

# UNIMY

Overeaters Anonymous Gold Coast Intergroup Newsletter • January/February 2018 • [www.oabroward.org](http://www.oabroward.org)

## Our Invitation To You

We of Overeaters Anonymous have made a discovery. At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

Can we guarantee you this recovery? The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a "diet" club. We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it — in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

"But I'm too weak. I'll never make it!" Don't worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone.

If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone any more. Welcome to Overeaters Anonymous. Welcome home!

Here are the Steps as adapted for Overeaters Anonymous:

1. We admitted we were powerless over food — that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
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.



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

# from your Chair...

It is with much gratitude that I am going to serve as your Chair for the next year. 2018 gives us all an opportunity to grow, experience and strengthen our recovery and our fellowship.

Remembering that this is a "We" program, let's all work towards carrying the message, and being the message in the coming year. I am open for all the help I can get in serving our fellowship. Please feel free to contact me with your input.

**Blessing of light  
Andi S.**

## Gold Coast Intergroup *Trusted Servants*

Chairperson, Andi	954-295-1123	goldcoastoa+chair@gmail.com
Vice Chair, Louis	954-496-3278	goldcoastoa+vchair@gmail.com
Treasurer, Lila	954-593-6621	goldcoastoa+treas@gmail.com
Corresponding Secretary, Lara	786-444-5432	goldcoastoa+csec@gmail.com
Parliamentarian, Booky	561-573-4372	odatbook@yahoo.com
12th Step Within, Sande K.	954-610-6208	blueskiesinhollywood@gmail.com
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+treas@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 Intergroup 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*

**on the 4th Saturday of Every Month**

**The only requirement to be a member of Overeaters Anonymous  
is a desire to stop eating compulsively**

### The Spiritual Principles of the Twelve Steps

- 1 Honesty
- 2 Hope
- 2 Faith
- 4 Courage
- 5 Integrity
- 6 Willingness
- 7 Humility
- 8 Self-discipline
- 9 Love
- 10 Perseverance
- 11 Spiritual Awareness
- 12 Service

### The Spiritual Principles of the Twelve Traditions

- 1 Unity
- 2 Trust
- 3 Identity
- 4 Autonomy
- 5 Purpose
- 6 Solidarity
- 7 Responsibility
- 8 Fellowship
- 9 Structure
- 10 Neutrality
- 11 Anonymity
- 12 Spirituality

### The Concepts of OA Service

- 1 Unity
- 2 Conscience
- 3 Trust
- 4 Equality
- 5 Consideration
- 6 Responsibility
- 7 Balance
- 8 Delegation
- 9 Ability
- 10 Clarity
- 11 Humility
- 12 Guidelines
- Selflessness
- Realism
- Representation
- Dialogue
- Compassion
- Respect

**JOIN THE PALM BEACH COUNTY OA INTERGROUP AS WE...**

# **MARCH INTO RECOVERY**

**with your OA Fellowship!**

**SUNDAY, MARCH 18**

**TIME: 2-5PM**

**\*TWO  
SESSIONS:**

**HOLY TRINITY EPISCOPAL  
CHURCH**

**211 TRINITY PLACE  
WEST PALM BEACH**

**What is  
Abstinence  
in OA?**

**I-95 TO EXIT 70 TO OKEE-  
CHOBEE BLVD. // LEFT ON  
S. OLIVE // RIGHT ONTO  
TRINITY PL.**



**Suggested  
Donation:  
\$5**

**RAFFLES! FUN! FELLOWSHIP!**

**WHEELCHAIR ACCESSIBLE!**





## My Weight was Never a Matter of Self-Control

I don't remember when eating became a problem for me. My family were and still are all overweight. I was always bigger than my classmates and I do remember that there never seemed to be enough food. I could always have eaten more.

During my adolescence I began dieting occasionally, living on very little food for lengths of time until I reached an "acceptable" weight. Once I left home at seventeen, I gained weight very quickly and this really disturbed me. From then on I was either overeating or undereating. I would often sneak food that belonged to my roommates, hiding in the pantry to do so, hoping that I wouldn't be caught. When I began living with my partner I started bingeing on large amounts of food. I would wait until I had the house to myself and stock up on food which was meant to last for a week but which would be gone in a matter of hours.

When we moved I decided to try a diet club since I knew no one there. I thought I wouldn't have to explain why to family and friends, even though my weight gain must have been obvious to them all. I reached my goal weight, left and then quickly began eating again. I knew, however, that there was something going on for me apart from weight. I could lose weight but couldn't manage to stay on a healthy eating program. I spent the next twelve years trying to work out what was wrong with me. I thought that if I found this out the weight would no longer be a problem. This turned out to be true but it took me years of overeating to finally learn that what was wrong with me is that I'm addicted to food!

Over these years I stopped dieting but tried adjusting what and how I ate. For example, becoming vegetarian and trying to only eat while sitting at the table. No one knew the extent of my eating, not even my partner. The last two years of my overeating were the worst. I started vomiting as a way to control my weight and the overeating. I thought that vomiting was so awful that it would make me stop. I had many moments of remorse after I'd overeaten when I would tell myself that I would never eat like that again. I desperately meant this. Soon, however I'd be eating in exactly the same way as I had the day before and ending up in exactly the same place of despair.

Since I've been working a Twelve Step program for what I now know is my addiction to food, I am free of the overeating, the vomiting and the despair. I believe that addiction is a disease that has affected me physically, emotionally and spiritually. I know today that I am not the only one who has done things with food that I have done and that it was never a matter of self-control. I had lots of self control in many other areas of my life.

For the first time in my life my weight is normal and barely changes from year to year. I don't have to blame other people or circumstances for my problems. I am able to tell other people about my eating and this has allowed me to be honest about many other aspects of my life. I can ask for help and gratefully receive it instead of always having to be the one helping others. My relationships are much more honest and loving and today I want to live life to the full.

### Acceptance Prayer

And acceptance is the answer to all my problems today.

When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my compulsive overeating, I could not stay abstinent; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitude.

## Around-the-Clock *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	954-790-8912
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.*

## OA Literature

**- No Shipping or Handling Fees -**

Your OA Literature is now available locally at cost. Our Intergroup will be absorbing the shipping and handling costs to make the literature more affordable for our members.

If you or your meeting

is in need of literature, please contact

**Diana, 954-234-7696, [goldcoastoa+lit@gmail.com](mailto:goldcoastoa+lit@gmail.com)**

**AA Big book, 4th Edition \$11**

**Abstinence, Second Edition \$11**

**Beyond our Wildest Dreams \$6**

**For Today \$12**

**For Today Workbook \$12**

**Lifeline Sampler \$13.50**

**Overeaters Anonymous, 2nd Edition \$5**

**Overeaters Anonymous, 3rd Edition \$13**

**OA 12 and 12 \$13.50**

**OA 12 and 12 Workbook \$12**

**Seeking the Spiritual Path \$9.50**

**Taste of Lifeline \$13.50**

**12 Step Workshop & Study Guide \$13.50**

**Voices of Recovery \$12**

**Voices of Recovery Workbook \$12**

*Brochures, Pamphlets, and Recovery coins also available.*

## Speakers Bureau

These OA members are willing to give service by sharing their experience, strength and hope at your meetings. Please confirm their availability to speak and be sure they meet your group's speaker qualifications if applicable.

*If you would like to join the list to share your strength and hope, please let us know and we will gladly add your name.*

Andi S.	954-295-1123
Bill Z	508-294-5136
Booky	561-573-4372
Dolores	561-265-5668
Flo M.	954-870-7233
Heather	954-806-7766
Joyce M.	954-684-8152
Kevin	786-566-8112
Lonna	305-338-0423
Louis	954-496-3278
Martha	954-971-3932
Maureen H	954-600-1483
Mike	954-270-9169
Mort B.	954-969-9516
Patty G.	561-927-0542
Samantha	954-240-6450
Ted S	954-921-8370

## 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](http://oabroward.org) (see  
Events page)**

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

## Not just a “Women’s Problem”

I first went to Overeaters Anonymous 25 years ago. I'd like to say I've been sober ever since, but there was a 17-year lag between my first OA meeting and me admitting complete defeat. Thirteen of those long, miserable years were spent in the rooms of Alcoholics Anonymous. Now if that's not insanity, I don't know what is.

All that time, I put up a false front. I had a good job and I was heavily involved in sport. I had a wife and two kids I loved, a house and a car but food always came first. I clamped a smile on my fat face but I was crying and dying inside.

I always knew there was a solution in OA. I saw it in a couple of people at my very first meeting. They were free of the fear, guilt, shame, secrecy, anger and humiliation which had always accompanied my eating. They told me if I wanted to get well I'd have to give up eating, drinking and drugging. They offered me an answer but I flung it back in their faces. For years I came in and out OA's batwing doors, insisting I wanted to do it my way.

My eating was no different to theirs. I believe I was born an addict. I always remember having the obsession to eat and the craving for more. I stole food, ate burnt or soiled food and food dumped in rubbish bins. I screamed at the staff in a fried chicken joint because they'd run out of chicken. Once I started eating I couldn't stop, I was powerless over the craving.

When I was 12 years old, a classmate collapsed with a ruptured spleen. He'd barely hit the floor before I was plotting to steal his lunch. I furtively lined up at the takeaway counter and mumbled his name. I cradled his bag of sausages and chips to my chest like a baby, only grudgingly giving a few chips away. I've always been selfish and self-centred.

Yet, for so long, in OA, I kidded myself that “my case is different”. I was a man, for a start. I can't recall any men at my first meeting. There still aren't a lot but I no longer believe “this is a woman's problem”. I thought I had a weight problem, but it was only a symptom of the disease of addiction. My problem centres in the mind.

For years, I deluded myself I could use AA as a one-stop shop for all my addiction ills. That never worked either. I can only stay sober alongside other compulsive overeaters, not at home alone in my head. This is certainly a fatal, progressive disease. I was around 25

when I first came to OA. I was 42 when I started to get well. Near the end, I was separated from my wife and kids and was really just living to eat.

Every day I woke up, determined to “beat it”. Within an hour, I'd be eating and the whole sordid cycle would start again. I was convinced my steering was faulty because my car always lurched to a stop outside food stores and takeaway bars. I'd end my day blobbed out in front of late-night TV, too gorged to go to bed.

So what changed for me? The two most expensive cans of cola in the world were a catalyst but I believe the real impetus came from my Higher Power. I was working overseas and got myself embroiled in a bar scam in Paris. The French woman I'd met on the Champs-Élysées drank two bottles of champagne. This so-called “sober” alcoholic slugged two cans of coke and choked on a bill for around \$1,200. Later, back in my hotel, having had to explain why I'd booked it to my company credit card, I just knew that my actions weren't those of a sober man. My Higher Power sent me the message: I was as powerless over food as I ever was over booze.

I came back to my church and went to every OA meeting I could. But I still had the obsession for some months. My recovery only started when I did the one thing I'd never done in OA before – asked for help. I remember my sponsor asking if I was entirely ready to give up the food. I said, “I couldn't say 100 per cent, but I think I might be”. Something shifted then.

Next day I called her for a food plan and the fight I'd had all my life had somehow gone. I'd finally let go of my old ideas. I haven't had to eat since. After accepting I was a newcomer, I set out to work the Steps of recovery from Step One. I did my first real, searching and moral inventory and have made many amends to people I harmed both before and during my time in AA. I'm still a compulsive overeater, I'm not cured. But, no matter what happens in my life, good or bad, I don't have to eat, one day at a time. I'm very grateful that God has removed the problem.

I attempt to express that gratitude by trying to carry this message to the still-suffering male compulsive eater. It took me so long to pick up the set of spiritual tools laid at my feet. Now, it's a privilege to give it away.

## Broward OA

[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!

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

## 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.

## 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

## What Do You Mean By "Doing the Footwork"?

Soon after I got into OA I heard "Let go and let God." Later it was "Just do the footwork." I tried to understand how I was suppose to turn things over to my Higher Power, but also do the footwork. I couldn't figure it out. What was the difference between taking back control of something and just "doing the footwork"?

Eventually I did come to understand. Awareness came with one of the first loving acts I started to do for myself. I started to wear my lap belt when I drove. I have the automatic shoulder strap seat belt in my car, but for years I would never use the lap belt. I figured, "Oh well, I want to die anyway, why bother." My husband would remind me to put it on when I was in the car with him. Occasionally I would do so just to appease him, but I never told him my thoughts.

Soon after working the steps I began using my seat belt. Amazing!

Sometimes I would reach down and touch it just to remind myself that, yes I do love and care for myself. That was such a difficult sentence to say to myself the first time. Eventually I started saying, "See HP, I'm doing the footwork." It was comforting to know that I was taking some positive action on my part, and communicating with my HP too. I remember the old-timer's saying "Faith without works is dead."

Eventually I began doing a lot more things as I started working the steps that would be considered "the footwork". I found myself making my bed in the morning, I pulled the drapes, I began answering the phone, sometimes I even placed the calls! I continued using the other tools of the program: meetings, literature, writing, anonymity, and service. I used the tool of sponsorship and got a sponsor. Soon I became a sponsor. Though I was releasing weight, I still struggled with the tool of "plan of eating".

When I lost my sponsor I had to be vulnerable once more and reach out again and get another sponsor. This asking for help part was really hard for me. But I said I would go to any length, right? Still God works in his own way and his own time. Most recently, with the help of my new sponsor, I started developing and using a plan of eating that was right for me and all my allergies.

But the most important action, and the hardest, I took was I asking for help when I need it. Whether it's from my sponsor, another OA'er, or my HP. Now that's doing the footwork. And it keeps me abstinent. These days I always use my lap belt. When I do so I feel the love of my HP returned.

Such a small gesture, putting on a lap belt, but now it contains so much significance. It's like a quick little prayer or meditation. Plus it makes me realize how far I have come in this program.

Recovery Slogan: If God is your co-pilot, SWITCH SEATS!

~ Anonymous



The only requirement for OA membership is the desire to stop eating compulsively.  
January/February 2018 Broward/South Palm Beach Overeaters Anonymous Meetings

## Sunday

**12:15pm Wilton Manors** #46694

### Newcomer / Speaker

Pride Center  
2040 N Dixie Highway  
First building on left  
Darlene 954-299-8038

**6:00pm Pompano Beach** #51690

### Voices of Recovery / For Today

Christ Church  
255 NE 3rd Avenue  
Class 6 across from playground  
Martha 954-971-3932

## Monday

**10:00am Plantation** #21830

### Big Book / Newcomers Welcome

St. Benedict's Episcopal Church  
7801 NW 5th Street  
Charles 954-563-3453

**10:30am Hollywood** #51180

### 12 Step

4th Dimension, 4425 Hollywood Blvd.  
N. side of Hollywood Blvd. between I-95  
and Turnpike  
Sheila 786-837-3093

**1:00pm Pompano Beach** #56038

### Literature

St Nicholas Episcopal Church  
1111 E Sample Rd., Far north class  
by the Church Office. Park in the back  
Maureen 954-600-1483

**7:30pm Plantation** #50467

### Newcomer / Speaker / Steps 1-3

St. Benedict's Episcopal Church  
7801 NW 5th Street  
Leigh 954-682-2653

**7:00pm Boca Raton** #27229

### Beginners / Discussion

Regents Park Nursing Home  
6363 Verde Trail  
Bobby 561-477-7914

**7:00pm Davie** #56171

### 12 Steos and 12 Traditions

West Broward Club  
5625 S. University Drive, Davie 33328  
Lee 954-701-7074

## Tuesday

**10:00am Boca Raton** #02797

### OA/AA 12 & 12 Step Meeting

Good Shepherd Lutheran Church  
6301 SW 18th Street  
Robin 561-445-9636

**6:30pm Hollywood** #00304

### OA Steps & Traditions Study

Rebel's Drop-In Center  
Behavioral Health Outpatient building of  
Memorial Regional Hospital  
3400 North 29th Avenue  
Susan 954-593-4232

**6:00pm Boca Raton** #09095

### Big Book: Vision for You

Stratford Court of Boca Raton  
6343 Via De Sonrisa Del Sur  
Park in "Team Parking" or "Guest"  
Fred (561) 716 4455

**7:30pm Davie** #50467

### Come to Believe

The West Broward Club  
5625 S. University Drive  
Leigh 954-682-2653

## Wednesday

**10:00am Hollywood** #27545

### OA 12&12 (1st, 3rd, 5th)/Big Book (2nd, 4th)

Oasis at TY Park  
Park entrance at Atlanta Street (off N. Park Rd.  
Keep right/follow sign to the Pavilion 2)  
Ellie 248-342-8822

**6:30pm Margate** #00880

### Beginner / Literature

Prince of Peace Lutheran Church  
6012 NW 9 Court  
Lois 954-604-8490

## Thursday

**10:00am Pembroke Pines** #31812

### OA Literature

Pines Baptist Church (in rear trailer)  
800 NW 102 Ave (Palm & Johnson)  
Jeanette 954-430-0928

**10:00am Plantation** #40172

### OA Steps / Abstinence / Literature

St. Benedict's Episcopal Church  
7801 NW 5th St.  
Brenda 954-609-7393

## Friday

**6:30pm Margate** #52805

### Big Book

Prince of Peace Lutheran Church  
6012 NW 9 Court  
Mort 954-815-2058 / Mike 954-675-7382

**10:00am Boca Raton** #56091

### Speaker / Discussion: The Promises

Center for Spiritual Living:  
2 SW 12th Ave.  
Wendy G. 561-927-1818

## Saturday

**9:30am Boca Raton** #39822

### 90 Day Speaker (Special Interest)

Good Shepherd Lutheran Church  
6301 SW 18th Street  
Phyllis 561-994-8664

**10:00am Coral Springs** #48428

### Big Book / Discussion

Broward Health Coral Springs  
3000 Coral Hills Dr.  
Classroom A/B/C  
Sue 754-307-5678

**10:00am Plantation** #41217

### Big Book: Vision for You

St. Benedict's Episcopal Church  
7801 NW 5th Street  
Cheryl 954-336-6467

**10:30am Hollywood** #20653

### Big Book / Discussion

Sober Today Club  
1633 South 21st Ave.  
Sherri 954-612-1250  
Drew 954-612-1251



OA Broward County  
[www.oabroward.org](http://www.oabroward.org)  
OA Palm Beach County  
[www.oapalmbeachfl.org](http://www.oapalmbeachfl.org)  
OA Miami-Dade County  
[www.oamiami.org](http://www.oamiami.org)