

**“When, therefore, we speak to you of “God”, we mean your own conception of God.**

**This applies, too, to other spiritual expressions which you find in this book.**

**Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you.**

**At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him ...if we wished to grow we had to begin somewhere.**

**...That was great news to us, for we had assumed we could not make use of spiritual principles unless we accepted many things on faith which seemed difficult to believe.”**

**Big Book (4<sup>th</sup> Edition), Page 47**



## **Step 11**

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

## **Tradition 11**

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

## **About Overeaters Anonymous**

[www.oa.org](http://www.oa.org)

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps to those who still suffer.

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

## About Gold Coast Intergroup of OA [www.oabroward.org](http://www.oabroward.org)

When several meetings form in an area, they soon realize that they can better perform certain functions together rather than separately. Intergroups spring from a need to provide service for a number of local meetings and help distribute information about OA in a community.

GC Intergroup is directly responsible to the meetings it serves.

The **Gold Coast Intergroup** provides support to OA meetings and members within the South Florida area, including northern Miami-Dade, Broward, and southern Palm Beach counties.

**Our mailing address is P. O. Box 5415, Lighthouse Point, FL 33074.**

## GC Intergroup meets on the 4<sup>th</sup> Saturday of each month at 10:00 AM.

Community Church of Lauderdale-by-the-Sea

4433 Bougainvillea Drive, Lauderdale-by-the-Sea, FL 33308

**7<sup>th</sup> Tradition checks: Please include your group's meeting day, time, and number found on page 8**

This month's meeting is on November 23, 2019, all members are Welcome! 😊

## Gold Coast Intergroup Trusted Servants

Chairperson, Tessa	305-962-5989	<a href="mailto:goldcoastoa+chair@gmail.com">goldcoastoa+chair@gmail.com</a>
Vice Chair, Sande K	954-610-6205	<a href="mailto:goldcoastoa+vchair@gmail.com">goldcoastoa+vchair@gmail.com</a>
Treasurer, Mike S	954-675-7382	<a href="mailto:goldcoastoa+treas@gmail.com">goldcoastoa+treas@gmail.com</a>
Corresponding Secretary, Louis	954-496-3278	<a href="mailto:goldcoastoa+csec@gmail.com">goldcoastoa+csec@gmail.com</a>
Recording Secretary, Anonymous	Anonymous	Anonymous
Parliamentarian, Booky	561-573-4372	<a href="mailto:odatbook@yahoo.com">odatbook@yahoo.com</a>
12th Step Within, <b>OPEN!</b>	<b>OPEN!</b>	<b>OPEN!</b>
Public Information/Professional Outreach, Richelle	954-326-8069	<a href="mailto:goldcoastoa+pipo@gmail.com">goldcoastoa+pipo@gmail.com</a>
OA Literature, <b>OPEN!</b>	<b>OPEN!</b>	<a href="mailto:goldcoastoa+lit@gmail.com">goldcoastoa+lit@gmail.com</a>
Ways and Means, Lila	954-593-6621	<a href="mailto:goldcoastoa+treas@gmail.com">goldcoastoa+treas@gmail.com</a>
Website Liaison, Sandy	954-275-6100	<a href="mailto:goldcoastoa+web@gmail.com">goldcoastoa+web@gmail.com</a>
Unity Editor, Anonymous	Anonymous	<a href="mailto:goldcoastoa+unity@gmail.com">goldcoastoa+unity@gmail.com</a>
Announcements/Updates to Unity & Website		<a href="mailto:goldcoastao+announce@gmail.com">goldcoastao+announce@gmail.com</a>

\*OA groups and service bodies are welcome to reprint UNITY articles without permission.

## Message from the GC Intergroup Chair:

Meditation and prayer creates a main channel to my Higher Power. This connection between self-examination, meditation and prayer has created for me, a compulsive overeater, an unshakable foundation for my life. How did I begin to meditate? With practice, I found that meditation has no boundaries and is in itself, an individual adventure that I now enjoy and eagerly anticipate. The very first result I experienced was emotional balance. I continue to pray too; asking to be hired each day as my Higher Power's assistant, and asking for the understanding of her will for me, and the power to carry that out. The results of these prayers are beyond challenge or question; through this step I have been rewarded with a life beyond my wildest dreams.

Yours Truly,  
**Tessa Q**

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



&



Overeaters Anonymous  
of Palm Beach County

invite you to

# I.D.E.A. Day Buffet

International Day of Experiencing Abstinence  
(formerly Gratitude Luncheon)



**Saturday November 23, 2019 | 12:00 PM-3:00 PM**

Community Church of Lauderdale-by-the-Sea | 4433 Bougainvillea Dr, Lauderdale-by-the-Sea, FL 33308  
Park on grass. Entrance is on the east side of the building.



Lunch ❖ Panel Discussion ❖ Open Sharing



Please bring a dish to serve 6 people with an ingredient list.

Salad, coffee, and water provided. Suggested donation: Cooks-\$3/Bringing Your Own-\$5/Others-\$8

Hear from speakers with long-term recovery while working a strong program.

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Contact Sande K (954) 610-6205 | Mark-917-687-3060 | Cathy M 561-756-2907 with questions



# Also happening soon!

## The Power of the Big Book Weekend 2019



A Vision For You weekend of Inspiration, Education, Motivation and Fellowship is back  
November 15-17, 2019 in Northern New Jersey

### give thanks OA THANKSGIVING MEETING

Kick off Thanksgiving by celebrating our annual meeting of fellowship and support!

Thursday, November 28, 2019

10:00 am - 11:30 am  
St. Benedicts Church  
7801 NW 5th St  
Plantation, FL 33324

Charles (954) 600-6280  
Jasmine (954) 665-9727

**You are not alone!  
Come to a  
Thanksgiving  
Day Meeting**

Crossroads Club  
Lake Ida Rd.  
Delray Beach  
9:30-10:30 a.m.

### GIVE THANKS



~ Presented by ~

Miami-Dade and the Keys Intergroup of Overeaters Anonymous

### Thanksgiving Day Meeting

Thursday, November 28, 2019

10:00 am - 11:30 a.m.

**Where?**

Quaker House

185 Sunset Drive Miami, FL 33143

**Got Questions?**

Contact Susanna at (305) 807-4386

**9th Annual Spiritual Retreat**  
-Join us as we walk in the  
"Sunlight of the Spirit"

**9th Annual Spiritual Retreat**  
December 13th -- December 15th, 2019

"Sunlight of the Spirit"  
Exploring the Principles of the Steps

- Step One - Honesty  Step Two - Hope  Step Three - Faith
- Step Four - Courage  Step Five - Integrity
- Step Six - Willingness
- Step Seven - Humility  Step Eight - Self-discipline
- Step Nine - Love  Step Ten - Perseverance
- Step Eleven - Spiritual Awareness  Step Twelve - Service

Cost: \$230 all-inclusive: program, room and meals  
Friday - dinner Saturday - three meals Sunday - two meals  
Full details at your meetings or [oapalmbeachfl.org](http://oapalmbeachfl.org)

### SAVE THE DATE Miami-Dade Convention

Saturday, January 18, 2020

**"Celebrate OA's 60 Years of  
Happy, Joyous, and Free!"**

Be a part of this celebration.  
Join a committee.

For more information, please  
contact Mike F. at (954) 270-9169

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



# Before you take that first compulsive bite... turn it over, and take an action!:

## OA Tools

### A Plan of Eating

Sponsorship

Meetings

Telephone

Writing

Literature

Action Plan

Anonymity

Service

## 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.

**Around-the-Clock Hotline**  
Call before you take that first compulsive bite!

1am-3am	Keisha	754-224-8835
3am-5am	Darlene	954-299-8038
5am-7am	Donna	954-295-8271
7am-8am	Joyce	954-684-8152
9am-1pm	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
Spanish Calls	Fela	305-527-1942

## A Vision 4 You

Overeaters Anonymous Big Book Study  
Telephone Meeting

### Live Meetings

Call 712-432-5210 • Conference ID: 876148#

Monday through Friday

7am-8am (recorded) 9am (unrecorded)

10am-11am (recorded)

Sunday Special Edition Meeting 8:30am

Meetings cover various topics and personal stories of transformation made possible through the teaching and practice of the Twelve Steps and Twelve Traditions of OA. Check the calendar online to view upcoming Special Editions.

### Archived Meetings

712-432-5203 • Conference ID: 876148#

0# accesses most recent recordings

All recordings are archived indefinitely and available by phone and online at [www.avision4you.info](http://www.avision4you.info)

24 hours every day.

[www.avision4you.info](http://www.avision4you.info)

Robust online site where you can listen and/or download podcasts of daily and Special Edition meetings and read AA's Big Book/12&12 online

## Go to: [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!

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

## 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](mailto: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.

## From the Pinellas Traditions Intergroup Newsletter:

*In the August issue of "Lifeline", there was an interesting reminder about what would happen if our Intergroup didn't function anymore. Have you realized that we have a telephone answering service, newsletter, website, meeting list, reference for speakers and sponsors, fellowship events, workshops, communications with Region8 and World Service, public outreach and professional information efforts, many different committees all working together to help the suffering compulsive overeater. All these would go away if our Intergroup did not exist. Do you participate with Intergroup? Where would the newcomer go? Were we here for you? Please consider giving service to our wonderful fellowship that saved my life! Thanks, JR*

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. Personal stories express the experience, strength, and hope of the individual member and not of OA as a whole.

## Step 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.

### What is prayer? What is meditation?

**Prayer** is simply what we do when we talk with our Higher Power, and **meditation** is simply a way of stilling our minds, listening, and opening our spirits to God's influence.

—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Ed., p. 77

“The other Steps can keep most of us sober and somehow functioning.  
But Step 11 can keep us growing...”

—*The Language of the Heart*, Pg 240

### From the Big Book (Pg 85,86)

“Step Eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions.”

*God,*

*Grant me the Serenity to accept the things I cannot change,*

*The Courage to change the things I can,*

*And the Wisdom to know the difference.*

### Saint Francis Prayer

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.

—Saint Francis of Assisi

### From *Voices of Recovery*, April 12

“Practicing the principle of faith today means that we will no longer go through life acting however we feel like acting at any given moment. Instead, we will look to our Higher Power for guidance and strength as we face each decision.”

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



## Excerpt from Tradition 11

“Attraction rather than promotion” is good for us and is essential for the OA Fellowship. Our individual recovery, as well as group unity and effectiveness, depends upon the unusual brand of public relations. The 11<sup>th</sup> Tradition is based on faith in our program and that Power greater than ourselves which guides compulsive overeaters to our doors. All we have to do is let the facts of OA and its principles be known. We can depend upon our Higher Power and this miraculous program to attract those who can benefit by what OA has to offer. When we maintain our tradition of anonymity, we ensure that Overeaters Anonymous will remain a spiritual Fellowship, supporting all of us in our recovery.

—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 198

### Response on Tradition 11 and its Principle

By Patricia KS

Tradition 11: “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.”

Tradition 11 is best summed up with quotations taken directly from the Overeaters Anonymous 12 & 12 book. Quote 1 “Until we were ready, nobody could have “sold” us this program.” I entered the overeaters anonymous rooms & fellowship in 1982. I can recall the eagerness to “carry the message.” As an individual of African-American heritage, I felt and saw what I deemed as an urgent need for over eaters anonymous. This urgency was fuel by witnessing the devastating effects of obesity, hypertension, high cholesterol, diabetes, etc. As I reach out to extend the hand of OA to those who shared my compulsion, I discovered that the program was many times pushed aside for meals & activities surrounding more meals. I was forced to except, “Until we were ready, nobody could have “sold” us this program.” However, today I’m grateful for entering the rooms of OA, utilizing the tools, & of working the program to the best of my ability. This brings me to the 2<sup>nd</sup> quote “we respect the right of others to choose OA for themselves.” This was an important concept for me to internalize while witnessing the physical debilitating effects of overeating among those I knew and loved. However, the Big Book teaches us that acceptance is the answer to all of our problems. I was forced to accept others non-acceptance of OA for themselves and at the same time demand respect for the choices I made/make with food and my acceptance of the OA program.

Tradition 11 is important within the fellowship especially during meetings as evidenced by the 3<sup>rd</sup> Quote: “We carry the message best when we share frankly what OA is and what our own experience has been.” It is such a therapeutic blessing to be able to state what’s on our minds at meetings eliminating the need to eat about it. Frankly sharing how we are working & applying the steps to specific issues (our own experiences) highlights how the message is carried within meetings. Through sharing & listening to others we receive firsthand knowledge that the steps can be applied to our life situations. This honest sharing of our experiences, strengths, and hopes facilitates the embracing of the Spiritual Principle of Tradition 11: “Anonymity.” Within the fellowship, we are never forced to reveal our titles, last names, nor anything. The only requirement for membership is a desire to stop eating compulsively. ❖





## Overeaters Anonymous Meetings rev. 10/27/19

Going to a meeting for the first time? Please call to be sure the time and location are up-to-date.

City/Time	Meeting Type	Location	Contact	MTG #
<b>SUNDAY</b>				
Wilton Manors 12:15 pm	Newcomer/Speaker	<b>Pride Center</b> 2040 N Dixie Hwy. (First building on left)	<b>Darlene</b> 954-299-8038	#46694
Pompano Beach 6:00 pm	Voices of Recovery/ For Today	<b>Christ Church</b> , 210 NE 3rd St. (Classroom 6 across from playground on 3 <sup>rd</sup> Ave)	<b>Betty</b> 517-303-2465	#51690
<b>MONDAY</b>				
Plantation 10:00 am	Big Book/ Newcomers Welcome	<b>St. Benedict's Episcopal Church</b> 7801 NW 5th St.	<b>Charles</b> 954-600-6280	#21830
Hollywood 10:30 am	12 Steps & 12 Traditions	<b>4th Dimension</b> , 4425 Hollywood Blvd. (N. side of Hollywood Blvd between I-95 and Turnpike)	<b>Sheila</b> 786-837-3093	#51180
Hollywood 7:00 pm (Spanish speaking)	Paso a Paso (Step by Step)	<b>Rebel's Drop-In Center</b> /Behavioral Health Outpatient Bldg. of Memorial Regional Hospital, 3400 N 29 <sup>th</sup> Ave.	<b>Doris</b> 305-332-5832	#56526
Boca Raton 7:00 pm	Beginners/ Discussion	<b>Regents Park Nursing Home</b> 6363 Verde Trail	<b>Bobbie</b> 561-477-7914	#27229
Plantation 7:30 pm	Came to Believe Beginner's Meeting	<b>St. Benedict's Episcopal Church</b> 7801 NW 5th St. (St. Mark's Room)	<b>Lila</b> 954-593-6621	#56171
<b>TUESDAY</b>				
Boca Raton 10:00 am	OA/AA 12 &12 Step Meeting	<b>Good Shepherd Lutheran Church</b> 6301 SW 18th St.	<b>Nancy</b> 561-343-5587	#02797
Hollywood 6:30 pm	OA Steps & Traditions Study	<b>Rebel's Drop-In Center</b> /Behavioral Health Outpatient Bldg. of Memorial Regional Hospital, 3400 N 29 <sup>th</sup> Ave.	<b>Susan</b> 954-593-4232	#00304
Boca Raton 6:00 pm	Big Book: Vision 4 You	<b>Stratford Court of Boca Raton</b> 6343 Via De Sonrisa Del Sur (Park in Team Parking /Guest)	<b>Richelle</b> 954-326-8069	#09095
<b>WEDNESDAY</b>				
Hollywood 10:00 am	OA 12&12/Big Book Every other week	<b>Oasis at Topeekeegee Yugnee Park/TY Park</b> , Keep right/ follow sign to the Pavilion 2)	<b>Ellie</b> 248-342-8822	#27545
Boca Raton 10:00 am	Speaker	<b>Science of Mind Church</b> 2 SW 12 <sup>th</sup> Ave.	<b>Karen</b> 561-706-1743	#30002
Margate 6:30 pm	Beginner/Literature	<b>Prince of Peace Lutheran Church</b> 6012 NW 9 Court	<b>Lois</b> 954-604-8490	#00880
Cooper City 6:45 pm	Big Book Study, Occasional Speaker	<b>Milestones in Recovery</b> 2525 Embassy Dr. (Suite 10)	<b>Leigh</b> 954-682-2653	#50467
<b>THURSDAY</b>				
Pembroke Pines 10 am	OA Literature	<b>Pines Baptist Church</b> (in rear trailer) 800 NW 102 Ave. (Palm & Johnson)	<b>Jeanette</b> 954-430-0928	#31812
Plantation 10:00 am	OA Steps/ Abstinence/Literature	<b>St. Benedict's Episcopal Church</b> 7801 NW 5th St. (St. Elizabeth's Room)	<b>Brenda</b> 954-609-7393	#40172
Boca Raton 9:30 am	11 <sup>th</sup> Step/ Spirituality	<b>Good Shepherd Lutheran Church</b> 6301 SW 18th St.	<b>Karen</b> 561-706-1743	#56655
Boca Raton 1:00 pm	Big Book Study	<b>Patch Reef Park Community Center</b> 2000 W Yamato Rd.	<b>Bobbie</b> 561-477-7914	#53679
Boca Raton 7:00 pm	Literature	<b>Our Lady of Lourdes Catholic Church</b> 22094 Lyons Rd. (Christian Formation Center Bldg. Rm.201)	<b>Ron</b> 561-483-0500	#00903
Davie 7:00 pm	Newcomer/ Young People's	<b>West Broward Club</b> 5625 S University Dr.	<b>Richelle</b> 954-326-8069	
Hollywood 7:00 pm	Speaker/Discussion	<b>Sober Today Club</b> 1633 S 21st Ave.	<b>Andrea</b> 786-210-7977 <b>Jessica</b> 954-806-4206	#54106
<b>FRIDAY</b>				
Margate 6:30 pm	Big Book	<b>Prince of Peace Lutheran Church</b> 6012 NW 9 Court	<b>Mort</b> 954-815-2058 <b>Mike</b> 954-675-7382	#52805
<b>SATURDAY</b>				
Boca Raton 9:30 am	90 Day Speaker (Special Interest)	<b>Good Shepherd Lutheran Church</b> 6301 SW 18th St.		#39822
Coral Springs 10:00 am	Big Book/Discussion	<b>Broward Health Coral Springs</b> , 3000 Coral Hills Dr. (Classroom A/B/C)	<b>Sue</b> 754-307-5678	#48428
Plantation 10:00 am	Big Book: A Vision for You	<b>St. Benedict's Episcopal Church</b> , 7801 NW 5th St. (St. Luke's Room)	<b>Nancy</b> 954-600-9513	#41217
Hollywood 10:30 am	Big Book/Discussion	<b>Sober Today Club</b> 1633 S 21st Ave.	<b>Ellie</b> 248-342-8822	#20653