

# UNITY

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



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.

# SPECIAL GROUP MEET-UP

Sunday, Dec. 17th  
2pm-3pm on ZOOM

Thank you for being a member of OA! We gather together under the umbrella of the "OA Gold Coast Intergroup." Your input is critically needed in planning and crafting the 2024 vision for our Chapter.

**Please join us!**

Thursday  
7pm  
Cooper City  
Literature  
IN PERSON

Thursday  
10am  
St. Benedict's  
Episcopal Church  
ZOOM

Tuesday  
10am  
Good Shepherd  
Lutheran Church  
ZOOM

Monday  
10am  
St. Benedict's  
Episcopal Church  
ZOOM

Saturday 10am  
A Vision4You  
Plantation  
ZOOM

Wednesday  
11am  
Coral Springs  
IN PERSON

Wednesday  
10am  
TY Park  
ZOOM

Sunday  
12:15pm  
Pride Center  
ZOOM

Saturday  
9:30am Good  
Shepherd  
Lutheran Church  
ZOOM

Sunday  
6:30pm  
Pompano  
For Today  
ZOOM

Saturday 10am  
Good Shepherd  
Big Book  
IN PERSON

Wednesday  
10am  
TY Park  
IN PERSON

Wednesday  
6:30pm  
Prince of Peach  
Lutheran Church  
ZOOM



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

Dial In: 1-646-558-8656 • Meeting ID: 843 7546 3048 • Password: 954954

# What is the Overeaters Anonymous Intergroup?

When several groups form in an area, they soon realize that they can better perform together rather than separately. Groups may form an intergroup that is directly responsible to the groups it serves. Intergroups spring from a need to provide service for a number of local groups and to provide better information about OA in a community (adapted from OA Handbook for Members, Groups, and Service Bodies). Typical services provided by an intergroup are:

- Providing a central telephone number for information about OA and the local meetings
- Publishing regular newsletters or bulletins to keep groups informed about each other and upcoming OA events
- Coordinating speakers, public information, and contact with the professional community
- Maintaining a supply of OA literature and OA and AA books
- Sending delegates to regional assemblies and the World Service Business Conference

Separate 'Intergroups' make up 'Regions' and then the 'Regions' (11 in all) combine to make up the 'World Service'. Our Intergroup, Gold Coast, is part of Region 8 (also called "Southeast OA Region 8," or the acronym, SOAR8), which serves Southeast U.S., Puerto Rico, Caribbean, Central and South America.

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

## 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 \(Chattonoog\)](#)

Latin America: [Costa Rica](#)

### South America:

Argentina: [Comedores Compulsivos Anónimos](#)

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

Chile: [Comedores Compulsivos Anónimos](#)

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



# The Steps that helped me to overcome a lifetime of compulsive overeating

*I'm \*Siobhán and I'm recovering from a lifetime of overeating and binge eating. Here is my story.*

## Childhood

**I remember eating too much from a young age and feeling terrible about my size at 9 years old.** However I couldn't stop overeating then or for years after. While it seemed I overate with impunity back then, I wasn't to know that I already had a compulsion to eat certain foods that was so powerful it led to a top weight of 272 lb. and ultimately to giving up hope of ever losing my excess weight or feeling ok with my body. It also led to feelings of guilt, embarrassment, shame and failure, along with other issues linked with being overweight or very overweight as I was then.

**While once topping 272 lb., I mainly weighted between 213 lb. and 250 lb., but this depended on what I was or wasn't trying to do to control my weight.**

Achieving anything close to a healthy body weight just didn't feature so trapped was I by a compulsion to either overeat, binge eat or both. Shifts in this pattern were generally short lived and further apart as the years went on.

I was introduced to dieting at the age of 12 after gaining 100 pounds over a few years. I was the only fat girl in town and in my local school. While I wanted to feel accepted, I felt my weight meant I wouldn't be. My childhood felt blighted by being overweight. **I was never sure I made 'the mark' whatever I thought that was at any given time and as a 200+ lb. teenager I saw little prospect of having a boyfriend or indeed a career.**

Local health services, aware of my weight from school health checks, arranged for food restriction in a contained environment. **This was my first introduction to dieting. While it resulted in a 48 lb. weight loss, it didn't change my sense of being different and did little to curb my desire for excess food.** It had only addressed the symptom (excess weight), nothing else had changed.

Following the enforced dieting, and armed with a large supply of what I now know were amphetamine based appetite suppressants, I returned to familiar surroundings hopeful, if apprehensive. I was entering secondary school that year and had missed the first two weeks of term. Everyone seemed to know each other and I felt like an outsider. **Six months later I had regained the lost weight and more besides, despite self medicating on a higher dose of the appetite suppressants than were prescribed.**

Humiliated and defeated, I eventually felt I had no choice but to resign myself to another period of imposed food restriction in the same environment as before. **By now I was 14 years old.**



<https://www.oalifeline.org>

## Teenage Years

Following another weight loss of 5 lbs., and having persuaded all that I could be trusted to manage my weight independently, I ventured forth less hopeful this time, though determined not to return to the contained environment, **but with no idea that this food thing had a far stronger hold on me than I could ever have imagined. It took many more painful years of weight losses followed by even greater weight gains and eventually that of the 12 Step Program of Overeaters Anonymous, for me to recognize just how powerless I was over my compulsion to return to eating and overeating again and again the high sugar, salt and fat based foods, and to begin to approach my overeating and life differently.**

In the intervening years I worked, played and lived life as best I could, but never long without the struggle with food and the dissatisfaction about my size being far from my mind. Although determined not to be defined by this, there remained the **sense of being different, of not quite fitting in, of not being quite good enough, which led to trying to prove myself in situations and relationships.** This in turn led to a less than satisfying sense of life and relationships in general. I still wanted to be liked and to fit in so I tried to please people. If I got overwhelmed with this I'd withdraw, if not physically, then emotionally. Where I'd given more than 100%, I could resent this later although no one had asked for or expected that from me in the first place. Then I became annoyed with myself. **Food was my go to, to quiet the underlying emotions and tensions, like a default button.**

**While I occasionally dieted and lost significant amounts of weight, these times were followed by long periods of regularly overeating**

**and binge eating in between.** There were occasional periods of feeling safe around food when I didn't feel compelled to eat large amounts or a second helping, though these never lasted more than a year or so at most. There were also many short term diets, which I referred to as 'detoxes' to camouflage what I was doing. Far from detoxing or making an impression on my weight, these diets and dieting in general seemed to worsen the problem. The 'detoxes' invariably ended after a day or two, despite having bought the required ingredients. **What limited success I had, usually the loss of half of that promised by the quick fix method, I regained in days or weeks at most.** Then there were the efforts for the special occasions; a wedding, sun holiday, graduation or just to loose some weight so I could eat as I wanted at the wedding or on holiday! After all hadn't I exercised 'control' for days or weeks so I could have 'a good time'. The sheer irrationality of it all. Looking back, I can see how unreachable I was where my eating and weight were concerned. I thought I knew what was best for me. **Yet I kept doing the same things over and over while expecting different results. I really had no idea that this food thing had a far stronger hold on me than I ever imagined.**

## **Adulthood**

**Despite access to knowledge and understanding that could have helped with my food addiction in my adult years, and that of being reasonably capable in other areas of life, I remained stubbornly adverse to anything that could help with the overeating long term.** While I progressed in life (yes I got that career despite my fears), had a comfortable home, good friends and enjoyable interests, **food was and remained my master.** Good days, bad days, in between days made little difference to my overall pattern of eating and food related behaviors. On one hand food was like a good friend, bringing ease and comfort when needed, but unlike a good friend this lasted all but seconds before the regret, guilt and shame kicked in after yet another failure to control my eating. It seemed that sooner or later I always returned to overeating and had a craving for certain types of food, which I couldn't go long without unless on a diet, which always came to an end sooner or later.

## **Impact on my health**

Apart from the onslaught of overeating, binge eating and overweight on my self esteem, there were conditions either caused or worsened by the excess weight such as joint problems and issues with my gall bladder that needed surgery. My normally stable blood pressure started to rise. I got gout and Barrets Syndrome. I was on medication for this plus over the counter and prescribed pain relief. **I was surely facing an uncertain future health wise. Yet I was able to side step these realities and continue to eat indiscriminately. Truth was I was dependent on food and my eating behaviors to get me through life only I couldn't see this.** Whenever reality threatened to break through I could rationalize, justify, minimize or excuse my difficulties or blame them on something or someone else. I was truly hooked. Food really was my master. There were times of feeling hopeless and some of despair, although I covered this up well or so I thought.

## **The beginning of the end**

One day I just broke down and cried when talking to a friend who was aware of my health concerns. What if I couldn't walk? I feared for the future and how I would survive alone if my health deteriorated

to the point that I couldn't manage. **Despite having a faith in God and attending a supportive church, I was mostly unable to share my deeper concerns. Instead I presented the most capable, independent, self that I could.** While I imagine some saw through this, others saw me as happy and successful, only this didn't reflect on the inside. Always wearing the smile and trying to put the best foot forward is an unnecessary burden. My real self was compromised. I was losing touch with myself. What was I to do?

## **Overeaters Anonymous**

I knew of the existence of Overeaters Anonymous (OA) as I had attended meetings years before, but I never really understood the essence of this remarkable 12 step Program back then, nor was I willing to put in what was required to get me well and free from the compulsion to overeat. **Although I had left OA, the memories of the identification, relief and belonging I experienced at my first OA meeting many years earlier never left and somehow I knew it was my only hope.** I had tried most everything else, but always regained the weight and more besides while still craving certain foods. I couldn't face more of this. I had tried my way and it always led back to overeating and binge eating. I saw a number for a local OA meeting in my library one day. I noted this down, although it was several months before I ventured to attend. **This was ten years ago and I haven't left since.**

## **Transformation**

**In OA I learned many things about myself, my relationship with food and my approach to life generally.** First I came to understand the real crux of my relationship with food and how this effected my life. **I had never considered the possibility, that like a person hooked on alcohol, I was hooked on certain foods in that once I started to eat these my body and mind reacted in such a way that I craved more of them.** This most often occurred immediately after taking the first few bites of these foods. This led to wanting another bite and another until an episode of overeating had occurred or a full blown binge was triggered. If it didn't occur immediately after the first few bites of these foods, it happened later when I felt compelled to eat these foods again for the ease and comfort they brought when I felt upset or tense or for any reason, all be it that the effect was so short lived it certainly wasn't worth the pain of overeating or binging thereby keeping the whole cycle going and leading to more weight gain in the end. **The only solution was to abstain completely from these trigger foods. They just weren't necessary to sustain life comfortably.**

**I came to accept that I needed something more than my own will power, which always failed me in the end.** I used the strength of the OA group and my faith in God to help me let go of the foods I craved while I started working the 12 step recovery program of OA. I drew strength from other members experience and growth in the program. **I am gradually surrendering my way of doing things, something I had never really fully done before despite having an idea of the necessity of this if I was to overcome my obsession with food.** I'm learning how to approach past issues in a way that helps me to address these better than before. I am softening towards those I find it difficult to get along with, or towards whom I can feel resentment, dislike or who I think might dislike me. I'm getting better at letting go of negative and judgmental beliefs and I'm taking more of a genuine interest in others and their welfare and becoming less occupied with all my own concerns, needs and wishes, while also trying to keep a healthy balance and perspective in this regard.

All of the above and more was necessary I believe on my journey to receiving one of the many gifts of OA, which is **a way to live life without having to overeat or use food for other than what food is basically meant for....to sustain life.** I'm learning that neither my world or the world in general stops if I don't have the foods and ingredients that I previously couldn't imagine living without. This is all a work in progress. Although possible to fully recover from an eating disorder, I don't feel I've arrived, but am on a journey that gets better as I invest in it with its potential for joy and freedom in living.

No longer preoccupied with what I weigh now or might weigh in the future, no longer obsessing about size, shape or what I will or won't or should or shouldn't eat. No endless worry about matters or people that I've no control over. Less build up of anxiety or tensions due to my own making or omissions and a way to address these when they arise. These are just some of the promises of OA being fulfilled for me as I live the 12 steps way of life. It's easy for me to see as I write this how I wouldn't want to trade the best of my pre OA days for the toughest of any today.

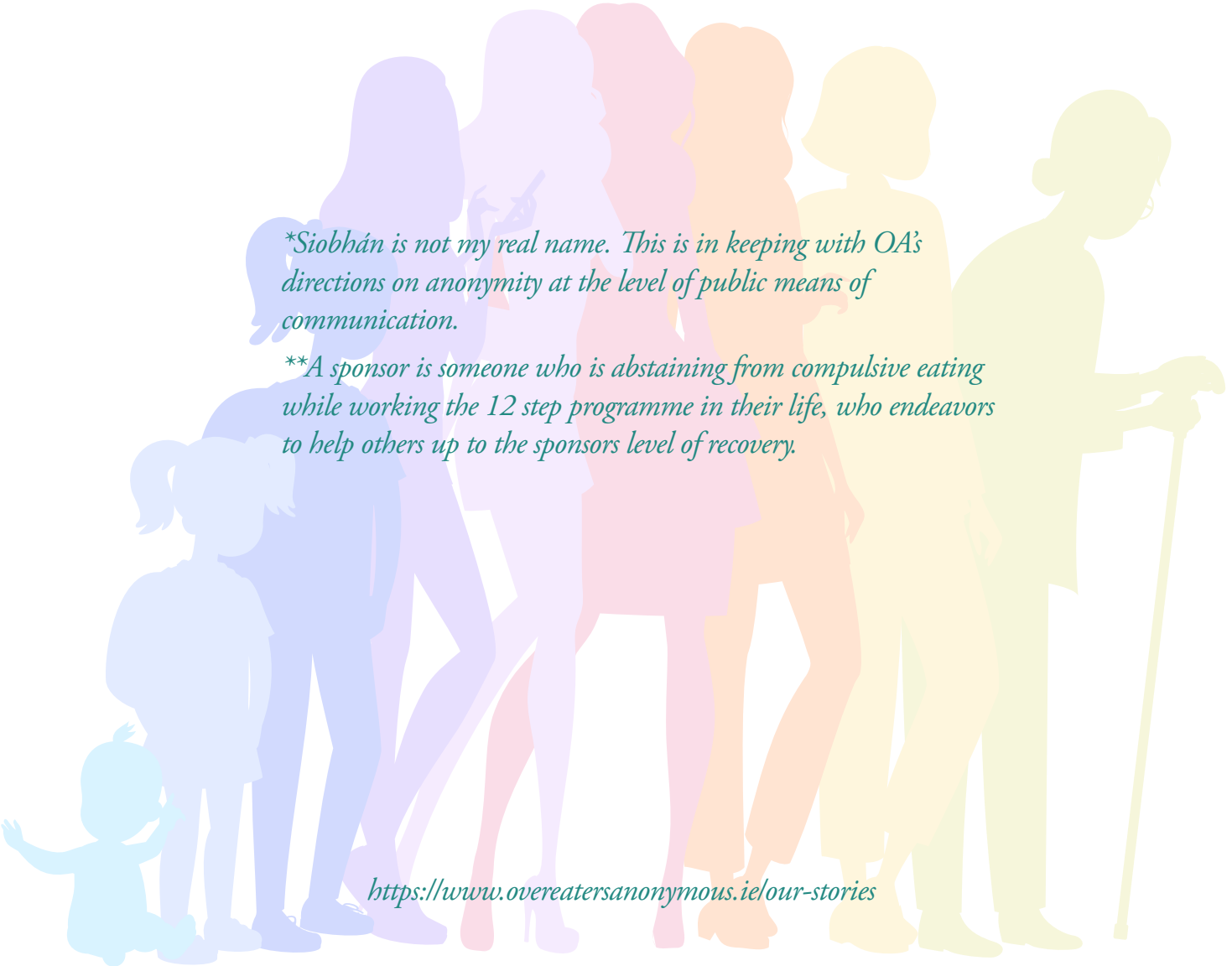
**Now I have a means of living that offers huge hope. I weigh over 84 lb. less than when I rejoined OA. My overall health is greatly improved. My cholesterol level is within the normal range. Barrets Syndrome is no more and it's been possible to reduce my medication by 75%. My energy levels have increased and I sleep much better.**

I'll be eternally grateful to all the wonderful members of OA worldwide, who, since one of its founding members first saw that the 12 step program worked by so many to deal with alcohol dependency, could work equally well for food issues, including overeating, binge eating or undereating, for their dedication in sharing their experience, strength and hope of a full recovery from these debilitating food related conditions. This was especially evident during the Corona Virus Pandemic when almost all meetings worldwide went online and became so accessible that it's now possible to attend them all over Ireland and elsewhere, including many different types of meetings, workshops and OA events designed to help however a person may be affected.

**If anyone reading my story feels that they have, or may have, a problem with food then may be OA can help. You will be welcomed with open arms if you decide to attend. OA welcomes all irrespective of background, ethnicity, gender, culture, faith perspective or not, or sexual orientation.**

Even if you are unsure if you are a compulsive eater, you are still welcome at OA meetings. Many if not all of us only learned the nature, extent and solution to our eating problem and other issues in the rooms of OA through the experience, strength and hope of other members and from reading OA and AA literature, in addition to the help of a \*\*sponsor guiding us through the 12 steps of OA.

**Welcome to Overeater's Anonymous. Welcome Home.**



*\*Siobhán is not my real name. This is in keeping with OA's directions on anonymity at the level of public means of communication.*

*\*\*A sponsor is someone who is abstaining from compulsive eating while working the 12 step programme in their life, who endeavors to help others up to the sponsors level of recovery.*

<https://www.overeatersanonymous.ie/our-stories>

# Finding a Solution

*My earliest childhood memories are of me eating food in secret. Up until the age of 23, when I came into recovery, I went to great lengths to steal money from my family, friends and neighbors to buy food.*



No matter whose kitchen I was in and at any opportunity I had to be alone, I would raid the cupboards and the fridge. I had huge embarrassment about the way I ate as I recognized that others didn't eat the same way. I never knew how much food was enough and during the times that I would eat with other people, I can remember feeling mortified if comments were made about the volume of food I had served myself. Whenever I had finished a meal, I would wait in anticipation for the next. **I often overate until I threw up and on weekdays, before school started,** I'd buy food from the store and hide it in the gym cupboard. This was my secret hideout and I would lock myself in there during break time to have my supply. My packed lunch would've been eaten daily before school even began. Growing up, I found it difficult to form friendships and relationships with people. I would make up stories, tell lies often and never felt comfortable in my own skin. Eating food was a way of escaping from feeling so socially awkward.

My eating got progressively worse over time. The quantities became greater and my obsession with food and how I could get my fix was constant. **I hated the physical effects of gaining weight and became obsessed with exercise. I lost weight and I loved the attention it brought from others. I felt like I had discovered the meaning to my life and all I needed to do was get and stay thin.** My thoughts and actions revolved around not putting on weight and so extreme dieting, exercise and the introduction of laxatives became a part of my daily living. I was very moody and gave a lot of grief to others, particularly to my family if they got in my way of what I was trying to achieve. This way of living was very difficult to maintain as I had a constant craving to want to eat. Sooner or later, I would find that I couldn't stop eating again and all the weight I'd lost would go back on. It was despairing. I had no idea that the problem was within me and centred in my mind. I started drinking alcohol and taking pills and the obsession I had for these substances was instant.

I believe I was an alcoholic before ever picking up a drink. All I needed was the substance of alcohol to set me off.

Through a number of circumstances, I was introduced to Overeaters Anonymous. I got great relief because there I found people who I could identify with and they openly shared (without shame or guilt) about what their eating had been like for them. I was amazed how they could live and be free from the constant calling to want to eat. I recognised that, for me, I had the disease of addiction and my whole life I had swapped one substance for another. It made sense to me that I needed to put down every drug (food, alcohol and pills) to have a chance at a sober life. **I asked a woman to sponsor me and to show me how to work the 12 steps with the help of the Big Book of Alcoholics Anonymous.** I had to set aside what I thought I knew about getting well and that my best efforts had brought me to a place of complete physical, mental, emotional and spiritual bankruptcy. The power of choice with food was gone for me, I had no idea what to eat, how much to eat, what foods were right for me to eat or what time I should eat. I started on a weighed and measured food plan to provide nourishment and energy for my body. I became open to the idea of a Higher Power and began to get a sense that I was being taken care of, the more I took action with the 12 steps and accepted I need help with all areas of my life.

Today, the compulsion and obsession for food, diet, weight and exercise has been lifted. I have the peace of mind I always wanted and I continue to see this in others too. **For my own recovery, it is imperative for me to share – my story with others and pass on what I have been given. I'm truly grateful that there is a solution and that the members of Overeaters Anonymous continue to be there for me.**

– Anonymous



## I'd a double life

**I am a compulsive overeater. I have always loved food – the buying, eating, baking, reading recipes, watching cooking programs, going to restaurants – all of it.** As a child I'd bake on a Saturday at home. I would make twice or three times the volume suggested in the recipe. As an adult, going out for meals was a pleasure and an easy way for me to socialise. **I'd a double life though. I'd eat a certain way in front of people and at times another way when on my own.** I started to binge eat in my late teens. I'd eat an extra breakfast or have a lunch that went on and on switching between sweet and savoury foods. I'd hope that the family would be off out so that I could eat unnoticed. Not that they ever criticized what I ate but I knew I didn't want to be seen to be having another slice of cake or going back again for yet another sandwich/bag of crisps/ ice-cream – whatever was in the house. If I thought someone was on their way back into the house I'd scurry to put the packaging in the bin, tie it and put it outside. I'd feel so awkward if I was 'almost caught', afraid that it might be written all over me what I was up to. **How could I explain that I'd just want another piece or a bit more but that when I'd have that I'd want still more?**

**Over the years the binges got more frequent and larger and I had the physical consequences of eating more food than I needed.** I tried to control the effect of the food by exercising, going to weight loss clubs, only buying low fat foods, watching calories, only eating certain foods if I was out, only buying certain foods and lots of other schemes. I tried to slow my eating by using a small spoon or chopsticks! I had various 'success' with these measures but in reality I wasn't able to manage my weight or the food. **My weight went up and down but mainly up and my obsession with food took over more of my head space.** My excuses that I once had – I've to study, I'm tired, I'm getting used to a new job were no longer relevant. My outside world was largely what I'd


hoped for but I still couldn't manage to stay away from the food. I wanted to lose weight and eat.

**As things got worse I'd swear to myself (again) that I wasn't going to eat like that tomorrow, that I'd start again and eat normally, eat like other people, that I'd get home without pulling into the shops but my promises just faded the next day.** The obsession to have something was greater than my resolve to 'be good'. I was desperate to stop what I was at because I hated the physical effects of the food; not being able to get the clothes I wanted and being embarrassed about how I looked. In addition feeling miserable, hopeless and that I was self-destructing after the binges was awful. Just knowing I'd a problem and promising to do better were not enough to bring about a change. **In the end I felt hungry all the time, I couldn't be satisfied and I couldn't not eat.**

**Somewhere in me I realized that I was beaten, that I couldn't go on like this and yet I'd no idea how to do anything any different. I'd seen a notice that said "Is food a problem for you?" with a contact number for Overeaters Anonymous.** I got the courage to ring the number. Although I was nervous, within seconds I had the feeling that the woman knew what it is like. I met up with a member of OA and she shared her story of what it had been like for her. It was a relief to hear her share about her previous food life. Meeting her gave me hope that things could change that I wouldn't have to live the way I was. In time I experienced the programme of OA which is a 12 step fellowship based on that of Alcoholics Anonymous. I have found a way of life that works for me today. The food isn't calling to me. I'm not fighting it or avoiding it. It is in its right place.

**Just for today I don't have to self destruct.  
There is a solution, a way out.**





# My mind is no longer clouded by excess food

My addiction to food started when I was 3. **For as long as I can remember I always got comfort from food.** When my emotions and life were bothering me I would use food to block out the pain. Throughout my childhood I used more and more food, I just felt I never had enough. I never liked sharing food, my disease progressed, my mood was low and I felt sad and lonely a lot. I never understood why I felt this way. I could honestly say I never knew what it felt like to have contentment.

Throughout my teenage years and early twenties my disease changed. I was very unhappy about my self-image and the thought of seeing my reflection disgusted me. I rarely ate breakfast. In the afternoons I would eat very little and as soon as it was night time I would binge eat. Some days I would feel a lot of shame about the amount of food I had consumed and then I would try and control the food. I never had the willpower to stop eating sugar once I'd started. I always ate way past the point of feeling full. Diets never worked, I would start on a Monday and by the evening I would be back binging again. I would see my friends sticking to diets and healthy food plans. I could never do it.

**My disease wears many different masks.** It can seep out into all different areas of my life. My whole life I used food, drugs, shopping and cleaning to make myself feel better about the person I was. I searched outside of myself for the answers. None of them worked. My life became more unmanageable and out of control.

**Today my life is very different.** When I came into Overeaters Anonymous I learned that I had a disease called compulsive eating. As I heard other members share their experience I identified with their stories and began to feel a part of the group. To me this gave me a sense of peace. For the first time ever my food behaviors all made sense. I realised that I could not do this alone. All my life I had been trying to manage my eating disorder. With the help of the Overeaters Anonymous fellowship I am learning a new way to live. My whole attitude and perception of life has changed.

**My food plan is 3 meals a day. To me this is a miracle and has transformed everything.** Today I have a real sense of peace and serenity, my mind is no longer clouded by excess food. I am forever grateful to OA and its members.

– Anonymous

## **A Plan of Eating**

*As a Tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.*

## **What is the difference between Abstinence and A Plan of Eating?**

*The definition of abstinence is the same for all members, but the details of A Plan of Eating for each member may differ depending on what compulsive food behaviors we engaged in while practicing our disease, such as overeating, under-eating, and purging. A Plan of Eating is a Tool to help the OA member to maintain abstinence, i.e., to refrain from compulsive eating and compulsive food behaviors and to work toward or maintain a healthy body weight. There are as many “plans of eating” in OA as there are members, and a plan may change over time for each member.*

## *Twelve Steps of Overeaters Anonymous*

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 Overeaters Anonymous*

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.

Principle of Step #12  
Service

Principle of Tradition #11  
Anonymity

Principle of Concept #12  
Guidelines  
(a) Selflessness  
(b) Realism  
(c) Representation  
(d) Dialogue  
(e) Compassion  
(f) Respect

## Gold Coast Intergroup Meeting List (as of 7/30/2023)

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=MEhrS2U2ajVzd2pvRkt6bl5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bl5RUx6dz09)  
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>