastoa+unity@gmail.com

Please join us  
this month for  
Intergroup

**Saturday  
January 27th  
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 Unity with Diversity Policy

**THE FELLOWSHIP** encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation or any other trait. We welcome all who share our compulsion.

**THE FELLOWSHIP** of Overeaters Anonymous recognizes the existence of individual approaches and different structured concepts to working our Twelve-Step program of recovery; that the Fellowship is united by our disease and our common purpose; and that individual differences in approach to recovery within our Fellowship need not divide us.

**THE FELLOWSHIP** respects the rights of individuals, groups and service bodies to follow a particular concept of recovery within Overeaters Anonymous and encourages each member, group and service body to also respect those rights as they extend the embracing hand of Fellowship to those who still suffer.

**THE FELLOWSHIP** encourages each duly registered group and service body to affirm and maintain the Twelve Traditions of Overeaters Anonymous by allowing any member to share his or her experience, strength and hope in meetings regardless of the individual approach or specific concept that member may follow. Duly registered is defined as being in full compliance with Bylaws, Subpart B, Article V.

— *OA Business Conference Policy Manual*

### **PALM BEACH COUNTY OA 7th Annual Spiritual Retreat "Spiritual Rebirth" December 8-10, 2017**

#### **Our Lady of Florida**

1300 US Highway 1  
North Palm Beach 33408



## 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.

### **28th ANNUAL FLORIDA STATE CONVENTION OF OA, Together We Can**

*Fully Rely on God*  
(F.R.O.G.)



**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*

## 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		

*Helping others is a significant part of the program, and there are many ways the program gets passed on.*

**When you live the program and share it with others, you are carrying the message, especially when you sponsor new members.**

**In practicing the Twelfth Step you will find that ...**

- By witnessing to others, your appreciation of the program and the program's impact on your life deepens.
- By hearing the stories of new members, you are reminded of where you were when you started.
- By modeling to others, you become aware that you need to practice what you preach.
- By giving to others, you develop bonds with new people who really need you
- By helping others, you give what you have received.
- By supporting new beginnings, you revitalize your own efforts.



### 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)**

## 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)*

# OVEREATER'S ANONYMOUS



Workshop

ON ALL TWELVE STEPS

A 15-session Workshop  
Designed to Help Participants  
Achieve and Maintain Abstinence  
Through Working All Twelve Steps

January 8 – April 23, 2018  
Mondays, 1:30 to 3:30 p.m.  
January 8 is the Introductory Session

No new members may join  
after the Introductory Session.  
Participants commit to attend  
and fully participate in all sessions.

The following OA approved literature will be used in the workshop sessions and homework assignments:

- The Twelve Steps and Twelve Traditions of OA
- Alcoholics Anonymous, Fourth Edition (the Big Book)
- Twelve Steps and Twelve Traditions of AA
- Overeaters Anonymous, Third Edition
- Voices of Recovery
- For Today
- Participants will need their own copies.

Workshop Location:  
Good Shepherd Lutheran Church  
6301 SW 18th Street  
Boca Raton, FL 33433

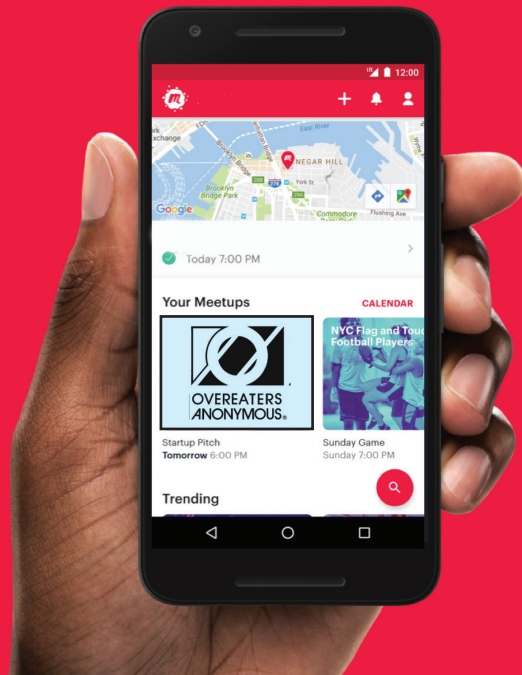
Questions?  
Contact:  
Harlene: 954-956-0982  
Ronnie: 914-661-3570

We are asking for a \$15 contribution for the entire workshop to help defray costs

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12.

**COMING JAN 2018:**  
**Gold Coast OA Intergroup**  
*Meetup*

Our Intergroup has decided to utilize Meetup.com to carry the message of OA into a new digital space.



### **What is Meetup.com?**

Meetup is an online social networking website/mobile app that facilitates offline group meetings around the world. Meetup groups are usually themed: there are running groups, career-growth focused groups, book clubs, etc. A group will post a real world event, like plans to meet at a coffee shop to play cards, and anyone in the group can RSVP and attend.

### **How will the Gold Coast Intergroup use Meetup.com?**

Starting in January, we will create a Gold Coast Intergroup OA Meetup group. We plan to keep this Meetup group as uncomplicated as possible. We intend to have it serve as a digital bulletin board announcing the time and location of already established local OA meetings in our Intergroup.

### **How will this impact my local meeting?**

Hopefully, using Meetup.com to announce local OA meetings will mean an influx of newcomers to your meetings! Newcomers help our fellowship grow! That's why we are asking meetings to be prepared. Meetings should make sure they have enough newcomer's packets and have people ready to do service in welcoming these newcomers into the rooms.

### **What about Anonymity?**

We are addressing this in two ways: First, anyone who joins the Meetup group will get EXTENSIVE notice that OA is an anonymous program and all efforts are made to keep their membership within the Meetup group anonymous. We would NOT require a photo or for people to share their real names. Secondly, we will NOT permit anyone to actually RSVP to or comment on the events in the group. People will be able to see the meeting times and place, but that's about it. We won't put any more information on meetup.com than what is already available on OABroward.org and OA.org. This plan has been approved by the OA World Service Office. If in doubt, please note OA's social media policy: Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity and respecting the anonymity of other OA members. (WSBC Policy 2011a, amended 2016)

### **I have lots of questions! Who should I contact?**

We have informational packets available explaining the Meetup.com plan. If you'd like a copy to share at your meeting, please email Maureen H., the Public Info and Professional Outreach Chair, at [goldcoastoa+pipo@gmail.com](mailto:goldcoastoa+pipo@gmail.com).

## Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

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

AFFAIRS  
 ALL  
 AND  
 AWAKENING  
 CARRY  
 COMPULSIVE  
 HAD  
 HAVING  
 OUR  
 OVEREATERS  
 PRACTICE  
 PRINCIPLES  
 RESULT  
 SPIRITUAL  
 STEPS  
 THE  
 THESE  
 THIS  
 TRIED

**Principle of Step 12: Service**

**Principle of Tradition 12: Spirituality**

**Principle of Concept 12: Guidelines**  
 (a) Selflessness (b) Realism  
 (c) Representation (d) Dialogue

*Go to:* [www.oabroward.org](http://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](http://www.avision4you.info)**

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

**The joy of living is the theme of our Twelfth Step, and action is its key word.**

Here we turn outward toward our fellows who are still in distress.

Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety.

When the Twelfth Step is seen in all its full implication, it is really talking about the kind of love that has no price tag on it.

*Virtual Online Meetings*  
[www.oavirtualseervices.org](http://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.

**OA Meetings Broward County/Boca Raton | www.OAbroward.org | December 2017**

|  |  |   |  |  |  |
|--|--|---|--|--|--|
| <b>SUNDAY</b><br>Wilton Manors<br>Pompano Beach  | 12:15pm<br>6:00pm                                | Newcomer / Speaker<br>Voices of Recovery/For Today  | Pride Center, 2040 N Dixie Hwy. (first bldg. on left)<br>Christ Church, 255 NE 3rd Ave., Class 6 (across from playground)  | Darlene 954-299-8038<br>Martha 954-971-3932  | #46694<br>#51690                               |
| <b>MONDAY</b><br>Plantation<br>Hollywood<br>Pompano Beach                                | 10:00am<br>10:30am<br>1:00PM                     | Big Book/Newcomers Welcome<br>12 Step<br>Literature   | St. Benedict's Episcopal Church, 7801 NW 5th Street<br>4th Dimension, 4425 Hollywood Blvd.<br>(N. side of Hollywood Blvd. (between I-95 and Turnpike)<br>St Nicholas Episcopal Church, 1111 E Sample Rd.,<br>Far north class by the Church Office. Park in the back              | Charles 954-563-3453<br>Shelia 786-837-3093<br>Maureen 954-600-1483  | #21830<br>#51180<br>#56038                     |
| Plantation<br>Boca Raton<br>Davie  | 7:30PM<br>7:00pm<br>7:00pm                       | Newcomer/Speaker/Step1-3<br>Beginners / Discussion<br>12 Steos and 12 Traditions                                | St. Benedict's Episcopal Church, 7801NW 5th Street<br>Regents Park Nursing Home, 6363 Verde Trail<br>West Broward club 5625 S. University Dr., Davie 33328   | Leigh 954-682-2653<br>Bobby 561-477-7914<br>Lee 954-701-7074   | #50467<br>#27229<br>#56171                     |
| <b>TUESDAY</b><br>Boca Raton<br>Hollywood<br>Boca Raton                                  | 10:00am<br>6:30pm<br>6:00pm                      | OAA/AA 12 & 12 Step Meeting<br>OA Steps & Traditions Study<br>Big Book: Vision for You                          | Good Shepherd Lutheran Church, 6301 SW 18th Street<br>Rebel's Drop-In Center, Behavioral Health Outpatient building of<br>Memorial Regional Hospital, 3400 North 29th Avenue<br>Stratford Court of Boca Raton, 6343 Via De Sonrisa Del Sur,<br>Park in "Team Parking" or "Guest" | Robin 561-445-9636<br>Susan 954-593-4232<br>Fred (561) 716 4455  | #02797<br>#00304<br>#09095                     |
| <b>WEDNESDAY</b><br>Hollywood<br>Margate   | 10:00am<br>6:30pm                                | OA 12&12 on 1st, 3rd, 5th Wed.<br>Big Book of AA on 2nd & 4th Wed.<br>Beginner/Literature                       | Oasis at TY Park, Park entrance at Atlanta Street (off N. Park Rd.<br>Keep right/follow sign to the Pavilion 2)<br>Prince of Peace Lutheran Church, 6012 NW 9 Court  | Ellie 248-342-8822<br>Lois 954-604-8490  | #27545<br>#00880                               |
| <b>THURSDAY</b><br>Pembroke Pines<br>Plantation<br>Boca Raton<br>Boca Raton<br>Hollywood | 10:00am<br>10:00am<br>1:00pm<br>7:00pm<br>7:00pm | OA Literature<br>OA Steps/Abstinence/ Literature<br>Big Book Study<br>Literature<br>Speaker / Discussion        | Pines Baptist Church (in rear trailer), 800 NW 102 Ave (Palm & Johnson)<br>St. Benedict's Episcopal Church, 7801 NW 5th St.<br>Patch Reef Park Community Center, 2000 W. Yamato Rd.<br>Our Lady of Lourdes, 22094 Lyons Rd., Room 201<br>Sober Today Club, 1633 S 21st Ave.      | Jeanette 954-430-0928<br>Brenda 954-609-7393<br>Marcella (561) 451-8758<br>Ron 561-483-0500<br>Andrea 786-210-7977, Jessica 954-806-4206 | #31812<br>#40172<br>#53679<br>#00903<br>#54106 |
| <b>FRIDAY</b><br>Margate<br>Boca Raton   | 6:30pm<br>10:00am                                | Big Book<br>Speaker/Discussion: The Promises  | Prince of Peace Lutheran Church, 6012 NW 9 Court<br>Center for Spiritual Living: 2 SW 12th Ave.  | Mort 954-815-2058 / Mike 954-675-7382<br>Wendy G. 561-927-1818   | #52805<br>#56091                               |
| <b>SATURDAY</b><br>Boca Raton<br>Coral Springs<br>Plantation<br>Hollywood                | 9:30am<br>10:00am<br>10:00am<br>10:30am          | 90 Day Speaker (Special Interest)<br>Big Book / Discussion<br>A Vision 4 You/ Big Book<br>Big Book / Discussion | Good Shepherd Lutheran Church, 6301 SW 18th St.<br>Coral Springs Medical Center, 3000 Coral Hills Dr. (First Floor)<br>St. Benedict's Episcopal Church, 7801 NW 5th St.<br>Sober Today Club, 1633 South 21st Ave.  | Phyllis 561-994-8664<br>Sue 754-307-5678<br>Cheryl 954-336-6467<br>Sherr 954-612-1250, Drew 954-612-1251                                 | #39822<br>#48428<br>#41217<br>#20653           |