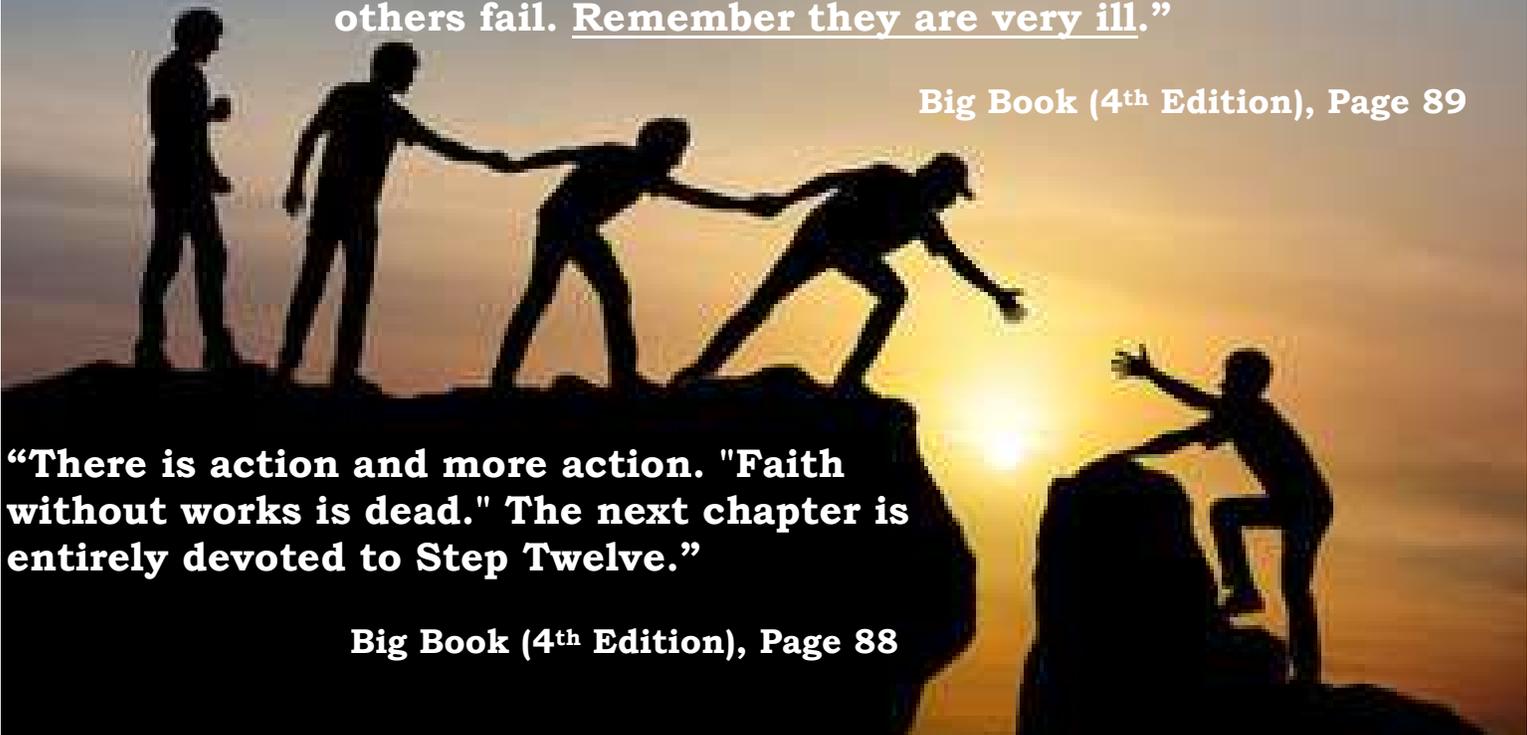


“Practical experience shows that nothing will so much insure immunity as intensive work with others. It works when other activities fail. This is our twelfth suggestion: Carry this message to others! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.”

Big Book (4th Edition), Page 89



“There is action and more action. "Faith without works is dead." The next chapter is entirely devoted to Step Twelve.”

Big Book (4th Edition), Page 88

Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

A 12th Step Promise

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”

Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

About Overeaters Anonymous

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.

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, spanning 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 4th Saturday of each month at 10:00 AM.

Community Church of Lauderdale-by-the-Sea
4433 Bougainvillea Drive, Lauderdale-by-the-Sea, FL 33308

7th Tradition checks: Please include your meeting's location, day, time, and number, found on page 8

This month's meeting is on Saturday, December 28, 2019, All are Welcome! 😊

Gold Coast Intergroup Trusted Servants

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

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

Message from the GC Intergroup Chair:

“Having had a spiritual awakening as a result of these steps, we tried to carry this message to compulsive overeaters, and to practice these principles in all our affairs.”

The joy of living is the theme of the Twelfth Step and action is key. Having had a spiritual awakening, I can give of myself and expect no reward, because love has no price tag. I am recovered and my new state of consciousness is received as a daily free gift: in service, food neutrality, and prayer. I am truly living a magnificent new reality, just two years after bitter, suicidal relapse. There is tremendous reward in helping other compulsive overeaters practice these principles. I too have seen calamity transformed into an asset (that is my name spelled backwards). I have shared my grief and found laughter, joy, and fellowship. We are not a glum lot. By applying the twelve steps to any problem in my life, I continue to grow in my faith and trust that spiritually is always the answer. My attitude and outlook has changed. As my time as chair of Gold Coast Intergroup comes to an end, I have experienced a greater understanding of the principles of humility and service, that I hope you get an opportunity to experience. Through this process, I too have better understood the Twelfth Tradition of Anonymity; the spiritual substance of which is sacrifice. Anonymity is real humility. May Higher Power Bless you, always.

Yours Truly,
Tessa Q

Happening soon!

Consider Serving in 2020!

"There is action and more action. "Faith without works is dead.""

Gold Coast Intergroup Bylaws (Revised July 2012): Article IV – THE GCI BOARD

SECTION 1 – THE GCI BOARD

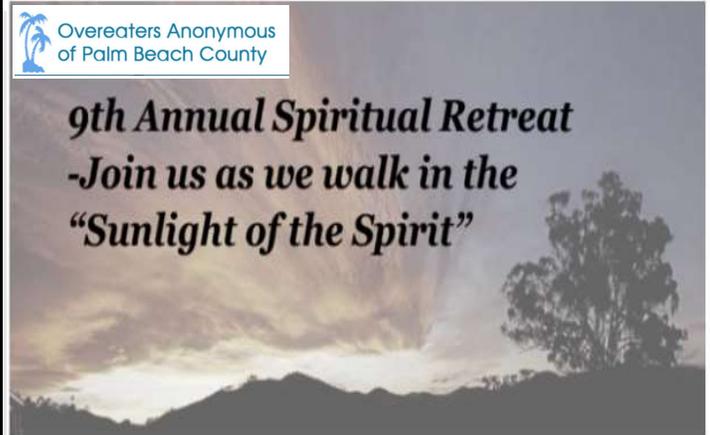
"The Board shall consist of a Chair, Vice Chair, Recording Secretary, Corresponding Secretary, Treasurer, World Service Delegates and Regional Representatives, and a Parliamentarian.

SECTION 3 – QUALIFICATIONS OF GCI BOARD

- A. Working the Twelve Steps of the recovery program for one (1) year to the best of the individual's ability.
- B. Familiarity with the Twelve Traditions.
- C. One-year (12 months) back-to-back physical abstinence.
- D. Regular attendee of an active group for a period of one (1) year and to be or have been an IR.
- E. Attendance at GCI meetings for a minimum of 6 months prior to being nominated.
- F. Familiarity with the Twelve Concepts of OA service.
- G. The World Service Business Conference Delegate/Alternate shall meet the qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3, and as required for election to the GCI Board by Article IV, Section 4 of these bylaws.
- H. The regional representative/alternate shall meet the qualifications and requirements as outlined and defined in the Region 8 Bylaws, and as required for election to the GCI Board by Article IV, Section 4 of these bylaws.



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



Dear Intergroup Representatives,

COME CAST YOUR VOTE:

GOLD COAST INTERGROUP BOARD ELECTIONS

Your meeting's vote is its voice.
Come take part in electing the trusted
servants of the 2020 Gold Coast Intergroup.

Voting will take place at:

December 28th IG Meeting at 10am
Community Presbyterian Church
4433 Bougainvillea Dr
Lauderdale-By-The-Sea, FL 33308

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

Sunshine of the Spirit: 60 Years Around the Sun!

World Service
Convention

August 20-22, 2020

ORLANDO
FLORIDA, USA

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!

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

OA Tools

A Plan of Eating Sponsorship Meetings

Telephone

Writing

Literature

Action Plan

Anonymity

Service

Speakers Bureau

The following is a list of members willing to be speakers. 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, please let us know and we will add your name!

Andi S.	954-295-1123	Heather	954-806-7766
Bill Z.	508-294-5136	Joyce M.	954-684-8152
Booky	561-573-4372	Kevin	786-566-8112
Dolores	561-265-5668	Lonna	305-338-0423
Fela	305-527-1942	Louis	954-496-3278
Flo M.	954-870-7233	Ted S.	954-921-8370
Maureen H.	954-600-1483	Mort B.	954-969-9516
Mike F.	954-270-9169	Patty G.	561-927-0542

Seeking Out Service

Any form of service that helps a reach fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature, and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative, or Conference delegate. <https://oa.org/groups/service-bodies/service-bodies/>

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 Region 8 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

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.

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.oavirtuallservices.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.

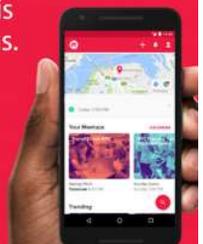
Archived Meetings 712-432-5203
Conference ID: 876148#
0# accesses most recent recordings

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



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

Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”

An Essay on Step 12

“Having had a spiritual awakening as the result of these steps we tried to carry this message to Compulsive Eaters and to practice these principles in all our affairs.”

At first glance step 12 looks like a commencement exercise. It isn't; it actually reminds me that my accumulated recovery is a result of others guiding me along the path. Without those who went before me, I wouldn't have recovery. I know so well that I did not and cannot do it alone.

I have had a spiritual awakening and I continue to have a Spiritual Awakening every morning if I begin practicing the steps.

So it's my responsibility and pleasure is to tell others about recovery, in or outside of fellowship. I share my experience strength and hope to those who care to hear it. I say yes, when folks ask me to be their sponsor or simply want my opinion on an aspect of the program. Ultimately, my role is to serve others.

Each time that I help someone on the path I recreate and reinforce my own recovery. The payoff is enormous. My experience of practicing step twelve as said elsewhere, is the joy of living. I finally know that my contribution to others is a precious gift to me. What we are promised is a life of sane and happy usefulness as a result of practicing the steps; that is more than enough.

I almost certainly could not keep my recovery unless I share it with others. In our 12 and 12 is the quote, “... the Greatest joy of recovery comes to us when we share our program with others.” ❖

-C.

From the Big Book (4th Edition), Page 14-15:

“My friend had emphasized the absolute necessity of demonstrating these principles in all my affairs. Particularly was it imperative to work with others as he had worked with me. Faith without works was dead, he said. And how appallingly true for the alcoholic! For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he would surely die. Then faith would be dead indeed. With us it is just like that.”

SERVICIO ES SU PROPIA RECOMPENSA

“La experiencia práctica demuestra que no hay nada que asegure tanto la inmunidad a la bebida como el trabajo intensivo con otros alcohólicos. Funciona cuando fallan otras actividades. Esta es nuestra *duodécima sugerencia*: ¡Llevar este mensaje a otros alcohólicos! Tú puedes ayudar cuando nadie más puede. Tú puedes ganarte su confianza cuando otros no pueden. Recuerda que están muy enfermos.” Libro Grande, pg. 89.

Soy alguien que ha luchado con la abstinencia y ha tenido múltiples relapsos. He orado con todas mis fuerzas, he probado muchos planes de comida, he ayunado tres días seguidos, y el milagro me ha eludido para mi frustración y desmoralización. Cuando leí que los primeros alcohólicos estuvieron tratando infructuosamente, por meses de ayudar a otros, aunque no pudieron producir la deseada ayuda, al menos pudieron mantenerse sobrios a sí mismos, se me prendió el bombillo; ¡ah! Esa es la solución. Aunque mi madrina insistía en que yo necesitaba buscar una ahijada, yo evadía el tema porque no tenía ganas de amarrar mi tiempo con esa actividad y responsabilidad.

Hoy tengo múltiples ahijadas, en adición a mi propia madrina. Además de haber acumulado muchos años de abstinencia, nada iguala el placer de ver a otras personas recuperarse, de crear relaciones valiosas, amistades para toda la vida, la satisfacción de hacer el trabajo que mi Poder Superior me ha asignado son las recompensas que traducen en paz mental y dicha. ❖

– FF

SERVICE IS ITS OWN REWARD

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.” Big Book, page 89

I am someone who has struggled with abstinence and has had a multitude of relapses. I have prayed with all my strength; I have tried many food plans, I have fasted three days in a row, and the miracle has eluded me to my great frustration and demoralization. When I read about how the first alcoholics were trying unsuccessfully for months to help others, they couldn't get anybody sober but they kept sober themselves! Ah! That is the answer! Despite the fact that my sponsor kept insisting that I needed to find a sponsee, I avoided the subject because I had no desire to tie up my time with that kind of activity and responsibility.

Today I have multiple sponsees, in addition to my own sponsor. Besides having many years of abstinence accumulated. Nothing equals the pleasure of seeing other people recover, of creating valuable relationships, lifetime friendships and the satisfaction of doing the work that my Higher Power has assigned to me. Those are the rewards that translate in peace of mind and joy. ❖

–FF

Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Response on Tradition 12 & its Principle

Self-sacrificing attitudes are developed by working the 12 steps of the program & practicing abstinence. **Self-sacrificing attitudes** are described in the Overeaters Anonymous 12 & 12 book as placing the welfare of the OA group above our own desires; giving up our aspirations to govern fellow members; welcoming to our meetings all people with a desire to stop eating compulsively, no matter what we think or feel about them; giving up our dependence on authorities and power structures, along with our ambitions to climb to the top of some imagined OA ladder; ceasing all attempts to use OA to promote our favorite outside issues and enterprises; paying our own way and not expecting others to keep OA going without our help; giving up all aspirations to gain status as special OA members; and giving up all ambitions that we might someday be acclaimed for our OA recovery or service. All of these attitudes are important yet, the Overeaters Anonymous 12 & 12 book defines **anonymity** as the **single spiritual foundation behind all these self-sacrificing attitudes**.

Therefore, the question is how can such a self-sacrificing spiritual foundation of anonymity be attained? Part of the answer may be found within the pages of the Alcoholic Anonymous Big Book p.63 when we approached step three which reads “Many of us said to our Maker, as we understood Him: God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!” This step three prayer incorporates the **Spiritual Principle of Tradition 12: Spirituality (discussed within the Appendices II of the Big Book, “Spiritual Experience” p. 567-568 ❖**

Lovingly submitted,
Patricia KS

“We have learned a whole new set of skills for living, skills that enable us to clear from our lives everything that might interfere with our trust in this Higher Power”

—*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Ed., p. 82

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