



## Our Invitation to You

**We of Overeaters Anonymous have made a discovery.** At the very first meeting we attended, we learned that we were in the clutches of a dangerous illness, and that willpower, emotional health and self-confidence, which some of us had once possessed, were no defense against it.

We have learned that the reasons for the illness are unimportant. What deserves the attention of the still-suffering compulsive overeater is this: there is a proven, workable method by which we can arrest our illness.

The OA recovery program is patterned after that of Alcoholics Anonymous. As our personal stories attest, the Twelve-Step program of recovery works as well for compulsive overeaters as it does for alcoholics.

**Can we guarantee you this recovery?** The answer is up to you. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

To remedy the emotional, physical and spiritual illness of compulsive eating we offer several suggestions, but keep in mind that the basis of the program is spiritual, as evidenced by the Twelve Steps.

We are not a “diet” club. We do not endorse any particular plan of eating. In OA, abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Once we become abstinent, the preoccupation with food diminishes and in many cases leaves us entirely. We then find that, to deal with our inner turmoil, we have to have a new way of thinking, of acting on life rather than reacting to it — in essence, a new way of living.

From this vantage point, we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience. As a result of practicing the Steps, the symptoms of compulsive eating and compulsive food behaviors are removed on a daily basis, achieved through the process of surrendering to something greater than ourselves; the more total our surrender, the more fully realized our freedom from food obsession.

“But I’m too weak. I’ll never make it!” Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness.

**It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone. If you decide you are one of us, we welcome you with open arms.**

## Welcome to Overeaters Anonymous. Welcome home!

# Figuring Out + Fitting In



**I'm Bonnie. I walked into OA rooms on the Friday after Thanksgiving in 1972. They were "stepping up" my mom at her home meeting. I was a teenager then, and I wanted to see what it was all about.**

A woman in her early 20s volunteered to work with me if I wanted help. **But I was missing the only requirement for OA membership: a desire to stop eating**

**compulsively. I only had a desire to get thin and get out.**

Fitting in at OA meetings was difficult. Most of the women I met were married; they had young children and they worked. I was still in college. The OA meeting I started on campus was a miserable failure, but I did lose weight. After that, I started attending a meeting close to my college. (A few women would pick me up and bring me back, which made things easier.) **I went to a Big Book meeting, got a Step sponsor, and started working the Steps.** My life became easier. I was not obsessing about the food or my abstinence, and I was becoming free.

As I made my life choices, someone was always a few steps ahead, showing me what it was like: to be married to a "normal" eater, to be a young mother, to be a divorced single parent, to be able to deal with people in a workplace. I started thinking about that teenager who walked into a roomful of strangers and about how hard it was then to stay connected—this was long before cell phones, the internet, and videoconferencing. I had to work my program with my first sponsor by mail. Every day from school, I sent my food via postcards and mailed to my sponsor my writings from my journal!

**Today, I try to be on the other end of an email, phone call, or virtual meeting, and I go up to young newcomers after meetings to let them know that they're not alone.** I know that more young people who need OA are out there. They are trying to figure out where they fit in a world where everyone is so body-conscious.

**I need the hand of OA to always be there.** If young people don't come in, fifty years from now there won't be an Overeaters Anonymous for my children and grandchildren if they need it. I want to be the hand that says, **"Welcome to Overeaters Anonymous. Welcome home!"**

<https://lifeline.oa.org/figuring-out-fitting-in/>

*This OA journey  
has continued  
for more than  
thirty years,  
with others always  
in front of me to  
lead the way.*

## Message from your Chair

*Dear Fellowship,*

This is our first Unity in a very long time. Three years ago the pandemic hit us, and probably like many of you, I was certain we would all be back to face-to-face meetings within a few months. To my surprise it had taken up a much longer time.

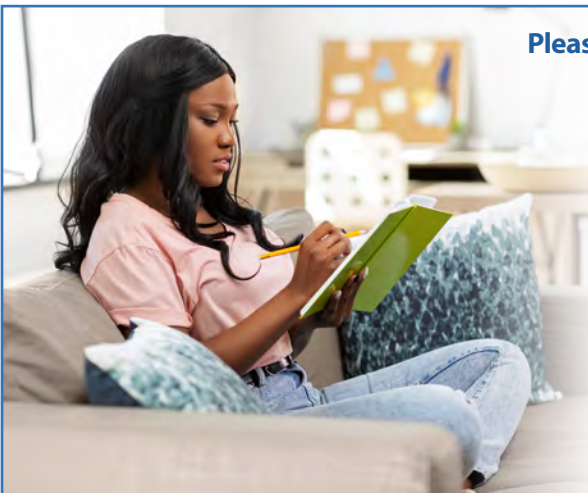
I was a newly elected chair and my concern was to keep the fellowship going. GOLD COAST had established a Zoom account, so we quickly with the help of the fellowship turned our meetings into online formats. We had to learn about Zoom, etiquette, and security. We survived as a fellowship and provided recovery for those that needed it and still wanted it.

I am thanking all of you who helped me then and helped me today by being of service and supporting the GOLD COAST as a group so we still have a place for our disease of compulsive eating and for those that still suffer.

I want to acknowledge a big shout out and thank you to Sara B. for stepping up to be of service by becoming the new Unity editor.

Please welcome her and if you have anything you would like to see or contribute in the Unity, reach out to her or myself.

In Service and Peace,  
Sherry A  
Intergroup Chair



**Please share your experience, strength, and hope with an article for our newsletter. Email it (short, long, anonymous or not) by the 15th of the month via email to: [goldcoastoa+unity@gmail.com](mailto:goldcoastoa+unity@gmail.com)**

## One of OA's 9 Tools: Writing

Putting our thoughts and feelings down on paper, or describing a troubling or joyous incident, helps us to better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.

**As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."**

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# Please don't thank me...

Hi, my name is Sara B. I am a compulsive overeater and your new Unity editor:

I became a member of Overeaters Anonymous thirty eight years ago. I had recently married a wonderful man, who not only loved me, but also my 4-year-old daughter. We bought a new home together in walking distance to one of the best public elementary schools in Broward. I was employed by a great company and had a rewarding job. I enjoyed good health and good friends. We were blessed with another daughter -- a healthy baby girl. My life was perfect. There was nothing I needed nor wanted; yet every week, I weighed more and more.

I first learned about OA at a doctor's appointment. I was having a lot of back pain. I thought it was because of my chair at work, the position of my desktop, and the air conditioning vent that blew on top of my head. I was searching for a cure and was confident a chiropractic adjustment was my answer. As I waited for my appointment, I glanced through a little white book that was on a side table. When I asked the doctor about the little white book, she told me "**she knew someone who knew someone who could tell me more**" and gave me a phone number to call if I was interested. She then adjusted my back and advised me that I was carrying too much weight for my small frame. **As it turns out, the book was "Just for Today" and the number was an OA member.**

**I called that number and a kind soul answered.** She explained a tidbit of info about the program of recovery and invited me to a beginner's meeting happening the next day. It was held at 9am in bank behind a Dunkin Donuts and that she would be there early to brew coffee. I brought my 4-year-old, crayons, a coloring book, and an open mind.

I wrongly sized up the room immediately. The speaker that day was a tall, beautiful, fit woman who I thought could not have a problem in the world. If I looked like her, I knew I would be happy. After her qualification, I never would wish her bulimic life experience on anyone. And after the meeting, a large woman welcomed me and I thought, thank God, I'm not as large as she. She shared her story of how she had already lost a tremendous amount of weight and had gained an even larger amount of serenity. She hugged me, encouraged me, and told me she was no different than me. **If she could do it, I could do it.** All I had to do was keep coming back, have an open mind, don't give up.

I was skeptical but wanted more than anything to believe. But I truly didn't believe. **She told me not to worry just to "act as if".** I felt like an imposter but I did what she told me anyway. She was my first sponsor and guided me through the steps.

Today, I need to again believe in my heart that by working the steps, attending meetings, and staying connected will lead me back to the serenity. **So please don't thank me for creating your newsletter. Service helps fulfill the promise "of sane and happy usefulness" from working the Twelve Steps.**

## Your Trusted Servants

### Chairperson

Sherry S.

[goldcoastoa+chair@gmail.com](mailto:goldcoastoa+chair@gmail.com)

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OPEN

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### Announcements/Updates for Unity, Web, Meetup

[goldcoastoa+announce@gmail.com](mailto:goldcoastoa+announce@gmail.com)

## One of OA's 9 Tools: Service

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service. Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by getting to meetings, putting away chairs, putting out literature, talking to newcomers, and doing whatever needs to be done for the group. There are many ways to give back what we have so generously been given. We are encouraged to do what we can when we can.

**A life of sane and happy usefulness is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.**

## Help Wanted: Recording Secretary,

Twelve Steps Within, and Public Info and Professional Outreach.

Email Sherry S. at [goldcoastoa+chair@gmail.com](mailto:goldcoastoa+chair@gmail.com) if interested.



# I Traded My Binge-Eating Double Life for an OA Recovery Life

**I saw all the lies I had been telling myself—and how perfectly those lies were keeping me in my disease.** I started to recognize that the disease had been running my life long before I first turned to the food or developed the concept of my negative body image.

As I have continued to work OA's Twelve Steps, I've gained a deeper understanding of my resentments and fears. One particular fear that eventually led me to the food is I am not good enough.

**In fact, I am not good enough is the disease's perfect lie.** Every day, it led me to find "proof" that it was true. Each day, I chased perfection, and each day, I fell short of my unrealistic expectations. But an even larger danger in believing the lie was my compulsion to hide this so-called truth from everyone. I wouldn't dare let you see my weaknesses or admit the faults in my actions. Inside, I felt shame. I felt shameful of my actions because they were not typical of someone who was perfect.

Eventually, I became so ashamed of my powerlessness over food that I decided to tell a friend about how I didn't think I was a normal eater. But when I finally tried to slip through the crack in the door and free myself from my secrets, my shame overpowered me. **My disease tried to slam the door shut.** I couldn't be fully honest and left out details.

*For me, being a newcomer in OA has meant coming face to face with my disease. Once I was able to become abstinent, putting down the food and my compulsive behaviors, a veil dropped.*

Just admitting my imperfection, though, was a start. I knew the problem was more serious than I'd thought when my friend said to me, "Francesca, this eating issue must be really bad because every time I see you eat, you are controlled and eating perfectly."

There's that word again: perfect. Of course my friend would not see me in the throes of a binge. **I was living a double life.** I successfully projected an image of perfection to the world, but internally, I felt the complete opposite: I felt like a failure. And I felt scared and alone because no one could understand me beyond the facade I put on for others to see.

**Today, I can say that being a compulsive overeater has been the greatest blessing God has given me.** When I became open to the solution, a door of acceptance and understanding opened for me. Connecting with other OA members who understand my problems—because these were once their own problems—has

begun to knock down the shame and lies the disease has used against me. It is because of OA that I can miraculously hold an addictive food in my hands and not have it speak to me.

**When I became open to the solution, a door of acceptance and understanding opened for me.**

Throughout the past six months in program, I have found a new hope and a better way of life. When I am in doubt, I have a selfless sponsor and loving Higher Power to show me the way and the truth. Daily interaction with my OA fellows adds to my recovery—and I now believe I add to their recovery as well. This is my evidence that I am good enough.

***Did you hear that, disease? I am good enough.***

***One day at a time, we can relinquish our will and our lives over to a Power greater than ourselves to overcome our disease.  
We are perfectly imperfect, loved beyond all measure,  
and together we can do what we could never do alone. Thank you, OA.***

<https://lifeline.oa.org/li-traded-my-binge-eating-double-life-for-an-oa-recovery-life/>



# Save-the-Date for OA Events

Miami Dade and The Keys Intergroup Presents

## A Step 4 Workshop

From March 11 to April 22

More Info @ [Oamiami.org](http://Oamiami.org) Zoom Id Is 863 9685 4442

Password 334108

Get Zoom Dial In # at <https://Tinyurl.com/3by5asum>

Pinellas Traditions Intergroup invites you to

## The 13th Annual OA Franciscan Center Retreat Practicing The Principles

July 28-30, 2023

New Freedom Intergroup of OA (out of Jacksonville, FL)  
is hosting the

## SOAR8 Fall Recovery Convention and Business Assembly.

It will be face-to-face on Tybee Island, GA  
the weekend of October 27-29, 2023.

Please see  
more  
details of these  
flyers at the  
end of our  
newsletter

**SAVE THE DATE OCT 27-29, 2023**  
"Welcome Home, Y'all"

New Freedom Intergroup of OA (out of Jacksonville, FL) is hosting the SOAR8 Fall Recovery Convention and Business Assembly. It will be face-to-face on Tybee Island, GA the weekend of **October 27-29, 2023**. More details about the meals and the registration flyer will be released soon.

**We will be staying** on the beach, within a 10-minute walk of Tybee Island Beach and Tybee Island Marine Science Center. This beach hotel is 0.4 mi (0.7 km) from Tybee Island Fishing Pier and Pavilion and 0.6 mi (0.9 km) from Back River Beach. Tybee Island is 20 minutes from downtown Savannah.

Hotel Tybee  
1401 1st Ave  
Tybee Island, GA, 31328, USA  
Reservations: 1-912-786-7777

IF YOU THINK you will be attending, make your hotel reservations now! (You must make your own reservations before 9/26/2023.) The Hotel requires a credit card to guarantee your reservation. Use code "SOAR2023" for special rates. Any reservations made after 9/26/2023 will be charged at their current room rate.

Room Rates:  
• Single Room (Inland view) + \$15/day parking + \$5/night GA taxes per night, (Total = \$199.50/night). This rate is for a double occupancy room.  
• Double Room (Inland view) + \$15/day parking + \$5/night GA taxes per night, (Total = \$249.50/night). This rate is for a double occupancy room.

**MIAMI DADE AND THE KEYS INTERGROUP PRESENTS**  
**A STEP 4 WORKSHOP**

"MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES."

**SATURDAYS AT 1:30 PM EST**  
FROM 3/11 UNTIL 4/22/23

7TH TRADITION AT  
TREASURER@OAMIAMI.ORG

MORE INFO @ [OAMIAMI.ORG](http://OAMIAMI.ORG)  
ZOOM ID IS 863 9685 4442  
PASSWORD 334108  
GET ZOOM DIAL IN # AT  
[HTTPS://TINYURL.COM/3BY5ASUM](https://tinyurl.com/3by5asum)

\*MUST CONTACT LILLIAN FOR REQUIRED DOCUMENTS PRIOR TO ATTENDING THE WORKSHOP  
LILLIAN (305) 970-0577

**OVEREATERS ANONYMOUS**  
Miami Dade and the Keys Intergroup

**OVEREATERS ANONYMOUS**  
Pinellas Traditions Intergroup invites you to

**The 13th Annual OA Franciscan Center Retreat  
PRACTICING THE PRINCIPLES  
July 28-30, 2023**

**WHAT:** Three days of seasoned speakers, good fellowship, crafts, serenity and peace on the river

**WHERE:** The beautiful Franciscan Center Campus, 3010 Perry Avenue, Tampa, FL 33606

**TIME:** Check-in 4:00PM Friday Check-out by 11:30 AM Sunday

**COST:** Weekend Room & board \$266 for single occupancy or \$246 for double occupancy. One day additional option is a **Saturday only fee** which is \$75 including 3 meals. **Both Options require a PTI registration.**  
An economical option is \$25 if received before June 1 or \$35 if received after that date.

Complete registration below and mail to:  
Pinellas Traditions Intergroup  
PO Box 294, Palm Harbor, FL 34682  
Including a check made out to PTI for all fees.  
OR pay online @ [oapinellas.org](http://oapinellas.org) and email your registration to Karen B @ [pinellas-traditions@groups.io](mailto:pinellas-traditions@groups.io)  
\* Be sure if paying online to include your name and "FR 2023"

**FINAL REGISTRATION DEADLINE July 10, 2023**

- Space is limited to approximately 50 participants so register early.
- Call your friends and make plans to carpool with them.
- Please announce this retreat and print copies of this flyer for your meetings.
- Save this flyer for your information. See you on the peaceful Hillsborough River!
- This is a Fragrance Free Zone Please

On the dotted line and mail this Return Registration Form

**PINELLAS TRADITIONS INTERGROUP 13th ANNUAL RETREAT**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ email \_\_\_\_\_

Select your meal preference:  
Friday Dinner: Vegetarian \_\_\_ Chicken \_\_\_ Fish \_\_\_  
Saturday Dinner: Vegetarian \_\_\_ Chicken \_\_\_ Fish \_\_\_

Single room: Double \_\_\_\_\_ Roommate name \_\_\_\_\_  
Would you care to volunteer in some service capacity this weekend? Yes \_\_\_ No \_\_\_

# OA Region 8 is a.k.a. SOAR8

Our OA Region 8 (SOAR8) is comprised of the U.S. Southeastern Region: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, The U.S. Virgin Islands, Caribbean Islands, Central America, and South America. SOAR8 is one of eleven groups around the world formed to serve the regional needs of Overeaters Anonymous.

To visit other OA Region 8 Groups on the web [click here](#) or go to: <https://oaregion8.org/region-8/intergroups/>

### Southeast USA:

Alabama: [Midstate Greater Birmingham](#)

Arkansas: [Fort Smith](#)  
[Central Arkansas Intergroup](#)

Florida: [Central Florida Intergroup](#)  
[Gold Coast Intergroup](#)  
[Manasota Intergroup](#)  
[Miami Dade & The Keys](#)  
[New Freedom Intergroup](#)  
[Palm Beach County Intergroup](#)  
[Pinellas Traditions Intergroup](#)  
[Southwest Florida OA Intergroup](#)  
[Spacecoast Intergroup](#)  
[Suncoast Intergroup](#)

Georgia: [Greater Atlanta OA Intergroup](#)

Louisiana: [Baton Rouge](#)  
[New Orleans](#)

North Carolina: [Piedmont Intergroup](#)  
[Triad Intergroup](#)  
[Triangle Intergroup](#)

South Carolina: [Central Midlands OA](#)  
[Grand Strand Intergroup](#)

Tennessee: [Memphis Intergroup of OA](#)  
[Middle Tennessee](#)  
[Smoky Mountain Intergroup](#)  
[Unity \(Chattanooga\)](#)

Latin America: [Costa Rica](#)

### South America:

Argentina: [Comedores Compulsivos Anónimos](#)

Brazi: [Comedores Compulsivos Anónimos Intergroupo Ceará \(Fortaleza\)](#)

Chile: [Comedores Compulsivos Anónimos](#)

Colombia: [Intergroupos Bogotá](#)  
[Intergroupos Medellín](#)

# Gold Coast OA Meetings as of 3/20/2023 • Please check [OABroward.org](http://OABroward.org) for the most updated list.

Zoom dial in: **1-646-558-8656** Zoom password: **954954** except when noted

**Gold Coast Intergroup**  
meets on the 3rd Sunday  
of the month  
from 2-3pm

All are welcome.

**Meeting ID: 843 7546 3048**  
**Password: 954954**



## Wednesday

**10am – TY Park \*\*Hybrid Meeting\*\***

[zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPcjNOZz09](https://zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPcjNOZz09)

**Zoom ID: 290 923 334 / Password 954954**

Meeting Type: OA 12&12 on 1st, 3rd & 5th Wed.  
- Big Book of AA on 2nd & 4th Wed.

Contact: Ellie (248) 342-8822

***This meeting also meets in person at:***

Location: T.Y. Park - 3300 N Park Rd, Hollywood  
On Atlantic Street - Keep right and follow sign  
to Pavilion #2. Please call Leon before going  
in-person

Contact: Leon (305) 302-1377

Meeting Number: #27545

**10am – Science of Mind Church**

[zoom.us/j/654731057?pwd=QIVReUxGRHY0MGhleGxBNmRTQ0pDdz09](https://zoom.us/j/654731057?pwd=QIVReUxGRHY0MGhleGxBNmRTQ0pDdz09)

**Zoom ID: 654 731 057 / Password 954954**

Meeting Type: Speaker

Contact: Sherry S. (818) 398-4160

Meeting Number: #30002

**11am – Coral Springs Literature**

Location: Coral Springs Medical & Dental  
Senior Center in Coral Palm Plaza (contains  
Doris's Italian Market & Michael's). 2029 N.  
University Dr. Coral Springs. Meeting location is  
near Panera on south end of plaza.

Meeting Type: OA Literature

Contact: Sue R. (754) 307-5678

Meeting Number: #57389

**6:30pm – Prince of Peace Lutheran Church**

[zoom.us/j/337815181?pwd=NWhQWjg2UUdKTOZxYW1CSElwbDVodz09](https://zoom.us/j/337815181?pwd=NWhQWjg2UUdKTOZxYW1CSElwbDVodz09)

**Zoom ID: 337 815 181 / Password 954954**

Meeting Type: Beginner / Literature

Contact: Mike (954) 675-7382

Meeting Number: #800744

## Thursday

**9:30am – Good Shepherd Lutheran Church**

[zoom.us/j/268739522?pwd=Z1BBTDBk3ZyeDZwVXh3YjhSTmd5UT09](https://zoom.us/j/268739522?pwd=Z1BBTDBk3ZyeDZwVXh3YjhSTmd5UT09)

**Zoom ID: 268 739 522 / Password 954954**

Meeting Type: 11th Step/Spirituality

Contact: Jody S. (561) 212-7366

Meeting Number: #56655

**10am – St. Benedict's Episcopal Church**

[zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09)

**Zoom ID: 750 162 024 / Password 954954**

Meeting Type: OA Steps / Abstinence /  
Literature

Contact: Brenda (954) 609-7393

Meeting Number: #800666

**1pm – Good Shepherd Big Book**

Location: 6301 SW 18<sup>th</sup> St. Boca Raton

Meeting Type: Big Book Meditation

Contact: Bobbie E. (954) 415-6005

Meeting Number: #53679

## Friday

**10am – Voices of Recovery**

Zoom link: <https://us02web.zoom.us/j/89741340714>

**Zoom ID: 897 4134 0714 \*Password 561561**

Dial in number 1-929-205-6099

Meeting Type: Literature

Meeting: # 800108

**6pm – OA Literature**

Zoom link: <https://us02web.zoom.us/j/82761028377>

**Zoom ID: 827 6102 8377 / Password 561561**

Dial in number 1-929-205-6099

Meeting Type: Literature

## Saturday

**9:30am – Good Shepherd Lutheran Church**

[zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNG1nVFN5QT09](https://zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNG1nVFN5QT09)

**Zoom ID: 669 862 116 / Password 954954**

Meeting Type: 90 Day Speaker (Special Interest)

Contact: Alan S. (561) 400-1493

Meeting Number: #800526

**10am – A Vision 4 You/Plantation**

[zoom.us/j/194605389?pwd=c0lDdnprbFVfFdStPUMVjd1RwK0pOQT09](https://zoom.us/j/194605389?pwd=c0lDdnprbFVfFdStPUMVjd1RwK0pOQT09)

**Zoom ID: 194 605 389 / Password 954954**

Meeting Type: A Vision 4 You/Big Book/Speaker

Contact: Nancy (954) 600-9513

Meeting Number: #41217

**10am – Good Shepherd Big Book Study**

Location: 6301 SW 18<sup>th</sup> St. Boca Raton.

Meeting Type: Big Book

Contact: Andi (954) 295-1123 or

Sherry (818) 398-4160

Meeting Number: #57655

## Sunday

**12:15pm – Pride Center**

[zoom.us/j/150175349?pwd=bFIFU28rWG9lRGxIRGVPVHhEWFZCQT09](https://zoom.us/j/150175349?pwd=bFIFU28rWG9lRGxIRGVPVHhEWFZCQT09)

**Zoom ID: 150 175 349 / Password 954954**

Meeting Type: Newcomer / Speaker

Contact: Darlene (954) 299-8038

Meeting Number: #46694

**6:30pm – Pompano For Today**

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFeniUT09>

**Zoom ID: 872 0435 1241 \*Password 954954**

Meeting Type: Literature For Today/Voices of  
Recovery

Contact: Roz (516) 851-0677

Meeting Number: #800743

## Monday

**10am St. Benedict's Episcopal Church**

[zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09)

**Zoom ID: 750 162 024 / Password 954954**

Meeting Type: Big Book / Newcomers

Contact: Charles (954) 600-6280

Meeting Number: #800665

**10:30am 4th Dimension**

[zoom.us/j/733969447?pwd=VGhJQitFY1NLK0N1aXNGS1B5cTV0dz09](https://zoom.us/j/733969447?pwd=VGhJQitFY1NLK0N1aXNGS1B5cTV0dz09)

**Zoom ID: 733 969 447 / Password 954954**

Meeting Type: 12 Steps & 12 Traditions

Contact: Sheila (786) 837-3093

Meeting Number: #51180

**7pm Regents Park**

[zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVpIK3FXRzlydz09](https://zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVpIK3FXRzlydz09)

**Zoom ID: 305 659 342 / Password 954954**

Meeting Type: Beginners and discussion

Contact: Bobbie (561) 477-7914

Meeting Number: #27229

## Tuesday

**10am – Good Shepherd Lutheran Church**

[zoom.us/j/819491242?pwd=V01CYzJWSmxUT2NrSVR1elhsOTZiZz09](https://zoom.us/j/819491242?pwd=V01CYzJWSmxUT2NrSVR1elhsOTZiZz09)

**Zoom ID: 819 491 242 / Password 954954**

Meeting Type: OA/AA 12&12 Step Meeting

Contact: Nancy (561) 343-5587

Meeting Number: #02797

**7pm – Crossroads 100 lb**

[zoom.us/j/516282779?pwd=cTF0UlgxaGx6aGhCd0JHcTdHbTVqdz09](https://zoom.us/j/516282779?pwd=cTF0UlgxaGx6aGhCd0JHcTdHbTVqdz09)

**Zoom ID: 516 282 779 / Password 954954**

Meeting Type: 100 lb (all are welcome)

Contact: Marcia (917) 693-4729

Meeting Number: #54776

**7pm – Our Lady of Lourdes Boca Raton**

Location: Our Lady of Lourdes Church

22094 Lyons Rd., Boca Raton

Location Notes: Lourdes Christian Formation

Center Bldg., Room 201

Meeting Type: Literature

Contact: Ron (561) 483-0500

Meeting Number: #00903

# MIAMI DADE AND THE KEYS INTERGROUP PRESENTS

## A STEP 4 WORKSHOP

**"MADE A  
SEARCHING  
AND  
FEARLESS  
MORAL  
INVENTORY  
OF  
OURSELVES."**

**SATURDAYS  
AT 1:30 PM EST**

**FROM 3/11  
UNTIL 4/22/23**

**7TH TRADITION AT  
TREASURER@OAMIAMI.ORG**

**MORE INFO @ [OAMIAMI.ORG](https://OAMIAMI.ORG)**

**ZOOM ID IS 863 9685 4442**

**PASSWORD 334108**

**GET ZOOM DIAL IN # AT**

**[HTTPS://TINYURL.COM/3BY5ASUM](https://TINYURL.COM/3BY5ASUM)**

**\*MUST CONTACT LILLIAN FOR  
REQUIRED DOCUMENTS PRIOR TO  
ATTENDING THE WORKSHOP  
LILLIAN (305) 970-0577**



Miami-Dade and the Keys Intergroup



# **SAVE THE DATE OCT 27-29, 2023**

## **“Welcome Home, Y’all”**

New Freedom Intergroup of OA (out of Jacksonville, FL) is hosting the SOAR8 Fall Recovery Convention and Business Assembly. It will be face-to-face on Tybee Island, GA the weekend of **October 27-29, 2023**. More details about the meals and the registration flyer will be released soon.



**We will be staying** on the beach, within a 10-minute walk of Tybee Island Beach and Tybee Island Marine Science Center. This beach hotel is 0.4 mi (0.7 km) from Tybee Island Fishing Pier and Pavilion and 0.6 mi (0.9 km) from Back River Beach. Tybee Island is 20 minutes from downtown Savannah.

**Hotel Tybee**  
**1401 Strand Ave**  
**Tybee Island, GA, 31328, USA**  
**Call for reservations: 1-912-786-7777**

If you even THINK you will be attending, make your hotel reservations now! (You **must** make your own reservations before 9/26//2023.) The Hotel requires a credit card to hold your reservation. Use code **“SOAR2023”** for special rates. Any reservations made **after** that date will be charged at their current room rate.

**RATES: \$155 /Night Two Queen (Inland view) + \$15 /day parking + \$5 /night GA hotel fee + 14% taxes per night, (Total = \$199.50 /night.)** This rate is valid for up to **four** people in the room. (If you get three roommates, each person would pay only ~\$50 per night, or \$100 for the weekend.). Rates are available for three days before and after the event. Rooms have refrigerators (but no microwaves). (Must place \$50 deposit per room for incidentals during the stay.) Each room will receive four drink tickets, three beach chairs and beach towels.

**CANCELLATIONS:** All guests will be charged one night’s stay upon booking. Deposits are refunded or credited only if notice is received **7 (seven) days prior to arrival date (before October 19<sup>th</sup>)** and a cancellation number must be obtained by guest.

Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 AM Sunday.

There is NO free parking on the island. Day trippers will need to pay a rate of \$20/day to use the hotel parking area.







**PINELLAS TRADITIONS INTERGROUP**  
*invites you to*

**The 13th Annual OA Franciscan Center Retreat**  
**PRACTICING THE PRINCIPLES**  
**July 28-30, 2023**

**WHAT:** Three days of seasoned speakers, good fellowship, crafts, serenity and peace on the river

**WHERE:** The beautiful Franciscan Center Campus, 3010 Perry Avenue, Tampa, FL 33606

**TIME:** Check-in 4:00PM Friday Check-out by 11:30 AM Sunday

**COST:** Weekend Room & board \$266 for single occupancy or \$246 for double occupancy.  
One day additional option is a **Saturday only fee** which is \$75 including 3 meals.  
**Both Options require** a PTI registration.  
An economical option is \$25 if received before June 1 or \$35 if received after that date.

**Complete registration below and mail to:**

Pinellas Traditions Intergroup  
PO Box 294, Palm Harbor, FL 34682  
Including a check made out to PTI for all fees.

**OR** pay online @oapinellas.org and **email your registration**  
to Karen R @ [platoscloseton19@gmail.com](mailto:platoscloseton19@gmail.com).

\* Be sure if paying online to include your name and "FR 2023"

**FINAL REGISTRATION DEADLINE July 10, 2023**

- Space is limited to approximately 50 participants so register early.
- Call your friends and make plans to carpool with them.
- Please announce this retreat and print copies of this flier for your meetings.
- Save this flier for your information. See you on the peaceful Hillsborough River!
- **This is a Fragrance Free Zone Please**

✂ ✂ ✂ ✂ ✂ *Cut on the dotted line and mail this Retreat Registration Form* ✂ ✂ ✂ ✂ ✂

**PINELLAS TRADITIONS INTERGROUP 13th ANNUAL RETREAT**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

**Select your meal preference:**

Friday Dinner : Vegetarian\_\_\_ Chicken\_\_\_ Fish\_\_\_

Saturday Dinner : Vegetarian\_\_\_ Chicken\_\_\_ Fish\_\_\_

Single room\_\_\_\_\_ Double \_\_\_\_\_ Roommate name \_\_\_\_\_

Would you care to volunteer in some service capacity this weekend? Yes \_\_\_\_\_ No \_\_\_\_\_