

REGION 8
BUSINESS ASSEMBLY &
GOLD COAST INTERGROUP
RECOVERY CONVENTION

Sunlight of the Spirit

PLANTATION, FL

APRIL 5-7, 2019

SHERATON SUITES
FORT LAUDERDALE
PLANTATION
311 N UNIVERSITY DRIVE
PLANTATION, FL 33324

A Call To Service (from oa.org)

M.D.C. from Ontario, Canada, says, "When a volunteer is needed, I put my hand up. I know I have to give other people a chance to do service. Fortunately, plenty of work needs to be done, and we can all help."

How will you serve this week?



Volunteers are needed for the week-end of the Region 8 Business Assembly & Convention, April 5-7 in Plantation.

This is a great way to give OA Service!!

Please contact:

Maureen H at 954-600-1483 OA.Maureen@Gmail.com

Or Andi S at 954-295-1123 spiritmade351@Gmail.com

The following reading is from our OA pamphlet Members In Relapse:

"We all need to be loved and accepted, not because we are abstinent, not because we are at goal weight, but for who we are. This is especially true of OA members who are still suffering. They have been in program for some time, perhaps for months, maybe even years, but either they have not yet attained abstinence, or they are in relapse. When asked what helped them most, people who have gone through this painful experience agree on one thing: being loved and accepted— even when they were compulsively overeating, even when they were falling apart emotionally, even when they themselves felt hopeless and unlovable—was the key to their eventually loving and accepting themselves."

Do you worry about the way you eat? Overeaters Anonymous may be able to help. We are not a "diet" club, but a fellowship of people recovering from compulsive overeating. There are no dues, fees, diets, or weigh-ins. OA offers mutual support and a way out of the vicious cycle of compulsive eating. Whatever your problem with food, we welcome anyone who wants to stop eating compulsively. You are not alone Anymore!

To speak with an OA member and get more information please call our Hotline at 954-938-9586.

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,

The gift that keeps on giving.

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

—Step Twelve, Alcoholics Anonymous

It is important to carry the message of recovery and hope from compulsive overeating. This is the only way I can stay abstinent.

This coming month, Gold Coast Intergroup has the distinct honor to host the Region 8 Business Assembly and is offering a recovery convention with a line-up of terrific workshops and speakers. Having experienced a spiritual awakening as the result of these steps, we are making every effort to carry this message to the overeater who still suffers.

We hope that you can join us for this weekend of fellowship and sharing. For me, recovery conventions are a great place to make life-long friends and reaffirm my neutrality around food. Plus, they're fun.

I look forward to sharing the weekend with you.

Yours Truly,

Tessa Q

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 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
Fela	305-527-1942
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

Your 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	OPEN	OPEN
Parliamentarian, Booky	561-573-4372	odatbook@yahoo.com
12th Step Within	OPEN	OPEN
Public Info/Professional Outreach	OPEN	OPEN
OA Literature, Alison A	954-270-7308	goldcoastoa+lit@gmail.com
Ways and Means, Lila	954-593-6621	goldcoastoa+treas@gmail.com
Website Liaison, Helene		goldcoastoa+web@gmail.com
Unity Editor, Diana	954-234-7696	goldcoastoa+unity@gmail.com
Announcements/Updates to Unity & Website		goldcoastoa+announce@gmail.com

**THE
DISTANCE
BETWEEN
YOUR
DREAMS AND
REALITY IS
CALLED
ACTION.**

MULTIMILLIONAIREMOTIVATION.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 (Subject to change for holidays and other events)

Finding Courage, Then Practicing It

The word “courage” brings back memories of a Lion from a childhood story. The Lion---who already had courage---insisted that he did not and joined his fellows on a yellow-brick-road journey. This is an analogy for me and Program. There are times when I do not think I have the courage and my fellows remind me of all that I have accomplished. HP grants me courage if I ask; the Serenity Prayer is handy for this. Getting abstinent took courage. I had to be convinced that I was not going to go hungry, to let go of my “red light” and trigger foods. Luckily, I only had to do it one day at a time because I didn’t believe I could last one day without soothing myself through compulsive eating.

When I think about a real lion, I remember that the courage I find in nature astounds me:

- * a butterfly that comes out of its cocoon;
- * a fish that camouflages itself when in danger;
- * a bird who fights to protect its eggs.

In fact, what if I chose to courageously protect my abstinence the way a mama protects its babies? Hm....insight... my Program nickname is Mama Bear. It’s important for me to remember that all these creatures don’t think about being courageous. They don’t analyze or try to “muster” courage. They do what they must without second thought. That’s where HP wants me to be; to trust enough to go forward and act courageously knowing the Universe has my back.

Today I think of courage as a skill just like reading or cooking; something to be honed---practiced. Looking back, I started as a kid with simple things... talking to a classmate I didn’t know, trying a vegetable I claimed I didn’t like {even though I hadn’t tried it}, and reciting times tables out loud knowing they might be wrong. Then I moved on to harder things: asking my parents’ permission to go on an international trip, telling Janet that I wasn’t going to be her sidekick anymore, and playing soccer. Courage can be a slippery slope though. As a teenager, I entered “asset-gone-awry” territory. I was emboldened and lied constantly. Then courage became fearlessness which became downright foolishness. I thought I was invincible, and I pushed too far. People got hurt. Being too courageous can be just as dangerous as having no courage at all. Thank HP for Step 6 when I can own my character defects.

Today, I trust that God will grant me the courage I need to do his will which includes staying abstinent, carrying the message to other compulsive overeaters, and working the 12 steps. ~ L from Fort Lauderdale



THE TWELVE STEPS

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
9. Make amends
10. Daily inventory
11. Pray and meditate
12. Give it away

We Make Plans and God Laughs

Following my one-year anniversary, I realized that I could now perform service on my favorite OA morning call, A Vision 4 You. I like to start my day with Vision. On my way to work that morning, listening to the meeting, a request was made for service. I wrote down the number and texted. Soon, I received a text back with some instructions and an email. The email was followed with a few more texts and I was set up to Host the second hour of the meeting starting in March. The day before, I printed out the instructions and helpful tips that my colleague had provided and set them on my credenza. I set out my old-fashioned headphones and a pen, with a notepad. I set my alarm. I knew I needed to be on the line at 10 minutes before the start of the meeting.

That evening, my spouse asked me what time I would be leaving in the morning; this usually meant that she wanted a braid in her hair. She likes this for special meetings. We negotiated a time. I slept like a rock. At 6:30am, I awoke. I prayed, meditated and did tricep dips. I wrestled with my hair for ten minutes and then wrangled my wife's Samson-esque hair into a beautiful braid. My phone chimed. My Bluetooth watch buzzed. A telemarketer, I assumed. With a handful of hair product, I checked my phone. Having several sponsees, I wondered if this was an early call or perhaps a text sharing a morning read. There was a nice text message asking me if I was on the line. I now realized something. I thought 10 minutes before the call was 7:50am. My colleague meant 6:50am. I was late.

While I got dressed I reacted. And by reacted, I mean I fumed. I rocketed off to Mars in my anger and then rocketed back. I told myself it was too much. I told myself that I would text back and leave the service position. My colleague, the one doing service to coordinate hosts was obviously a control freak. She was going to criticize me for not understanding and for being late, there was probably a remonstrative text waiting. I got into the car. My brand-new car refused to Bluetooth sync with my phone. I restarted the phone as I began to weave my way through intersections, stop signs, and dog-walking park aficionados. God took the passenger seat. She began to knit and hum. The train came through. First the express then a freight train. 'Long train,' noted God. I wondered aloud if I should take the Interstate. It was usually congested but faster. My phone finally synched, and I was able to get on the call. It was 7:15am. I sat in a school zone, with one school bus, a Metro Bus and several cars. I could see the Interstate overpass. My commute typically takes 20 minutes. I had time. The Interstate was moving, but slowly. My GPS gave me an arrival time that would allow me to reach my desk and my setup to host the meeting. My lane came to a stop. Traffic around me began to move. I sat at a stop for several minutes. The GPS adjusted my arrival time, to later.

As I inched forward, I began to panic. This is when God touched my shoulder. "I got this," she said. I exhaled. She continued to knit and hum. A black Honda had stopped in my lane. The driver sat in their seat, on their phone. I didn't even give them a hand gesture as I passed. Traffic eased, and I was able to speed up, shortening my arrival by one minute when traffic came to a stop again. Emergency truck lights flashed. A car had driven headlong into a cement piling. God continued knitting. I began to laugh. Finally, I reached my exit. The GPS informed me that I would definitely arrive late. At the light, I pulled a notebook out of my purse, and fished out a pen. I put my employee ID on. At the next light, I waited to turn. Missing the light, because of merging traffic, I pulled up the email with the host instructions. I reminded myself that the meeting concluded with announcements, giving me a few minutes. There was one more school zone. At the last light, the announcements began. As the moderator switched over to me, I sat in an unusual line to get into my parking lot. The gate for the secure lot refused to open.

I began the meeting cheerily, forgetting to thank the moderator. I read "How our meeting works" and asked for shares. I jotted names down in my notebook. As a listener, I've always judged the hosts, I always hear the names clearly and can do such a better job at capturing the names for shares. I passed through the gate. I had written one member's name twice on my list! The first share began, and I parked. I set my notebook in my lap, my phone with the instructions on my console and experienced an amazing, goose-bump filled meeting. Some of the great quotes I heard were:

"Relapses only get worse", "The best teacher is pain", "There's another relapse out there for me if I want it"
"Keeping my disease alive", "I feel a freedom", "Alcoholics don't negotiate", "How free do I want to be?"
"There was a forcefield around me, keeping me abstinent", "Disease of Control", "What I do to myself"
"The Solution is a relationship with God", "I couldn't camouflage 200 pounds", "Seeking food as a stimulant"
"Nothing seemed to help"

I'm so grateful for my abstinence and for the to the opportunity to perform service within the fellowship of Overeaters Anonymous. [Submitted by "Anonymous"]

Tradition Four: Each group should be autonomous except in matters affecting other groups or OA as a whole.

Autonomy in OA is a really cool thing! I love how each meeting I go to is a bit different. My home group is a literature meeting where we study Conference-approved OA literature each week. I go to a Big Book meeting too. I also attend intergroup meetings whenever I can. Sometimes I listen to a recorded meeting. Each type of meeting is different, but all start with the Serenity Prayer and a reading of one or more of our OA Steps and Traditions.

I find it comforting that the underlying principles of each meeting are the same: We use the same Steps and Traditions; each group wants nothing more than the recovery of its members; and we base our program on spiritual matters rather than diets.

I trust that each meeting I attend submits to the Principles of OA as a whole. We all do our best to represent the OA program consistently, in a way that will not damage OA as a whole, and still meet the needs of the individuals who attend each meeting.

I hope someday to be able to travel and visit OA meetings in other states—maybe even in other countries. I trust that those meetings will protect our precious OA program the same way.

— *Edited and reprinted from Common Bond newsletter, Western Michigan Intergroup, March/April 2015*
[Reprinted from Lifeline]

Step Four: Made a searching and fearless inventory of ourselves.

What came first? The chicken or the egg? I hear this issue discussed in meetings – do we become abstinent before working the steps? Or do we become abstinent as the result of working the steps? The excerpt below from the book, [The 12 Steps & 12 Traditions of Overeaters Anonymous](#), helped me to more fully examine this issue. For me the bottom line is there is no right or wrong way to work the steps. The important thing is to work them, preferably with a support of a Sponsor.

And what about our fourth step? It sounded so scary when I first came into OA. I didn't want to do it! And for sure I didn't want to share it with another person in Step 5. But my sponsor encouraged me to "just do it" and I'm so glad I did. The reading below reminds me that willingness, along with commitment and action are the key to completing the valuable Fourth Step Inventory.

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Ideally, step four is an inventory to be taken after we have stopped eating compulsively, so that we will have the clarity of mind to be thorough in our self-examination. Some of us, however, have gone ahead with the fourth-step inventory as soon as we finished the first three steps, even though we weren't yet abstinent. We found that writing the inventory helped us live by our decision in step three, and in many cases helped us become abstinent.

In fact, we've learned that delaying the fourth step until we feel we can do it "perfectly" only delays our recovery. Some of us spent months seeking advice from sponsors, friends, and people at meetings, studying all sorts of literature on the subject, looking for the one "right" way to do step four. When our sponsors told us, "the important thing is just to do it," we didn't understand. We didn't realize until after we took the step that perfectionism was one of the troublesome defects of character we needed to get rid of.

Many of us delayed beginning step four simply because we didn't want to do it. We said we were not yet willing, but when it came right down to it, being willing to do the inventory and wanting to do it were two different things. Sometimes we began the program with enthusiasm but fell back into the disease while waiting for the desire to do step four to overtake us.

We have found that a simple prayer for willingness works to get us going on the inventory, especially when the prayer is followed by some further action. Any action, no matter how small, will help us to overcome deadly procrastination. It helps, too, if we will follow through with a commitment to work on the step regularly and faithfully until it is completed. [Submitted by "Anonymous"]



Quick and Easy 10th Step Inventory

I was recently reminded of this easy 10th step inventory, the **AEIOUY** inventory.

A = Have I been **A**bstinent today?

E = Have I **E**xercised today?

I = What have **I** done for myself today?

O = What have I done for **O**thers today?

U = Am I holding on to **U**nexpressed emotions today?

Y = **Y**eah (or Yippy!) What is something good that's happened today?

I wish you all the best in your journey. Together we get better.

Bev J

Grand Junction OA [from oadenver.org]



**OA Literature
– No Shipping or Handling Fees –**

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 needs books, pamphlets or Recovery coins, please contact goldcoastoa+lit@gmail.com

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

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-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
1am-3am	Keisha	754-224-8835
3am-5am	Darlene	954-299-8038
5am-7am	Donna	954-295-8271
Spanish Calls	Fela	305-527-1942

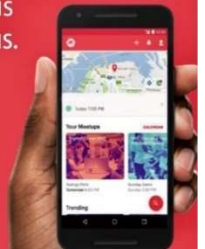
OA



Resources

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



Online OA resources

Use the links below to access local, regional, and national/international OA support and information.

Gold Coast (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. Subscribe online to have this newsletter (in color) delivered to your email the first of every month.

Southeast OA Region 8 www.oaregion8.org

Southeast OA Region 8 is one of ten areas around the world formed to serve the regional needs of OA. Please check out their website for valuable information including online sponsorship. Subscribe online for regional news.

Overeaters Anonymous www.aa.org

Overeater's Anonymous World Service Organization (WSO) provides links to podcasts, worksheets, and all types of information helpful to newcomers as well as long time OA members. Subscribe online for WSO newsletters.



April 2019 Broward/South Palm Beach Overeaters Anonymous Meetings

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 #
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	Martha 954-971-3932	#51690
MONDAY				
Plantation 10:00 am	Big Book/ Newcomers Welcome	St. Benedict's Episcopal Church 7801 NW 5th Street	Charles 954-563-3453	#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
Pompano Beach 3:00 pm	Literature	Whole Foods -2411 N Federal Hwy Community Room (inside the store all the way to the left)	Joyce 954-684-8152	#56038
Hollywood 7:00 pm (Spanish speaking)	Paso a Paso (Step by Step)	Rebel's Drop-In Center /Behavioral Health Outpatient building 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 Marks Room	Heather 954-621-7822	#56171
TUESDAY				
Boca Raton 10:00 am	OA/AA 12 & 12 Step Meeting	Good Shepherd Lutheran Church 6301 SW 18th Street	Nancy 561-343-5587	#02797
Hollywood 6:30 pm	OA Steps & Traditions Study	Rebel's Drop-In Center /Behavioral Health Outpatient building 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)	Fred 561-716-4455	#09095
WEDNESDAY				
Hollywood 10:00 am	OA 12&12/Big Book Every other week	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	#27545
Aventura 6:30 pm	Beginner	Aventura Hospital , Main Bldg, 20900 Biscayne Blvd, 2nd Fl Classroom 1. Garage free 1 st hr, \$2 for all or part of 2nd hr.	"T" 305-439-0044	#56120
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.	Brenda 954-609-7393	#40172
Boca Raton 9:30 am	11 th Step/ Spirituality	Good Shepherd Lutheran Church 6301 SW 18th Street	Karen 561-706-1743	#56655
Boca Raton 1:00 pm	Big Book Study	Patch Reef Park Community Center 2000 W. Yamato Rd.	Marcella 561-451-8758	#53679
Boca Raton 7:00 pm	Literature	Our Lady of Lourdes 22094 Lyons Rd., Room 201	Ron 561-483-0500	#00903
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 Street	Phyllis 561-994-8664	#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: Vision for You	St. Benedict's Episcopal Church 7801 NW 5th Street	Nancy 954-600-9513	#41217
Hollywood 10:30 am	Big Book/Discussion	Sober Today Club 1633 S 21st Ave	Sherri 954-612-1250 Drew 954-612-1251	#20653