

UNITY



Step 4: Made a searching and fearless moral inventory of ourselves.



**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.

From your Chair...

So here we are the fourth month of the year “April”.

The fourth step tells us to “make a searching and fearless moral inventory of ourselves”. So interestingly enough the spiritual principle is “courage.”

This whole so true for me. I need to remember that honesty to myself is the most important gift I can give myself. Remembering that I am given the courage to face myself and all that comes with my past. I can clear away the wreckage of my past and be ready to be in the present.

Many new groups and Workshops planned so keep in the know by connecting through our webpage and perhaps come to our next Intergroup meeting on the 4th Saturday of April. We would really like to hear your input and ideas.

Blessing in light

– *Andi S.*

Your 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.	954-610-6205	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 Steps

- 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

RENEW! REFRESH! RECOVERY!

Re-Working the 12 Steps of OA

A 15-week Step Study
offered by
Gold Coast Intergroup of Overeaters Anonymous

Reignite your passion for recovery by joining us for a fun and focused exploration of the 12 Steps of Overeaters Anonymous, designed to help participants achieve freedom from the physical and mental bondage of compulsive overeating.

This study will feature presentation of OA-approved literature and lively interactions concentrated on the solution as found in our 12 Steps.

Sessions are from 6:45—8:30pm with a break in between. Doors will be locked at 7:00pm, as required by the church.

Suggested donation is \$3 per week, however, we encourage attendance at all sessions for maximum results, and offer all 15 weeks for \$35

INTRODUCTORY SESSION WEDNESDAY APRIL 11, 2018 from 6:45—8:30pm

We will meet on the ground floor of Community Presbyterian Church in Lauderdale-by-the Sea. Plenty of free parking is available.

***Please contact Tessa 305-962-5989 or Jo-Anne 954-600-4270
for further information.***

Community Presbyterian Church
4433 Bougainvillea Dr,
Lauderdale-By-The-Sea, FL 33308



Save~the~Date

Bring a Friend

~ to ~

Rediscover
Recovery

Friday Evening

May 4th

6:30-8pm

West Broward Club

5625 South University Drive

Davie 33328

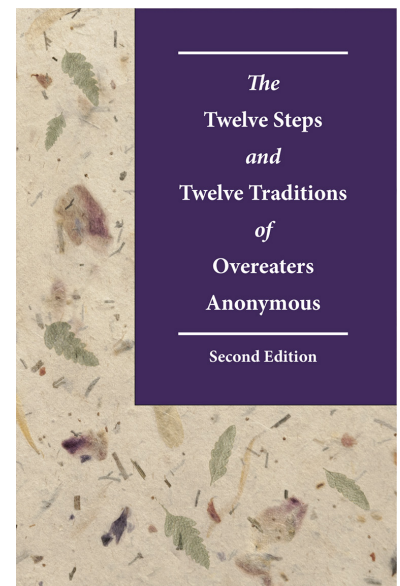
Contact: Sande 954-610-6205

OA's Keystone Book
*Updated and
Improved
28 years after
First Publication*

Created specifically as a study of the OA Twelve Step recovery program, the OA Twelve and Twelve, Second Edition has been revised for clarity and inclusivity-with a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found “physical, emotional, and spiritual healing that we don’t hesitate to call miraculous.” A new, second edition of The Twelve-Step Workbook of Overeaters Anonymous will be available later this year. Note that the current workbook references page numbers in the older, first edition of the OA Twelve and Twelve book, however, the questions in the current workbook can be used with either edition.

Get it locally.

– No Shipping or Handling Fees –



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. Intergroup absorbs 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

Taste of Lifeline \$13.50

A New Beginning: Stories of Relapse from Recovery \$10

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

The Overeaters' Anonymous 3-Step Dance

Let's face it, no one really wants to open the refrigerator and start cleaning from the back of the shelves when we know that there's a lot of green icky stuff that looks like it could easily walk its way out of the 'fridge. In a very real sense, that's exactly what we're going to do with our lives: we're going to open up our soul and clean it out, green icky stuff and all.

My experience is that it's not the actual inventory making that freaks us out; rather, it's the *fear* of what we might feel and think and maybe what someone might think of us if we actually wrote down all the lying, cheating, dishonest, unethical and damaging things we've done.

The sad thing for too many OA's is that they let the fear get in the way of working this crucial step. So they come into OA, do Steps 1, 2 and 3, hang around for a little bit, relapse and leave (or leave and then relapse).

They come back to OA because they know it's the only thing that's going to give them peace and sanity around food and life. They do 1, 2 and 3 again freak out from the fear and head back out the door. Again and again, like some weird nightmarish waltz gone berserk. If you're one of these OA 3-Step Dancers, it's time to take a deep breath and give yourself one of the greatest and most loving gifts you possibly can: a clean soul and mind.

The thought of making a fearless and searching moral inventory might seem not to be the most pleasant and enjoyable part of working the OA 12-step program of recovery. But if we've done the footwork of Steps 1, 2 and 3, we know that we can do anything with the help of our Higher Power. Many of us have already experienced some length of abstinence from compulsive eating now did you really think you could ever do that before

OA? Probably not and the blessing of abstinence is coming at you courtesy of the strength and love of your Higher Power. Now if HP/God/whatever can keep your face out of food for an extended period of time, do you really think that HP/God/Whatever's going to dump you now? Hardly.

Your OA sponsor (you DO have a sponsor, right?) will tell you that the only way to get through Step 4 is to do Step 4. Other OA's will say that bravery is not the absence of fear; rather it is feeling fear and doing what has to be done anyway. If you have concerns or fears, find someone in OA who has done Step 4 and has lived and thrived to talk about it. Let go of the idea that somehow you're the worst evildoer in the world. Remember, we agreed that none of us is terminally unique ... keep this in mind as you work.

- *Anonymous*


Step 4: Where I Begin to Clean Out my Soul

The Big Book compares Step 4's "housecleaning" to a business' taking inventory. I can compare it to my desk or bedroom: unless I clean out my closets and file drawers periodically, they begin to overflow with what's a lot of useless junk. Soon I can't find anything, so even if I have useful things, I can't find them. Step 4 cleans out my mental, spiritual and emotional closets and file drawers as I make lists of all my resentments and my fears.

It's really this simple: If I avoid Step 4 because I'm afraid of what I'm going to find, I find that I'm going to eventually pick up food again. If I do Step 4 and I'm able to be brave because I have a Higher Power that I've decided to allow to take care of me I get rid of all the garbage that's keeping me prisoner to shame and guilt and self-imposed humiliation.

The Big Secret is... We're Not So Bad After All!

Yup, if we do this inventory well, trusting God along the way, and working closely with our sponsor, we're going to discover that while we may have done some bad things, we are not bad people. In fact, we're good people who have been stuck in a rut thanks to a disease that controls our minds and actions. We see how we've been trapped and now we start to see the path ahead of us. A path that's cleared of choking debris and that leads in purposeful direction. All those defects of character and experiences we'd rather forget are about to be turned into assets by which we will help others and lead a happy, joyous, and free life.



You gotta
stop
watering
dead plants

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
Live Meetings Call 712-432-5210
Conference ID: 876148#
Mon. - Fri. 7am-8am (recorded)
9am (unrecorded)
10am-11am (recorded)

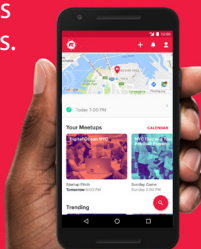
Sunday Special Edition Meeting 8:30am
Check the calendar online to view upcoming Special Editions.

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

Your digital bulletin board for times and locations of our local OA meetings. Personal info is kept safe and anonymous.

meetup
Gold Coast
OA Intergroup



Courage & Integrity

In steps four and five we learned courage and integrity as we faced the truth about our defects of character. Applying these principles in all our affairs means that we are no longer ruled by a fear of admitting our mistakes. We have the integrity to show the world our true selves. No longer needing to appear to the world as perfect people,

we can live more fully, having the courage to face up to our mistakes and test our strengths in the challenges of life.

– *The 12 Steps and 12 Traditions of Overeaters Anonymous*

R. H. SMITH, M. D.
2ND NATIONAL BLDG. AKRON, OHIO
TELEPHONE: HE-8523 REG. NO. _____
FOR: alcoholics
DATE: Feb 1937
ADDRESS: _____
always remember it
1. Trust God
2. Clean house
3. Help others
NR 1 2 3 INF. _____ M. D.

CALLING ALL OA MEMBERS!
Region 8 is Hosting a Contest



**Region 8 has been selected to host the next
World Service Convention
at the Renaissance Hotel in Orlando
August 20-22, 2020**

To make this a winning event in our Region, a lot of planning is required and we will need many volunteers! This is a great opportunity to provide service. One of our first tasks is to pick a theme for the event, so we are hosting a contest.

Here's how it will work:

- All submissions must be sent to R8Trustee@gmail.com
- Deadline June 15, 2018
- Region 8 Board will review all the submissions and pick three semi-finalists
- Semi-finalists will then be submitted to the Board of Trustees for final approval of one theme
- Winner will be announced Sept. 1, 2018 (Prize has not yet been determined)

*Good Luck!! We look forward to seeing your creativity.
Our wide world of recovery is waiting!*

Thanks for your service! – Linda Hartmann, Region 8 Trustee

April 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.