

# UNITY

“Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”

As beginners in meditation, we might now reread this prayer several times very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea. It will help if we can drop all resistance to what our friend

– AA 12 Steps & 12 Traditions, Step Eleven, Page 99



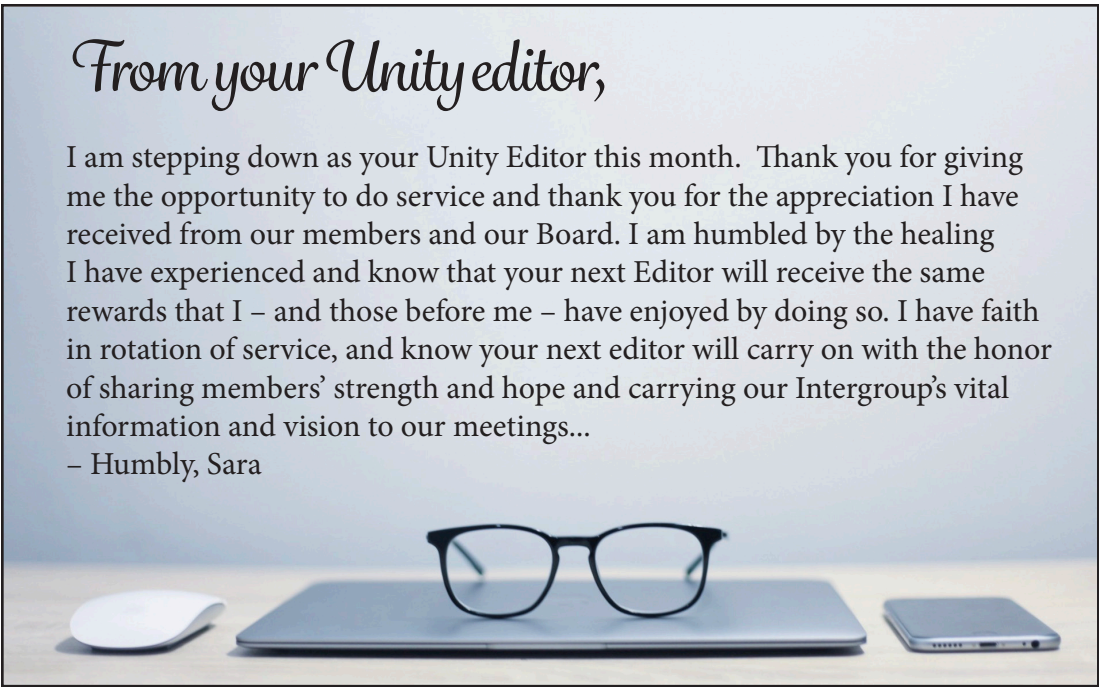
**Always to extend the hand and heart of OA  
to all who share my compulsion, for this I am responsible!**

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

## From your Unity editor,

I am stepping down as your Unity Editor this month. Thank you for giving me the opportunity to do service and thank you for the appreciation I have received from our members and our Board. I am humbled by the healing I have experienced and know that your next Editor will receive the same rewards that I – and those before me – have enjoyed by doing so. I have faith in rotation of service, and know your next editor will carry on with the honor of sharing members’ strength and hope and carrying our Intergroup’s vital information and vision to our meetings...

– Humbly, Sara



## 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, OPEN	--	--

**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

# *Tradition Seven: Every OA Group ought to be fully self-supporting, declining outside contributions*

It is always timely for me to work towards being self-supporting. I have a lot of experience applying this tradition in my personal life, with some slips along the way, however today I want to share about two ways I practice this tradition to support the fellowship that saved my life.

Several years ago, after hearing another member share passionately during WSBC about her Seventh Tradition contributions, I finally set up an automatic recurring contribution (ARC) to World Service Office (WSO) on behalf of the Sunrise Meeting, my home telephone meeting which I have attend daily for almost 10 years. When gathering information to prepare my taxes this year, I learned that my ARC had discontinued a while ago when my credit card expired. Although it took me several months, I am happy to say that this week I reinstated an ARC to WSO.

Two years ago at the World Service Convention in Boston, another member shared about making contributions to his home group meeting even when he was not present. He provided an analogy that even if we go on a trip, we still have to pay our rent or mortgage. I begin to make a monthly contribution to my home group so I consistently give the same amount no matter how many meetings I may actually attend in a month. Although I had limited time this morning, I stopped to get cash so that I could make my monthly contribution at my home group meeting today.

Tradition Seven and the spiritual principle of self-support can be practiced in all my affairs, however I also need to practice First Things First and give back to OA what has been and continues to so generously be given to me. Instead of giving what I can when I can (which gives me a justification to avoid giving) I prefer to give as if my life depends upon it – because it does!

Thank you for allowing me to share.

– Atiya M., Durham, NC

The mental twist  
is what leads  
to the first  
compulsive bite.

**Gold Coast OA Intergroup is excited to announce  
that we are going to be hosting the**

## *Spring 2019* **SOAR REGION 8 Business Assembly AND GOLD COAST INTERGROUP Recovery Convention**

Hundreds of fellows are going to come together for a recovery-filled weekend full of workshops, speakers, fun, and fellowship! We will be hosting business assembly delegates and convention guests from all over the Southeast United States, Central and South America, and the Caribbean!

This is a huge undertaking for our Intergroup and we need your help! We are forming a planning committee and anyone willing to do service for the business assembly and recovery convention should contact:

Andi S, 954-295-1123, spiritmade351@gmail.com  
Maureen H, 954-600-1483, OA.Maureen@gmail.com

**The success of this event relies on service.  
Come help us carry the message of recovery!**

**Please visit [OABroward.org](http://OABroward.org)  
for more information and updates!**

Today, I am not the person I was 40 years ago...  
and Tomorrow, I will not be the person I am today.

How time flies when you are having fun. I am approaching my 40th birthday in Overeaters Anonymous. There is not enough space here to describe my life now, and what my life was 40 years ago before I came into OA.

I weighed over 400 pounds, and to put it mildly, a candidate for the looney bin. Today I am sane and maintaining a 200 pound weight loss for theist 37 1/2 years. I have been blessed to start and attend many meetings, meet wonderful people, and have made loving, lasting relationships.

I have experienced many versions of serenity and abstinences. I have gone through times of financial hardships, personal and family health issues, family and friendship challenges, divorces — without having to go



back to way I was before OA — a state of insanity when it came to food and eating.

One thing that has been constant during the journey is that I have never stopped going to meetings. Today I am not the person I was 40 years ago and tomorrow I will not be the person I am today, thanks to the Twelve Steps and Twelve Traditions.

I cannot or want to imagine life without G-D and the Steps and Traditions. Reading and studying the Big Book and all of OA's literature has been the singular most important thing I have ever done in my life.

I pray that all who want recovery, sanity and of course weight loss, will follow the path that I and millions of others have followed.

– *In love and peace, Mort B.*

To pass it on to others plays  
an important role and a vital part  
in our own recovery.

## Long Time Recovery

Recently I celebrated a milestone in my life. Sunday April 30th was my 38th year anniversary...the day I entered the “world of recovery” and the direction of my life shifted.

I never intended to do this for the rest of my life. I really had never been able to commit to anything for very long. But a day at a time, added up to weeks, then months, years and now decades. Any type of eating disorder, bankrupts one's soul. There is so much shame for those struggling with overeating or any other destructive food behavior. The loneliness and isolation weigh heavy. Continuing to not meet a highly regarded societal standard...debilitating and devastating!

Options for change and assistance are out there. Take a chance and make the effort to reach out. You are worth it!! Today I am humbled by the grace I found...and then again, maybe it found me.

– *Anonymous*



The old solution before OA  
was to feed the voice.



## 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](http://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

Don't tell GOD  
how big your problems are,  
tell your problems how big GOD is.

## What I want food to be in my life...

Recently, my sponsor asked me to write down what I wanted food to be in my life. I procrastinated about this for a while, but Higher Power sat down with me this morning, and I want to share what came.

I want to be grateful for my food, not obsessed with it. I want to eat to nourish my body and only when I am hungry—not to stuff down, run from and avoid my feelings. I want to enjoy food, not feel angry because I can't eat more or eat when I want and feel deprived. I want to know my food is a blessing and not feel guilty because I ate too much. I do not want to use food as a weapon to abuse my body, mind and spirit. I want eating to be a choice, not something I reach for when I "need a fix." I want to be able to eat normally, wherever I am and whatever I'm doing. I don't want to be afraid of food or feel victimized by my addiction to it. I want to give my relationship with food over to my Higher Power daily and let him show me, through the Twelve Steps and OA, how to listen and hear how to eat in a sane, healthy manner. I want to appreciate the food I am given, my support system, Higher Power, my friends in OA and anyone else I can talk with to help me get a clearer relationship with food. – *Lifeline*



## A Step Poem

I took Step **One**, began to moan,  
I can't do this one on my own.

I took Step **Two**, began to pray,  
Restore me God, please now, today.

I took Step **Three**, gave up my will,  
maybe God could love me still?

I took a **Fourth**, I looked inside,  
Nothing more would I hide.

And on the **Fifth**, I said aloud,  
"I've done some wrong, and I'm not proud."

I took Step **Six**, and got prepared,  
To lose the defects, I was scared.

Now I'm at **Seven**, take them away,  
My God, for this I do pray.

And on **Eight**, the list was long,  
Amends to make for all the wrongs.

I took Step **Nine**, put down my pride,  
Amends made, I will not hide.

Step **Ten** I take, each day I pray'  
I make amends along the way.

And on **Eleven** I pray to know,  
Each day His Will, which way to go.

I take Step **Twelve**, I'm like a bird,  
To others now, I spread the word.



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.

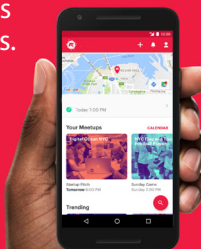
**Archived Meetings 712-432-5203**  
**Conference ID: 876148#**  
**0# accesses most recent recordings**

**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



**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*

thy will  
be done

Recovery  
equals  
a lifetime  
of work.  
That's  
why we're  
given a  
lifetime  
to do it.

July 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 Steps & 12 Traditions

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 Plantation** #56171

### 12 Steps and 12 Traditions

St. Benedict's Episcopal Church  
 7801 NW 5th St., St Marks Room  
 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 Team Parking / Guest)  
 Fred 561-716-4455

**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

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

## Friday

**6:30pm Margate** #52805

### Big Book

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

## 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

## 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

**6:00pm Aventura** #56120 **Beginner**

Aventura Hospital, Main Building,  
 20900 Biscayne Blvd. Classroom 1, 2nd floor.  
 (Garage free first hour, \$2 for all or part of 2nd hour) | Contact "T": 305-439-0044

**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

**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.



**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)

OVEREATERS  
ANONYMOUS.