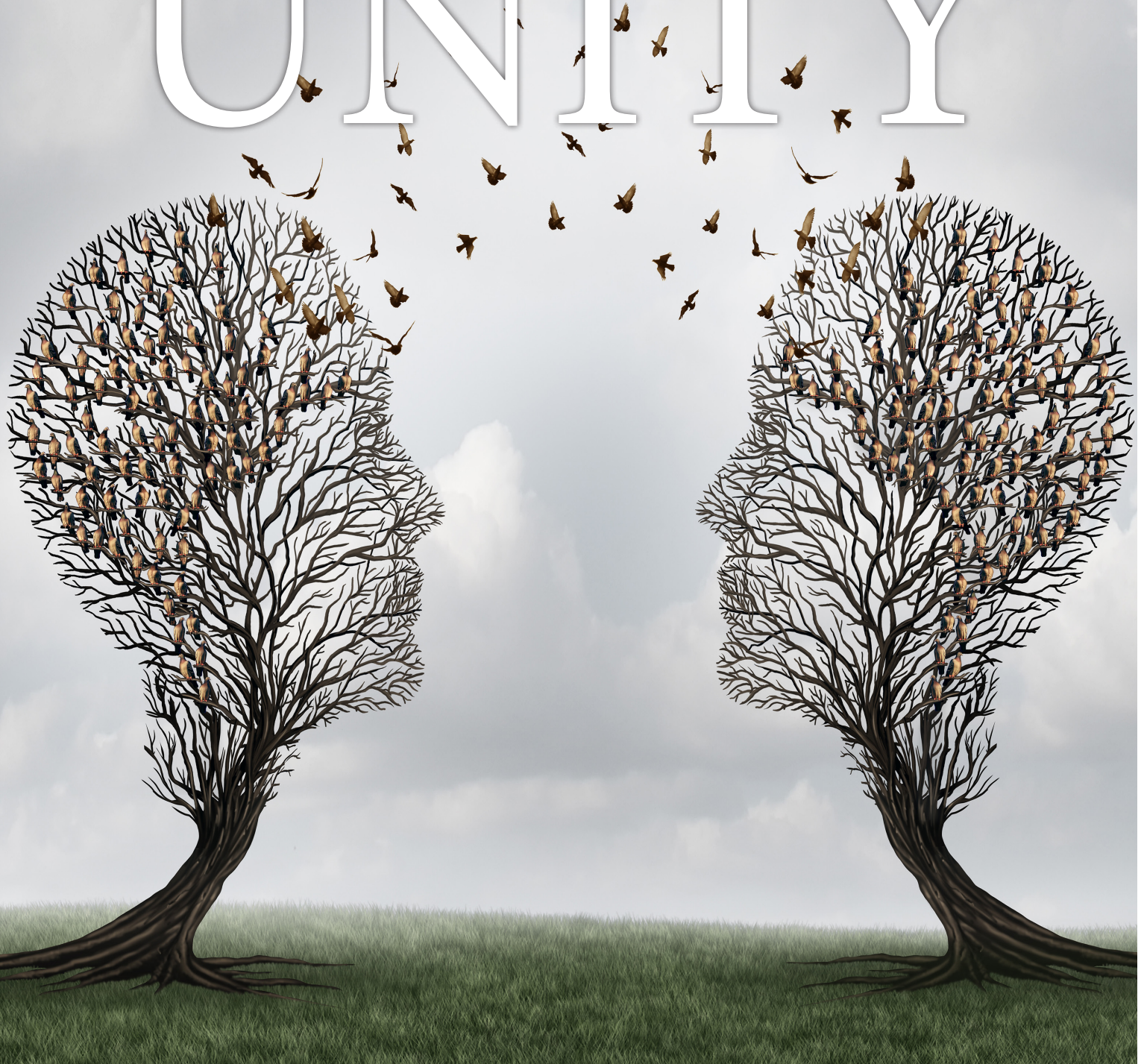


UNITY



Step 5 ~ Admitted to God, to ourselves, and to another human being
the exact nature of our wrongs



**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.

We need your feedback...

About the Florida State Convention of OA.

If you have suggestions for the committee, please send them to us. If you did not attend, please tell us why not. Possible reasons include: too expensive, too far away, scheduling conflict, a waste of my time, I am afraid to attend, and other.

**SAVE THE DATE The 29th Annual
FLORIDA STATE CONVENTION**
"Together We Can...Believe - Achieve - Receive"
February 22 - 24, 2019

Hilton Cocoa Beach Oceanfront, 1550 N Atlantic Avenue, Cocoa Beach, FL 32931
More information will be coming soon.

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

To our Fellowship:

I received this recently and it really struck home with me and my recovery. I hope you will share with me your feelings in regards to Step 4 and Tradition 4.

Step 4 is about making a “searching and fearless moral inventory” of myself. This inventory is not about “morbid reflection” or compounding my shame and self-loathing. Quite the opposite, Step 4 is designed to aid me in facing and riddling myself of the “instincts gone astray” in myself that block me from emotional and spiritual growth.

In the past, I could heap shame upon myself until I had no alternative other than to binge myself into temporary numbness. Using Step 4, I can examine my shortcomings in a loving, effective way. I begin to see what each of my defects of character does for me as well as the damage they do to me. I begin to see myself in a more accepting “human” way. To paraphrase a familiar quote, I start to see myself as a “person who makes mistakes rather than a person who is a mistake”. I also further the process of healing myself as I prepare to give away this inventory in Step 5.

Tradition 4 is about the autonomy of each group to decide how it conducts its meetings. This means that each individual meeting can set its own guidelines as long as they do not affect OA as a whole. This allows for different focuses and approaches to carrying the message of recovery in OA. In our group conscience, we are encouraged to explore, to make mistakes, to learn, and grow.

Blessing in light

– Andi S.

New Meeting

Tuesday @ 7pm

Hollywood

Women Focus
For Today
Voices of Recovery
Meditation

Sober Today (purple room)
1621 S 21 Ave

Hollywood, FL 33020

Contact: Lara 786-444-5432

Closed meeting—Open to all who want to
stop eating compulsively

#56409

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

WEDNESDAYS - Beginning April 11th
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



No Longer Eaten Alive

Imagine that you've decided to clean out your house. There's too much stuff in there bogging you down, covering every surface, stuffing every closet. You're constantly reminded by the clutter that it's time to pare down. When you finally do it, you realize that you need to determine what stays and what goes, so you make a list as you sort through all the stuff.

Once the list is made, you need to get rid of everything that's not useful, so you pick up the phone book and call for a dump truck. Then you ask a friend to come by and help you carry all the dreck out of your house. The driver arrives and backs up to the house, and you and your friend load the items you are throwing out into the truck, one by one. As you go, you carefully tick them off your list.

That's exactly where we are in step five. Just prior, in step four, we made our list of the damaging attitudes, behaviors, thoughts, and situations that have gotten in our way. They have weighed us down, and every time we think about our lives, they are there to remind of us why we have sought comfort in food. But the trick is that making a list of our ugliest characteristics isn't the same as getting rid of them. We need to expose them to the light of day where they lose their potency. We need to share them with another, understanding person who will see our humanity instead of judging us. We need to share them with God to demonstrate our continuing willingness to let go of what has blocked us from a relationship with our Higher Power.

Reading out our inventory to another person and God is how we load up the psychic dump truck so that our emotional and spiritual junk can be taken away from us.

The Big Book tells us that "a solitary self-appraisal seldom suffices." We must reveal our darkest secrets and our tiniest missteps if we want to recover. Why? Because we have used food to bury our feelings alive. All the resentments, fears, and self-loathing remain inside of us, squirming to get out. If we leave even one or two behind, we will soon feel the need to beat them back with food once again.

Were that the only benefit of step 5—to expose our worst thinking to the disinfecting power of sunlight—we would be much better off than before we reached OA. Yet there is a further benefit from this step that pushes us onward. The OA Twelve and Twelve tell us "Through the fifth-step process, we begin to see reality." Our damaged thinking begins to right itself:

All our striving to get ahead has been useless. We are

neither above nor below the rest of the human race; we're a part of it, shaped by the same basic needs and desires as all our fellows. Those of us who have belittled ourselves or felt we were worse than others also gain a new perspective. In talking honestly with another person about ourselves, we begin to feel a sense of relief. Someone knows all about us and still accepts us unconditionally.

So we disinfect our insides, and we change our attitude about ourselves and others. And even that's not all. We also learn, by watching our sponsor, how to listen. We will be grateful for that person's help and support and will look forward to a time when we can sit in their chair, listening to another's inventory with the same compassion and identification we were given. It is yet more motivation to continue through these steps and achieve the fullest extent of the spiritual awakening promised in step twelve.

No matter how long, this quiet, intimate, sometimes sad, and not infrequently hilarious process takes, the benefits can last a happy, joyous, and free lifetime.

– *Anonymous*

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

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
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.

Recovery from Relapse Mentor Program

Are you aware that we have a Recovery from Relapse mentor program available through the Region 8 website? We can provide you with someone who is familiar with relapse. They are willing to share their experience, strength, and hope.

- 1) Go to www.oaregion8.org.
- 2) Select the "Committees" menu, and then "Twelfth Step Within"
- 3) Select "Online Relapse Mentor Request"
- 4) Complete and submit the online form

5 *When we decide who is to hear our story, we waste no time. We have a written inventory and we are prepared for a long talk. We explain to our partner what we are about to do and why we have to do it. He should realize that we are engaged upon a life-and-death errand. Most people approached in this way will be glad to help; they will be honored by our confidence. – Big Book pg 77*

JOIN THE PALM BEACH COUNTY OA INTERGROUP



**CRUISE INTO RECOVERY:
WITH YOUR OA FELLOWSHIP**

SUNDAY MAY 20, 2018

1:30-3:45

\$20 SENIORS-\$23 NON-SENIORS

THE LADY ATLANTIC (DAY CRUISE BOAT)

801 EAST ATLANTIC AVE (DELRAY BEACH)

A "FUN-RAISER" AND FELLOWSHIP!!



**WHEELCHAIR ACCESSIBLE,
NO REFUNDS, BOAT SAILS RAIN OR SHINE!
EMAIL: EHASIJA732@aol.com
TO RESERVE YOUR SPOT!**

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done. We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps. Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. Is our work solid so far? Are the stones properly in place? Have we skimmed on the cement put into the foundation? Have we tried to make mortar without sand?
– Big Book pg 77

5

**Step
Five:**

Admitted to God,
to ourselves,
and to another
human being
the exact nature of our
wrongs

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

**ADMITTED
AND
ANOTHER
BEING
EXACT
GOD
HUMAN
NATURE
OUR
OURSELVES
THE
WRONGS**

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)

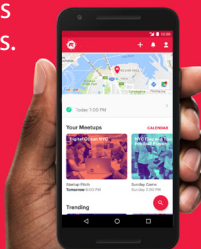
Sunday Special Edition Meeting 8:30am
Check the calendar online to view upcoming Special Editions.

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



WORKING THE PROGRAM

What If I Don't Believe in "God"?

Members like you share their OA recovery

OVEREATERS ANONYMOUS

What If I Don't Believe in God? Available to Download, Free

What If I Don't Believe in God? is now available as a free download on the OA website. This OA-approved pamphlet has been discontinued and is no longer for sale in the OA bookstore, but it still carries the Conference Seal of Approval and is a valuable voice of "OA members who do not express a belief in 'God' but work the OA program." Download What If I Don't Believe in God? and carry it to your meetings to support the unity and diversity of our Fellowship.

Go to: <https://oa.org/files/pdf/What-If-I-Don't-Believe-in-God.pdf>

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

May 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

Needs
 Support

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 Team Parking /Guest
 Fred 561-716-4455

6:30pm Davie #50467

Newcomer / Big Book

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

Needs
 Support

7pm Hollywood (Women focus) #56409

For Today/Voices of Recovery/Meditation

Sober Today (purple room)
 1621 S 21 Ave, Hollywood, FL 33020
 Lara 786-444-5432

New
 Meeting

*Closed meeting=open to all who want to
 stop eating compulsively*

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

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



OA Broward County

www.oabroward.org

OA Palm Beach County

www.oapalmbeachfl.org

OA Miami-Dade County

www.oamiami.org

OVEREATERS
 ANONYMOUS.