

# UNITY

August 2023  
Overeaters Anonymous  
Gold Coast Intergroup  
[www.oabroward.org](http://www.oabroward.org)



*OA Step Eight:  
Made a list of all persons  
we had harmed and  
became willing  
to make amends  
to them all.*





## Terrified of facing the wreckage of your past?

**Looking at the shipwreck of your compulsive overeating life from the shore is one thing, but taking actions to repair and mend what is salvageable is a whole other adventure!**

While Step Four could be seen as your personal housecleaning, Step Eight is more of a social application of the shame reduction that was begun in Step Four, when you realized that you have hurt others as well as yourself. **While working Step Eight you're just going to make a list of people you have harmed and the specific ways that you have harmed each one.**

Remember, you have acted with courage working all of your previous steps in OA and staying abstinent! With Step Eight you have the opportunity to translate your experience of courage into developing a compassionate spirit.

### Breaking Down Step Eight

Step Eight is the beginning of the process of making amends, forgiving others and possibly being forgiven by them, in addition to forgiving ourselves. By making a list of the people we harmed and becoming willing to make amends, we take action toward healing the past with others and learning how to live in the world with our head held high, looking people in the eye.

### Here's How It Works

Step Eight is mostly about identifying the damage you have done to others and listing those names. It doesn't matter if the harm you caused was from selfishness, carelessness, anger, arrogance, dishonesty or any other character defect... it doesn't even matter if you didn't intend to cause harm.

You are going to make a completely thorough list, considering all the ways in which it is possible to cause harm to another person. Some situations are really obvious, for instance if you stole money from a person or business, or if you exhibited physical or emotional abuse. The names on your list could be people you bullied, cheated on or treated coldly. Whether they are living or dead or will want to hear from you or not, it doesn't matter. You are just making a list.

### Warning! Delay Is Dangerous.

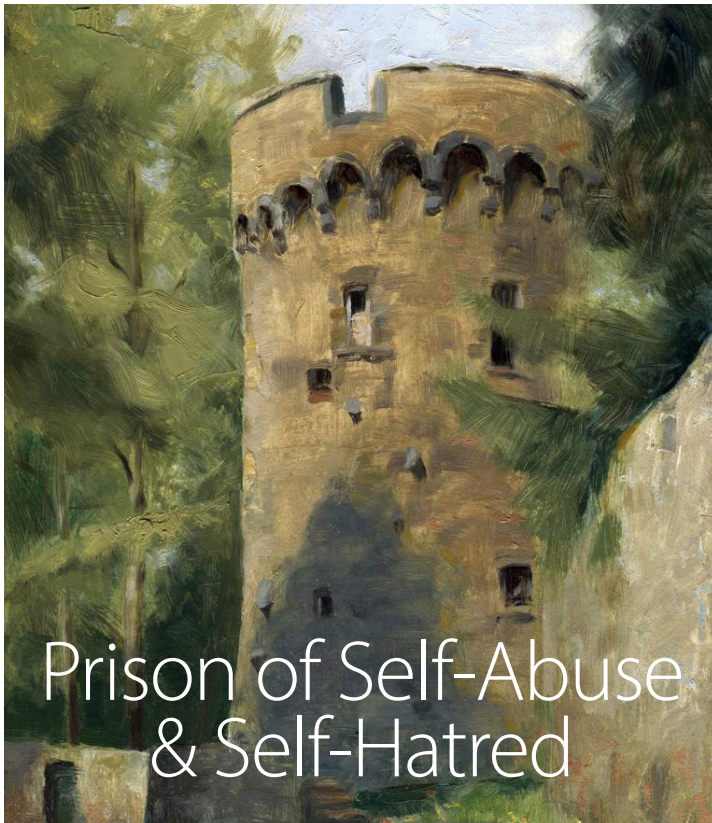
There will be fear and there are going to be people who come to mind who also caused you harm. A lot of people delay in starting to work on Step Eight because they aren't willing to make amends to these people because they resent them too much. Even if you are so unwilling that you don't even want to pray for willingness because you can't imagine having any compassion for certain people, put their names on the list anyway. The truth is that forgiving someone who harmed us may mean swallowing some pride. But unfortunately not forgiving that person costs us our freedom

**The greatest thing about recovery is that much to our own surprise we become willing to let go of resentment, blame and self-pity, and recognize that we are all just ordinary, garden variety, human beings.**

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*“Step Eight helps recovering compulsive eaters to live in the greatest peace, in partnership with others and themselves.”*

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## Prison of Self-Abuse & Self-Hatred

**For so long, I've felt like I lived on an island inside a stone fortress.** I lived this way because I believed that people wouldn't like me and would eventually try to harm me. I hid my feelings, actions, and motives because I was ashamed of all of them. I was ashamed of me. In my disease, I had no integrity, no honesty, and no faith, so I could not possibly expect people to see those things in me. My greatest fear was that people would discover how truly debased I was.

I'm beginning to understand that when I make amends for the actions and behavior I'm ashamed of in my life, I'm freeing myself from a prison of self-abuse and self-hatred by taking action. The more I'm aware of how I've been inconsiderate and unkind, the less I feel the hurts from other people that I've been nursing. I don't know why I've been afraid to write this amends list, and I've spent a lot of time trying to figure it out. **Getting out of the food has given me a greater sense of compassion for other people. It has given me a smaller sense of myself and how I fit into the grand scheme.**

More and more, I'm being asked for naked honesty from my Higher Power. I am learning to live on integrity, faith, and honesty rather than personality. My amends is part of this process. If I can face writing the list and making the amends one at a time, then **I can move through some of my fear of living** a life not based in defense and self-preservation. I can instead begin to act according to truth and compassion, even when it does not serve my own selfish interests.

## Step Eight: Just Put It on the List

**Instead of getting caught up in those tricky old feelings, get out your pen and paper and put those names on a list.**

Before you can rebuild relationships, you need to identify the relationships that were damaged. That's why you are making a Step Eight list. You get to take responsibility for your own part, not someone else's, and to clean up your side of the street.

**This is not a list for you to keep in your head; it's the kind that you need to put down on paper.** Putting names on paper takes the ideas out of our heads, where they may have grown to massive proportions, and right-sizes them. You have already catalogued your character defects and moral inventory, and now you're going to examine some of the same situations from another angle and perspective.

For your list you should include every name you think of, even if you're not sure that you owe any amends in that particular situation.

**You can put your name on that list, with an awareness that the way we make amends to ourselves is the ongoing process of stopping irresponsible and self-destructive behavior.**

When you feel it's pretty thorough, take the list and break it into 4 categories with your sponsor:

1. People to make amends to now. Once on a good sober footing.
2. People to make partial amends to in order to not injure them or others.
3. People to make amends to later.
4. People we "may" never be able to make direct personal contact.

**You're going to get to practice the principle of courage while working the Eighth Step because you can't restrict your list only to those amends that you think will turn out OK.** Remember to be incredibly honest, even if what you discover in the truth is painful to accept. As one member in my home group liked to say "The truth is gonna set you free, ...but at first it may sting a little bit!"

*Remember this:  
focus on a  
comprehensive list,  
then let prayer and  
meditation the  
time for forgiveness  
to come.  
When you forgive,  
you heal.  
When you let go,  
you grow.*

Principle of Step #8  
Self-discipline

Principle of Tradition #7  
Fellowship

Principle of Concept #7  
Delegation

# Repairing Burnt Bridges: Making the Impossible Possible

## **The impact of compulsive eating isn't limited to the compulsive eater.**

The negative effects of me being a compulsive overeater ripples out to others, both near and far. Step eight addresses this reality by putting the spotlight on my personal relationships. Previous steps called for us to look inward and upward, toward ourselves and toward a higher power. Steps one through seven helps me to recognize my own limits, acknowledge my own faults, and cultivate my own sense of humility.

Step eight invites me to look outward and forward. It puts a renewed focus on relationships by asking us a few simple questions: **How have you harmed the people closest to you and how can you make amends? How have you damaged your relationships and how can you repair them?**

Many members who hit step eight are tempted to go about it like this: "I've hurt a lot of people. I was wrong. I won't do it again."

That's not good enough. Broad strokes won't suffice. Recovery doesn't happen inside one's own head. It takes place in the real world, where real consequences follow real actions and real people suffer real harm.

**Anyone who wants to make solid progress toward long-term abstinence must take concrete steps to amend past wrongs and build new bridges.**

That means focusing on the details. What specifically did I do to whom and when? How do I right those specific wrongs? The answers don't have to be written down—perhaps it's best not to commit such personal

information to paper or tablet. Only the names of those harmed should be recorded, accompanied by a few notes that indicate why they're there or what needs to be done.

Repairing relationships is a tall order. Sometimes it sounds impossible. How can anyone make amends for every wrong they've ever committed to anyone? What if the other person won't listen? What if we're rejected?

## **Repairing Relationships Is Huge In Step Eight**

Those who are tackling step eight should be comforted by the wording of the prompt: willing to make amends. That's not an excuse for a shortcut. There are no excuses for shortcuts. It is a recognition of reality.

We don't have to travel to the ends of the Earth, but we must take concrete action whenever possible. Even when active measures are difficult, we must be prepared to seize the moment if the opportunity presents itself. If the other person rejects our apology, that's their burden. We can only control our own actions.

## **A Return to Selflessness**

There's no coming back from step eight. Once a recovering compulsive overeater has surveyed the damage, they can never un-see the repercussions. On the bright side, that means they can move forward shorn of guilt and ignorance. **By cleaning up the human wreckage caused by addiction, people can move forward with eyes wide open and hands outstretched.**



# Thirty Days!

I've reached my twenty-ninth day of abstinence. Tomorrow will be my weighing day and my highly anticipated thirtieth day. I've never gone thirty days without weighing myself, but the experience has been interesting! It really takes the focus off numeric results and has made me realize other subtleties of physical, emotional, and spiritual recovery.

Thirty days ago, I wrote a letter to myself about how bad I was feeling and how I never wanted to feel that way again. In fact, changes are happening.

Shortness of breath was one of the first things that went away, and I haven't been out of breath for days, not even when reading to my daughter. What a relief!

I couldn't sit on the floor for a long time or find a comfortable position, but the other day, I spent a lot of time sitting on the floor organizing some drawers with my daughter without suffering. Wow!

My migraines have decreased considerably, and consequently, so has my use of painkillers! The migraines are torturous, so this is a great victory.

What has been very evident in the last few days is how my irritability has decreased, both with family and people at work. Before, I was ready to explode at any time, but now it seems that without excess food and junk food, space has opened for me to think calmly and either solve things with more serenity or realize that it is not my problem to solve and really deliver it to a Higher Power.

One of the biggest changes has been to really feel that when I give my powerlessness to a Higher Power, my Higher Power works for me and does for me what I can't do for myself. This is getting me closer to God than ever before.



I've noticed that I can feel life in between meals. I was born anxious, so I know anxiety is part of my nature, but it is much more controlled since it is not being fed! It's not always easy. Sometimes, I need to stop everything and identify the emotion that is disturbing me at the moment and decide what to do with it without anesthetizing with food. This process has become more controlled every day.

I feel my clothes fitting me better. Before, I refused to buy even bigger sizes, but everything was super tight and at the limit!

Attending one meeting a day, working with a great sponsor, and using the Tools of Recovery has kept me working the program. Each day I've learned something new. The Big Book has been the great light at the end of the tunnel. Nothing has been perfect or easy, but the changes that have happened are indescribable! I feel like a phoenix rising from the ashes!

— Athena

Reprinted from: <https://www.oalife-line.org/recovery/thirty-days/>



## Step Three Prayer

*“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.*

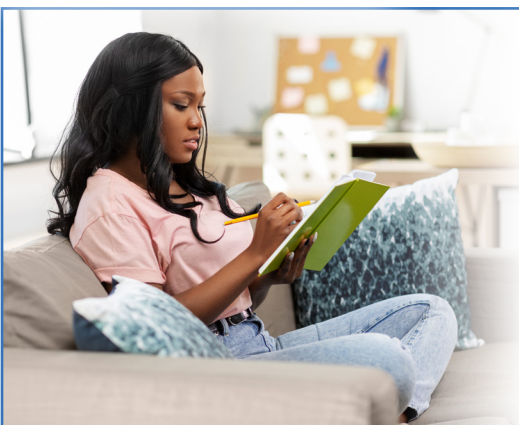
*Take away my difficulties,  
that victory over them*

*may bear witness to those*

*I would help of Thy Power,  
Thy Love, and*

*Thy Way of Life.*

*May I do Thy will always!”*



**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)**

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.”** *Tools of Recovery. © 2011 Overeaters Anonymous, Inc. All rights reserved*

# Great News! So Happy to Announce a New In Person Meeting!



Thursdays

7:00 PM

Cooper City

Literature Study

2525 Embassy Dr., Suite 10

*Milestones in Recovery/Embassy  
Lakes Professional Center*

Contact

Haya P. (954) 732-7728

Meeting Number: #57865



## WE ARE LOOKING FOR WORKSHOP IDEAS

- \* Got an idea for a Workshop?
- \* Know an available venue?
- \* Wanna do service by volunteering?

Let us hear from you.....we are beginning to plan for Fall 2023

Face to Face & Zoom

Sherry S.  
818-398-4160

Jody S.  
561-212-7366

## Intergroup Open Positions: Recording Secretary Twelve Steps Within Public Info/Professional Outreach

*Any form of service  
—no matter how small—  
that helps reach a fellow  
sufferer adds to the  
quality of our own recovery.*

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

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."

*Tools of Recovery. © 2011 Overeaters Anonymous, Inc.*

## Twelve Steps of OA

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer & 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.
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.

## Twelve Traditions of OA

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
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.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

## Your Trusted Servants

### Chairperson Sherry S.

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

### Vice Chair Andi S.

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

### Corresponding Secretary Diana S.

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

### Recording Secretary OPEN

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

### Treasurer Mike S.

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

### Parliamentarian and Ways and Means Lila

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

### Twelve Steps Within OPEN

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### Literature Jo G.

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

### Website Liaison Diana S.

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### Newsletter Editor Sara B.

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

### Public Info & Professional Outreach OPEN

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

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

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

## Principles of the Program

Step 1: Honesty

Step 2: Hope

Step 3: Surrender

Step 4: Courage

Step 5: Integrity

Step 6: Willingness

Step 7: Humility

Step 8: Love

Step 9: Responsibility

Step 10: Discipline

Step 11: Awareness

Step 12: Service

## OA Region 8 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 \(Chattonooq-](#)

Latin America: [Costa Rica](#)

### South America:

Argentina: [Comedores Compulsivos Anónimos](#)

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

Chile: [Comedores Compulsivos Anónimos](#)

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

## Gold Coast Intergroup Meeting List (as of 7/20/2023)

All Zoom meetings have the same dial in number: **1-646-558-8656** and the same **Password: 954954** (except when noted below)

- Check [OABroward.org](http://OABroward.org) for the most updated meeting list –

### Monday

**10:00 AM** St. Benedict's Episcopal Church Zoom

Zoom link:

[zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bI5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bI5RUx6dz09)

Zoom ID: 750 162 024 - Password 954954

Meeting Type: Big Book / Newcomers

Contact: Charles (954) 600-6280

Meeting Number: #800665

**10:30 AM** 4th Dimension Zoom

Zoom link:

[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

**7:00 PM** Regents Park Zoom

Zoom link:

[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

**10:00 AM** Good Shepherd Lutheran Church Zoom

Zoom link:

[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

### Tuesday (continued)

**7:00 PM** Crossroads 100 lb Zoom

Zoom link:

[zoom.us/j/516282779?pwd=cTFOUlgxaGx6aGhCd0JHcTdHbTVqdz09](https://zoom.us/j/516282779?pwd=cTFOUlgxaGx6aGhCd0JHcTdHbTVqdz09)

Zoom ID: 516 282 779- Password 954954

Meeting Type: 100 lb (all are welcome)

Contact: Marcia (917) 693-4729

Meeting Number: #54776

**7:00 PM** Our Lady of Lourdes Boca Raton - **IN PERSON**

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

### Wednesday

**10:00 AM** Science of Mind Church Zoom

Zoom link:

[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

**10:00 AM** TY Park – Zoom meeting

Zoom link:

[zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPciNOZz09](https://zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPciNOZz09)

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

Meeting Number: #800997



## Wednesday (continued)

### 10:00 AM TY Park - **IN PERSON**

Location: T.Y. Park - 3300 N Park Rd, Hollywood  
On Atlantic Street - Keep right and follow sign to  
Pavilion #2.

Meeting Type: Big Book  
Contact: Leon (305) 302-1377  
Meeting Number: #27545

### 11:00 AM - Coral Springs Literature - **IN PERSON**

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

### 6:30 PM Prince of Peace Lutheran Church Zoom

Zoom link:  
[zoom.us/j/337815181?pwd=NWhQWjg2UUdKT0ZxYW1CSElwbDVodz09](https://zoom.us/j/337815181?pwd=NWhQWjg2UUdKT0ZxYW1CSElwbDVodz09)  
Zoom ID: 337 815 181- Password 954954

Meeting Type: Beginner / Literature  
Contact: Mike (954) 675-7382  
Meeting Number: #800744

## Thursday

### 9:30 AM Good Shepherd Lutheran Church Zoom

Zoom link:  
[zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3YjhSTmd5UT09](https://zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3YjhSTmd5UT09)  
Zoom ID: 268 739 522- Password 954954

Meeting Type: 11th Step/Spirituality  
Contact: Jody S. (561) 212-7366  
Meeting Number: #56655

### 10:00 AM St. Benedict's Episcopal Church Zoom

Zoom link:  
[zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6b15RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6b15RUx6dz09)  
Zoom ID: 750 162 024- Password 954954

Meeting Type: OA Steps / Abstinence / Literature  
Contact: Brenda (954) 609-7393  
Meeting Number: #800666

## Thursday (continued)

### 1:00 PM Good Shepherd Big Book - **IN PERSON**

Location: 6301 SW 18<sup>th</sup> St. Boca Raton  
Meeting Type: Big Book Meditation  
Contact: Bobbie E. (954) 415-6005  
Meeting Number: #53679

### 7:00 PM Cooper City Literature - **IN PERSON** **\*\*NEW\*\***

Location: 2525 Embassy Dr. Suite 10, Cooper City  
(Milestones in Recovery/Embassy Lakes Professional  
Center)  
Meeting Type: Literature  
Contact: Haya P. (954) 732-7728  
Meeting Number: #57865

## Friday

### 10:00 AM Voices of Recovery Zoom

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 Number: # 800108

### 6:00 PM OA Literature Zoom

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

### 9:30 AM Good Shepherd Lutheran Church Zoom

Zoom link:  
[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

### 10:00 AM Good Shepherd Big Book – **IN PERSON**

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

## Saturday (continued)

**10:00 AM** A Vision 4 You/Plantation Zoom

Zoom link:

[zoom.us/j/194605389?pwd=c0lDdnprbFVFdStPUmVjd1RwK0pOQT09](https://zoom.us/j/194605389?pwd=c0lDdnprbFVFdStPUmVjd1RwK0pOQT09)

Zoom ID: 194 605 389- Password 954954

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

Contact: Nancy (954) 600-9513

Meeting Number: #800955

## Sunday

**12:15 PM** Pride Center Zoom

Zoom link:

[zoom.us/j/150175349?pwd=bFIFU28rWG9IRGxIRGVPVHhEWFZCQT09](https://zoom.us/j/150175349?pwd=bFIFU28rWG9IRGxIRGVPVHhEWFZCQT09)

Zoom ID: 150 175 349- Password 954954

Meeting Type: Newcomer / Speaker

Contact: Darlene (954) 299-8038

Meeting Number: #46694

**6:30 PM** Sunday Pompano For Today Zoom

Zoom link:

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlUT09>

Zoom ID: 872 0435 1241 – Password 954954

Meeting Type: Literature For Today/Voices of Recovery

Contact: Roz (516) 851-0677

Meeting Number: #800743

## Next Gold Coast Intergroup Meeting:

Please be sure to join us remotely for  
the next GCIG Meeting  
on the 3rd Sunday of every month at 2pm-3pm

Zoom Link:

<https://us02web.zoom.us/j/84375463048?pwd=dEgyRnFNSXhHVXBXNVB4a09vazBpUT09>