

UNITY



Made a decision to turn our will and our life over to the care of God *as we understood him.*



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

This newsletter is locally produced; reflects the experience, strength, and hope of various OA members; does not represent OA as a whole.

How Can We Stop Eating Compulsively?

We admit that we are powerless over food.

That is the essence of Step One.

Next, to begin abstaining from compulsive eating,
we need a plan of eating.

We learn we must change our destructive ways of eating
if we are to recover from our disease.

Your Gold Coast Intergroup *Trusted Servants*

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Parliamentarian, Booky	561-573-4372	odatbook@yahoo.com
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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

A Message from your OA Region 8 Chair

For each of us the joy of living also includes the joy of challenge. Each challenge is an opportunity to change and grow. For me this opportunity is presented as the honor of being Chair of Region 8.

As in life, each step up in service requires a step up in my program. For me, this step up is rarely ever smooth. My first action is to jump into my character defects and run around like a crazy person! Once that is done I settle down, take some quiet time with my HP and OA literature, call on my OA Angels and get to work. For this New Year and this new challenge I am trying something new.

Before new goals, before diving in, before announcing a new beginning, I am stopping to breathe. To breathe in the knowledge that HP is always available. That the Promises are real. That I can and do live a happy, joyous and free life. In the past I thought that I could only be happy when everything was perfect (according to my

and the world's warped specifications). I missed the beauty of the horizon because of one tiny, gray cloud that could only be erased by a mountain of sugar. I wasted a lot of my life.

Today, I go to a meeting and rejoice in a beautiful smile coming my way from a fellow OA member. I rejoice each time I choose the bliss of abstinence over something that will poison my body and mind. This year I hope to use the Chair's podium not to sit above you but as a place from which to see more beauty and spread more love than I have been permitted before.

As I rise to this challenge to love more and to share the grace that the program has brought to me I ask your help, well wishes, prayers and love as I extend that to you. Also, I will, at times, fail to express compassion, understanding and love as I grow. Please forgive me and offer me the strength and beauty that you always do.

– Katrina S

When I came into OA two years ago I didn't really believe that a higher power could really help release me from the bondage of food addiction. After all, I had tried every weight loss scheme out there, and I was convinced that I was just one of those people who could not 'stick to a diet'...in other words I was hopeless. My intent was to just try one meeting – as a favor to a friend. I had tried OA before and it really wasn't for me – I wasn't into all the talk of God and higher power, moral inventories and amends.

When I walked into that room in over two years ago, I was not open minded or willing. But something magical happened when the meeting started. I really listened to the reading and the shares. I realized I had nothing to lose and decided to give OA one last try. At that first meeting I heard others share their experience, strength and hope, and that day I made a decision to just give it a try. I had nothing to lose as I could not maintain even

one day of 'sane' eating.

After the first couple meetings I found a sponsor and started working the steps. I started writing on steps 1-3 and soon I realized I had misunderstood step 3. I had always thought to take step 3 it meant that I had to completely turn my life over the care of the God of my understanding. It wasn't until I began working the steps that I understood that step 3 requires me to make a decision. What a relief! Because as I have found out, there are times when my self-will wants to take back control. As the OA 12&12 reminds me I must continue to work the 12 steps each day and live out my decision to trust God's guidance in everything I do. "We ask and we receive, first the willingness, and then the ability. We can count on this without fail."

For today I work the steps and use the program tools and ask God to help me in all I do. Some days are better than others – but with the love and support of this fellowship I'm living a life now that I never believed was possible. I'm so glad that I made the decision to give OA one more try! – Anonymous

Made a Decision

*Once we have placed the key of
willingness in the lock and
have the door ever so slightly open,
we find that we can always
open it some more.*

*Though self-will may slam it shut again,
as it frequently does,
it will always respond
the moment we again pick
up the key of willingness.*



AA 12 Steps & 12 Traditions

Higher Power... Just for Today...

I turn my Food actions & my Food thoughts over to You.

For the last half of my OA career, I worked all the tools except the tool of a food plan. For even longer, I have turned over my resentments and jealousies to my higher power but have not turned over my food. From the beginning of my OA life, I have been in search of spiritual enlightenment. And I found it! I came to believe that living a twelve-step way of life was the solution to my parenting, my marriage and my career. And today, I am humbly live a way of life that has improved my relationships in ways I never thought was possible.

That being said, for the past 18 years in OA I have been slowly gaining the weight I so successfully lost in my first 9 months in the program. The same pounds I was able to separate myself from and keep off for the almost 9 years.

I walked into my first meeting 27 years ago. I called the hotline looking for a meeting on a Friday night and learned there was a meeting the very next morning. I was welcomed by “old-timers” with open arms. I “acted as if” and experienced the miracle of healing. After working through the first three steps, I was “Stepped-Up” to be a 3rd Step sponsor. I helped walk newcomers through their first three steps by utilizing the same 30 questions that guided me. Taking steps 1-3 daily and living in Step 12 worked to keep the weight off for almost 9 years. I attended meetings and did service. I

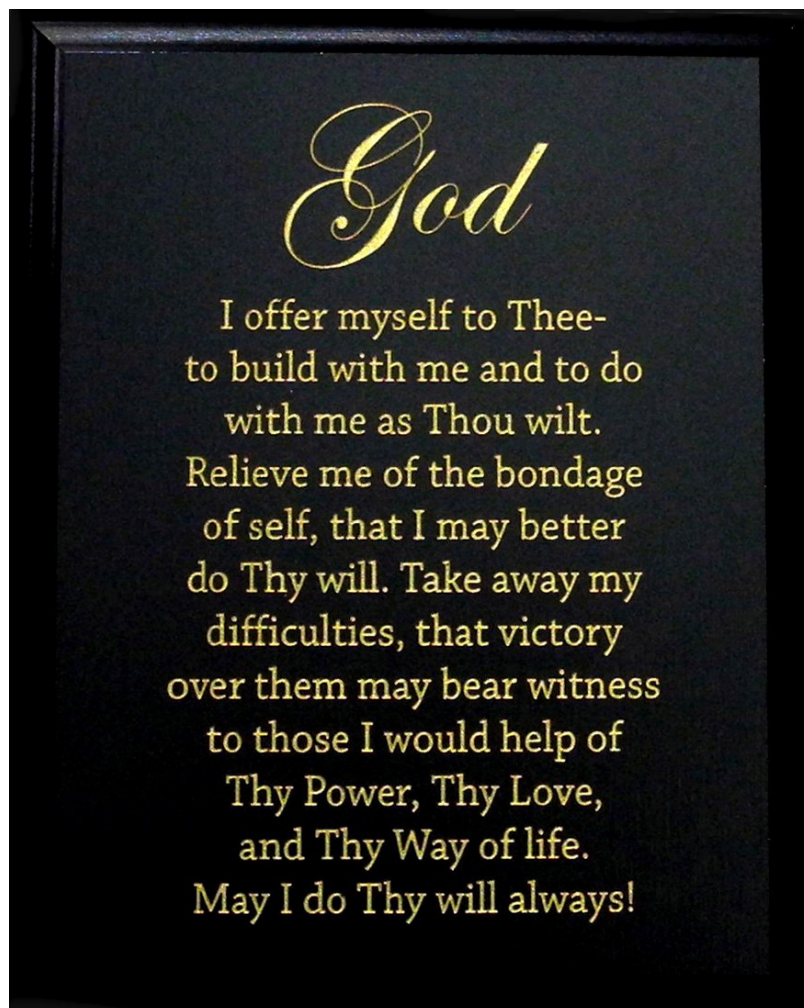
identified my toxic food behaviors and was given the gift of abstinence (one behavior at a time) including eating off of my family’s plates, eating from the pots and pans in the kitchen cleaning up, and eating free food at the office.

What changed? In retrospect I think it is that I lost my primary purpose in OA. As I enlarged my spiritual life, I forgot about my physical self. Food helped me deal with the honesty I needed to have to be able to grow up emotionally. As I continued to explore the “reasons why”, I not only grew larger spiritually and emotionally but also larger physically. I medicated by exploration with food.

I understand why those coming in from other 12-Step programs can be bewildered to walk in and face the same 12 steps that have saved their lives in the past and not understand how our malady can be so difficult to defeat.

For me, living a 12-Step way of life has made me a much better person. But for me, to live an honest OA 12-Step Way of Life, I need to be honest about the excess food that has kicked my butt and created another layer of denial on my body.

Today I humbly see that being abstinent in the long haul, for me, takes more work than throwing myself into Step 12 and using as many tools as I can in a given day. Long term abstinence for me must be refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight with a food plan that will restore me to health. –
Anonymous



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.

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

OA Literature

- No Shipping or Handling Fees -

Your OA Literature is now available locally at cost. Our Intergroup absorbs the shipping and handling costs to help make literature more affordable for you.

If you or your meeting is in need of literature,

**please contact Diana, 954-234-7696
goldcoastoa+lit@gmail.com**

OA 12 & 12 \$13.50 / Workbook \$12

Voices of Recovery \$12 / Workbook \$12

For Today \$12 / Workbook \$12

12 Step Workshop & Study Guide \$13.50

Abstinence, Second Edition \$11

Beyond our Wildest Dreams \$6

Overeaters Anonymous, 2nd Edition \$5

Overeaters Anonymous, 3rd Edition \$13

Seeking the Spiritual Path \$9.50

Lifeline Sampler \$13.50

Taste of Lifeline \$13.50

AA Big Book, 4th Edition \$9.50 hardcover / \$9 softcover

AA 12 & 12 \$9

Brochures, Pamphlets, and Recovery coins also available.

Spirituality is the Key

The Keys Marathon

Saturday April 7, 2018 10a-3p

Monroe County Public Library 81830
Overseas Highway, Islamorada
{between mile marker 81 and 82}

Bring lunch. Eat in the park behind the library.*

10a	Opening
10:30a	Speaker
11:30a	Speaker
12:30p	Lunch*
1:45 PM	We Are Not a Glum Lot

There are so many things to say about the Third Step...

Each word speaks to me. First word “Made” – it’s an action word it means I have to do something to have this step be a real part of my life. “Decision” – OH OH not something I’m good at! But this decision is straightforward, it’s really the key decision for every choice I have in my life. The decision to turn my will and my life over to my higher power, that makes it really simple except how do I do that?

Well I am blessed with the instructions given to me in all the tools of our program especially the Big Book of Alcoholics Anonymous. “Pause when agitated or doubtful and

ask for right thought or action” and listen for “an intuitive thought or a decision” which by the way is step eleven! Amazing how they all fit together.

So how does this fit in with Food? I am a compulsive eater that is a fact, I will always be a compulsive

*Made a decision to turn my will
and my life over to the care of
God as I understand God.*

eater, I was born a compulsive eater and even after many 24 hours in this beautiful program I am

still at my core a compulsive eater. So when I think of step 3 in this context I believe that the decision to turn my will (my obsessive thoughts about food and eating) and my life

(my actions what I do with my will and thoughts) over to my Higher Power’s care means I choose to feed my body and my soul with **Love** and to feed myself lovingly with the beautiful healthy choices in food and actions that nurture me **Physically, Emotionally and Spiritually.**

In essence to work the steps, the traditions and the tools of the program to the best of my ability, just for today.

And remember I don’t have to do this perfectly. The third tradition tells me the only requirement for membership is the desire to stop eating compulsively!

Thank You God, I don’t have to be perfect in any area of my life, I just have to keep coming back. One day at a time! – **Anonymous**



People say “making a decision” to do something is only the first part of doing it. For example, if I make a decision to buy a house, I haven’t bought the house yet, and I certainly can’t move in this afternoon. There are a series of things I must do after making a decision to buy a house before I have actually bought it. I have to find a house, get a realtor, a lawyer, a banker, check taxes, check a certificate of title, and do all kinds of other things. Then finally, at the end of the process, I’ve bought the house, and I’m living in it. In taking Step Three, if you make a decision to turn your will and life over to God, you’re deciding. You’re committing to “buy the house”. You’re committed to turning your life and your will over to God. But you haven’t completed the transaction when you say the words of commitment. ...

I asked my sponsor, “If saying the words doesn’t turn my will and my life over to God, how do I do it?” He smiled and said, “That’s what Steps Four through Twelve are: the way to turn our whole lives - past, future, and present - over to God.”

Broward OA

www.oabroward.org

Local 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

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

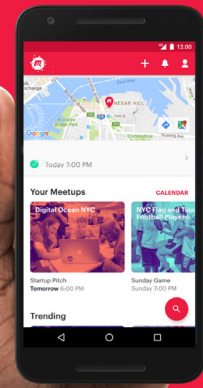
Listen and/or download podcasts of daily and Special Edition meetings and read *AA's Big Book/12&12* online

**Gold Coast OA Intergroup
Welcomes You to Join Our**

meetup

**It is now your digital bulletin board
announcing the time and location of our
local OA meetings.**

Personal info safe and anonymous.



March Into Recovery
... with your OA Fellowship

***Come join the Palm Beach County
OA Intergroup as we spend a few hours
together at our
Inaugural Special Event of 2018.***

We will explore OA's Definition of Abstinence,
Step 1, Step 2, and Step 3

When: Sunday March 18, 2018

Time: 2-5 PM

***Where: Holy Trinity Episcopal Church
211 Trinity Place, West Palm Beach***

(1-95 to Okeechobee Blvd-Left on Olive, right on Trinity Place)

Suggested donation \$5

Wheelchair Accessible

Free Raffle Ticket with Donation

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

GOING TO A MEETING FOR THE FIRST TIME? Please call the CONTACT PERSON to be sure the time and location are up-to-date.

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

Whole Foods
2411 N Federal Hwy., Community Room
inside the store all the way to the left
Joyce 954-684-8152

7:00pm Boca Raton #27229

Beginners / Discussion

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

7:00pm Davie #56171

12 Steps and 12 Traditions

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

New
Location

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

6:30pm Davie #50467

Newcomer / Big Book

West Broward Club, 5625 S University Dr
Leigh 954-682-2653

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

OA Palm Beach County

www.oapalmbeachfl.org

OA Miami-Dade County

www.oamiami.org

OVEREATERS
ANONYMOUS.

1:00pm Boca Raton #53679

Big Book Study

Patch Reef Park Community Center
2000 W. Yamato Rd.
Marcella 561-451-8758

7:00pm Boca Raton #00903

Literature

Our Lady of Lourdes
22094 Lyons Rd., Room 201
Ron 561-483-0500

7:00pm Hollywood #54106

Speaker / Discussion

Sober Today Club, 1633 S 21st Ave.
Andrea 786-210-7977 Jessica 954-806-4206