



UNITY

Overeaters Anonymous Gold Coast Intergroup Newsletter

December 2018 – January 2019

www.oabroward.org

OVEREATERS ANONYMOUS

WORKSHOP ON THE TWELVE STEPS

A 15-session workshop designed to help participants
Achieve and maintain abstinence through working all Twelve Steps

January 4 - April 26, 2019
Fridays excluding Good Friday, April 19
10AM to 12 Noon

January 4 is the Introductory Session

The following OA approved literature will be used in the workshop sessions and homework assignments:

- Twelve Step Workshop and Study Guide
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous
- Alcoholics Anonymous, Fourth Edition (the Big Book)
- Twelve Steps and Twelve Traditions of Alcoholics Anonymous
- Overeaters Anonymous, Third Edition
- For Today

Participants will need their own copies, a loose leaf notebook or copy book and a pen.

Workshop Location:
Good Shepherd Lutheran Church
6301 SW 18th Street., Boca Raton, FL 33433

Questions? Contact Harlene: 954-956-0982 or Sande K.: 954-610-6205

No new members may join after the Introductory Session.
Participants commit to attend and fully participate in all sessions.

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

This newsletter is locally produced; reflects the experience, strength, and hope of various OA members; does not represent OA as a whole.

From Your Chair,

As we come to the close of 2018 we look forward eagerly to the future of January 2019.

I would like to take this opportunity to say thank you for all of the support and service that has been given by all of this fellowship to our Intergroup, Region Eight and World Service. With each of us joining hands and working together OA will continue to be here for the next newcomer that walks through our doors.

As we look forward to our upcoming convention and assembly "Sunlight of the Spirit" on April 5-7, I look forward to working with each of you on this wonderful endeavor to bring the message to so many more in our local area as well as people coming in from all over our region. Please be sure to register early as there is limited space at the hotel.

It has been my honor and blessing to have served as chair for this year. Your new board will be in place in January and I know we will continue to support and be of service to carry the message in 2019.

*Blessing of Light,
Andi S.*

Speakers Bureau

These OA members are willing to give service by sharing their experience, strength and hope at your meetings.

Please confirm their availability to speak and be sure they meet your group's speaker qualifications if applicable.

If you would like to join the list please let us know and we will gladly add your name.

Andi S.	954-295-1123
Bill Z.	508-294-5136
Booky	561-573-4372
Dolores	561-265-5668
Fela	305-527-1942
Flo M.	954-870-7233
Heather	954-806-7766
Joyce M.	954-684-8152
Kevin	786-566-8112
Lonna	305-338-0423
Louis	954-496-3278
Martha	954-971-3932
Maureen H.	954-600-1483
Mike	954-270-9169
Mort B.	954-969-9516
Patty G.	561-927-0542
Ted S.	954-921-8370

Your Gold Coast Intergroup Trusted Servants

Chairperson, Andi	954-295-1123	goldcoastoa+chair@gmail.com
Vice Chair, Louis	954-496-3278	goldcoastoa+vchair@gmail.com
Treasurer, Lila	954-593-6621	goldcoastoa+treas@gmail.com
Corresponding Secretary	OPEN	
Recording Secretary	OPEN	
Parliamentarian, Booky	561-573-4372	odatbook@yahoo.com
12th Step Within, Sande	954-610-6205	blueskiesinhollywood@gmail.com
Public Info/Professional Outreach, Maureen	954-600-1483	goldcoastoa+pipo@gmail.com
OA Literature	OPEN	goldcoastoa+lit@gmail.com
Ways and Means, Lila	954-593-6621	goldcoastoa+treas@gmail.com
Webmaster, Helene K.		goldcoast+web@gmail.com
Unity Editor, Diana	954-234-7696	goldcoastoa+unity@gmail.com



Please join us at Intergroup at the Community Presbyterian Church

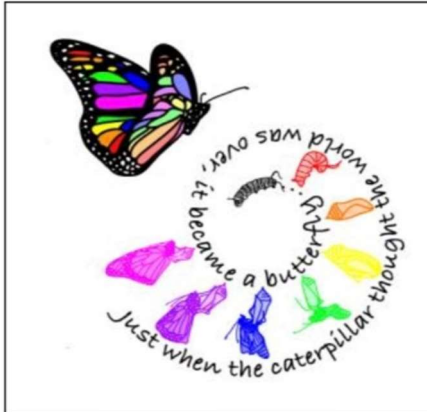
4433 Bougainvillea Dr., Lauderdale-by-the-Sea 33308

Located one block north of Commercial Blvd and one block west of A1A

On the 4th Saturday of Every Month (Subject to change for holidays and other events)

29th Annual Florida State
Convention of Overeaters
Anonymous

**“Together We
Can... Believe,
Achieve, Receive”**



Feb 22-24, 2019

Hilton Cocoa Beach Oceanfront
1550 N Atlantic Avenue
Cocoa Beach, FL 32931
(Reservations) 1-866-580-7402
(Hotel Direct) 321-799-0003
cocoabeach.hilton.com

For copy of registration flyer:

<https://www.oaregion8.org/events/2019/02/2019-FSC.pdf>

SOAR REGION 8 BUSINESS ASSEMBLY &
GOLD COAST INTERGROUP RECOVERY CONVENTION

Sunlight of the Spirit

APRIL 5-7 2019

Whether you are new to the program or an "old-timer", we invite you to a weekend full of recovery and fellowship, basking in the Sunlight of the Spirit

Register Early (before 2/1/2019) and save!!

Register online at: SunlightOfTheSpirit.eventbrite.com

Registration Questions? Call Mike S. at 954-675-7382

Visit OABroward.org for updates



Willing to be of service for the Recovery Convention? Contact:
Andi S 954-295-1123 spiritmade351@gmail.com
Maureen H 954-600-1483 OA.Maureen@gmail.com

Book Your Staycation:

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

Reservations: (954) 424-3300 or Online: <https://goo.gl/uUzeBT>

Mention "Gold Coast Region 8" to reserve your room at the discounted rate of \$159/night plus tax

DONATIONS NEEDED

Can you help??



Needed: Boutique items for Region 8 Business Assembly & Convention April 5-7, 2019

Please consider donating new and gently used clothing, household items, jewelry, electronics ...anything that could be resold to raise funds to support OA!

To donate items, please contact:

Annabelle K 315-335-9775
Annabelle.kerwin@me.com

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

From Your Unity Editor,

They say ask and you shall receive, and that's exactly what happened to me. I asked in meetings and at Intergroup for contributions to this newsletter and I was blessed with responses. You will find contributions from our members on the following pages, and this includes an article written in Spanish from Fela F. to support our new Spanish language meeting in Hollywood on Monday evenings.

This Unity newsletter belongs to us all – so feel free to send me anything you would like to contribute to future newsletters, as well as any ideas, thoughts, or comments (email to goldcoastoa+unity@gmail.com).

Diana S.



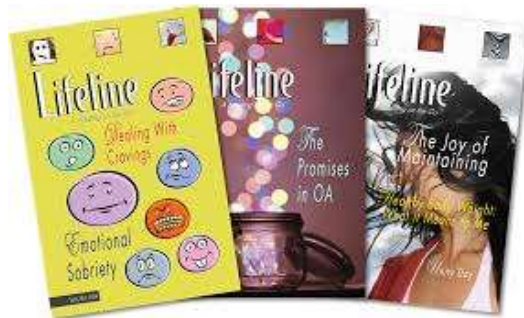
Support Lifeline Magazine

by Cindy L., Chair, OA Board of Trustees

I would like to bring your attention to one area of concern, a service that is currently costing more than the income it provides: our own Lifeline magazine. Sales have been declining over the past two years, and print and online subscriptions remain at only 5,000, a number that approximates just 8 percent of our membership.

Lifeline has been part of OA for more than 50 years, and I want it to be there for those who need the extra support it provides to the Fellowship. What would it take to make Lifeline fully self-supporting? Only about 2,000 additional subscriptions—just one for every 25 OA members! Lifeline can be delivered worldwide, and the online version is instantly translatable into any of 103 languages. Any significant growth will help sustain Lifeline as a recovery resource for members and an outreach tool to attract the still-suffering compulsive eater. Consider purchasing subscriptions for yourself, a sponsee, and your local library or health care facility. The more we support Lifeline, the more fully we support ourselves.

Visit <https://oa.org/members/lifeline-magazine/> for more information on ordering the print or electronic version of Lifeline magazine.



Never Ending Journey (Reprinted from a Taste of Lifeline)

Service is the spiritual Principle of Step Twelve. Doing Twelfth Step work is one of my greatest joys in program today. When I can do service, stop being centered on self, and get into the solution with a fellow compulsive overeater, I am brought closer to the God of my understanding. I know that in my first two to three years of recovery, I had the notion that I could one day leave the rooms because I would have arrived at the end of my OA journey.

I know today that I have not and I will not. This is a continuous journey, one day at a time, for the rest of my life. It says on page 100 of the OA Twelve and Twelve that we never arrive, “even when we’ve reached a goal of health, body size, or weight; even when we’ve worked all twelve steps to the best of our ability; even when we’ve celebrated milestone anniversaries of abstinence and recovery; even when we’ve been placed in positions of trust by other OAs and have rendered service on the group, intergroup, regional, and international levels.”

This tells me my service journey is never ending. The same goes for my OA program journey. I will not graduate from OA service or OA program. Overeaters Anonymous teaches me I will only continue my spiritual growth as long as I work the Twelve Steps. I must do this work every day. I cannot rest and relax in the results of the work I did yesterday. I cannot be complacent with what I have already received through service work and not make any further efforts. I do not have the luxury of resting on my laurels. Also on page 100, it says we need to “keep developing our spiritual consciousness, if we are to remain spiritually awake and spiritually alive” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous).

My life is, indeed, much more happy, joyous, and free today. My spiritual life is much more alive. I am in a beautiful, loving, nurturing relationship with God, as I understand God. That’s because of the work I have done and will continue to do in this God-blessed and God-inspired program of Overeaters Anonymous!

I write this with sincere gratitude for the honor to be of service and to continue my spiritual growth through this writing. —June 2013

MEDITANDO SOBRE EL PASO 12

El mes de Diciembre me pone nostálgica. Representa un final que presagia un comienzo. Así como la naturaleza se está siempre renovando, yo busco la constante renovación de mi espíritu. Analizo este año que termina y las cosas que necesito reparar, completar, finalizar. Proyectos que no he terminado y que he dejado para “después”. Cosas que prometí y no cumplí, llamadas que no devolví, etc.

No me siento culpable; aprendí hace tiempo que el sentimiento de culpa no resuelve nada, sólo me da “permiso” de seguir actuando inapropiadamente. Busco sólo reparar mis errores y dejar la pizarra limpia. El año entrante comienzo de nuevo; nuevos errores son nuevas experiencias de aprendizaje y el ciclo de renovación continúa.

El Paso 12 conlleva una promesa; mi Poder Superior, a quien elijo llamar Dios, me dice: Bueno, has hecho un buen trabajo con los primeros once y te tengo un regalito es un Despertar espiritual. El único problema es que no lo puedes retener a menos que lo regales. Cómo? Pregunto. Sí, esa es la paradoja. Necesitas pasárselo a otras personas en forma de servicio. Los principios que aprendiste al trabajar los pasos, tienes que practicarlos en todos tus asuntos.

Para mí eso significa amansar ese ego que siempre ha estado fuera de control, recordar que no soy tan importante, que no se trata de mí. No se trata de complacer a otros tanto como ayudar. De dar sin expectativas y recibir la recompensa de ver a otros recuperándose, y a una confraternidad de gente como yo, creciendo a mi alrededor.

El condado de Broward tiene ahora su primer grupo de Comedores Compulsivos Anónimos en Español. Le llegó su momento. Tengo un enorme placer en verlo crecer y desarrollarse y en ser una parte activa en él. Les mando todo mi amor y un gran abrazo.

- Fela F

OA - Overheard at a Meeting



“The biggest room in the world is the Room for Improvement”

“A thought is NOT a command”

“Yes, the thought is there, but not the URGE!”

“It’s not what you are eating, it’s what’s eating you!”

“Stop eating and stay STOPPED”

“What does all this have to do with my eating?”

“I’m so self-righteous in my resentments”

“Please God, tell me what I should be eating now”

“It’s such a beautiful thing to watch myself unfold”

“My disease tells me that I don’t have a disease!”

“Actually defining what I am truly powerless over.”

“My stomach is full, but my mouth is still hungry”

“I really, truly can’t do this by myself”

“If you are always on someone else’s back, they can take you anywhere they want”

“I created an updated version of Step 3 for myself: *Made a decision to turn our will, our lives, and OUR FOOD over to the care of God as we understood Him*”

~~~ **Service!** ~~~

While we all light our houses , do spend some time today to light a few lamps inside you and sit in silence with your eyes closed...

Light the first lamp inside you and let it burn your anger and / or jealousy that you may have for any one till date; see it melt away...

Light the second lamp and let it burn away unwanted greed and desires... feel happy and contented with what you have been blessed with.

Light the third lamp and let it fade away all insecurities that you may have in your mind related to anything or financial; just believe that God has given you life and he will surely give you enough to survive.

Light the 4th lamp and carry that lamp to each part of your body; let it burn away all your diseased cells or any disease in making. Feel healthy as this lamp travels to each body part and illuminates each organ.

The 5th lamp is a miniature of the Sun... nothing but the divine light... light it in the center of your body and let it fill the warmth and love inside your whole body...feel one with the Divine... let the love and warmth filled inside you ooze out of you through your smile...eyes, speech...and body....carry this love with you throughout the day...you will find that everyone who meets you is happy and elated. This is the biggest blessing that whoever meets you becomes happier after meeting you... this will also make you happier in return.

Light these 5 lamps each day morning or focus on one where you need the most work and carry the positivity wherever you go...

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

OA Literature is now available locally at cost. Intergroup absorbs shipping and handling costs to help make literature more affordable for you.

If you or your meeting needs books, pamphlets or Recovery coins, please contact Diana 954-234-7696 / [goldcoastoa+lit@gmail.com](mailto:goldcoastoa+lit@gmail.com)

**A Vision 4 You**

*OA Big Book Study*

**Live Meetings Call 712-432-5210**

**Conference ID: 876148#**

Mon. - Fri. 7am-8am (recorded)

9am (unrecorded)

10am-11am (recorded)

**Sunday Special Edition Meeting**  
**8:30am**

Check the calendar online to view upcoming Special Editions.

*Archived Meetings 712-432-5203*

*Conference ID: 876148#*

*0# accesses most recent recordings*

[www.avision4you.info](http://www.avision4you.info)

Listen and/or download podcasts of daily

and Special Edition meetings and read AA's Big Book/12&12 online

**Around-the-Clock Hotline**

These members are available for calls during their specified time blocks for OA general info and support for newcomers, out-of-town visitors and struggling members.

|               |         |              |
|---------------|---------|--------------|
| 7am-8am       | Joyce   | 954-684-8152 |
| 9am-1pm       | Andi    | 954-295-1123 |
| 1pm-3pm       | Dorothy | 954-429-3576 |
| 3pm-5pm       | Paul    | 954-593-3881 |
| 5pm-7pm       | Terri   | 954-551-7827 |
| 7pm-9pm       | Lois    | 954-604-8490 |
| 9pm-11pm      | Mort    | 954-815-2058 |
| 11pm-1am      | Marcia  | 954-790-8912 |
| 1am-3am       | Keisha  | 754-224-8835 |
| 3am-5am       | Darlene | 954-299-8038 |
| 5am-7am       | Donna   | 954-295-8271 |
| Spanish Calls | Fela    | 305-527-1942 |

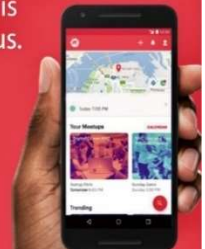
OA



**Resources**

Your digital bulletin board for times and locations of our local OA meetings. Personal info is kept safe and anonymous.

*meetup*  
 Gold Coast  
 OA Intergroup



**Online OA resources**

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

**Gold Coast (Broward) OA** [www.oabroward.org](http://www.oabroward.org)

Local information on new literature, events, meetings (phone, online and face-to-face), conventions, workshops and more from your OA Gold Coast Intergroup. Subscribe online to have this newsletter (in color) delivered to your email the first of every month.

**Southeast OA Region 8** [www.oaregion8.org](http://www.oaregion8.org)

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

**Overeaters Anonymous** [www.aa.org](http://www.aa.org)

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



# January 2019 Broward/South Palm Beach Overeaters Anonymous Meetings

The only requirement for OA membership is the desire to stop eating compulsively.  
 Going to a meeting for the first time? Please call to be sure the time and location are up-to-date.

| City/Time                               | Meeting Type                          | Location                                                                                                                                         | Contact                                                   | MTG #  |
|-----------------------------------------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------|
| <b>SUNDAY</b>                           |                                       |                                                                                                                                                  |                                                           |        |
| Wilton Manors 12:15 pm                  | Newcomer/Speaker                      | <b>Pride Center</b> , 2040 N Dixie Hwy<br>First building on left                                                                                 | <b>Darlene</b><br>954-299-8038                            | #46694 |
| Pompano Beach 6:00 pm                   | Voices of Recovery/<br>For Today      | <b>Christ Church</b> , 255 NE 3rd Ave<br>Class 6 across from playground                                                                          | <b>Martha</b><br>954-971-3932                             | #51690 |
| <b>MONDAY</b>                           |                                       |                                                                                                                                                  |                                                           |        |
| Plantation 10:00 am                     | Big Book/<br>Newcomers Welcome        | <b>St. Benedict's Episcopal Church</b><br>7801 NW 5th Street                                                                                     | <b>Charles</b><br>954-563-3453                            | #21830 |
| Hollywood 10:30 am                      | 12 Steps &<br>12 Traditions           | <b>4th Dimension</b> , 4425 Hollywood Blvd<br>(N. side of Hollywood) Blvd between I-95 and Turnpike                                              | <b>Sheila</b><br>786-837-3093                             | #51180 |
| Pompano Beach 3:00 pm                   | Literature                            | <b>Whole Foods</b> -2411 N Federal Hwy Community Room<br>(inside the store all the way to the left)                                              | <b>Joyce</b><br>954-684-8152                              | #56038 |
| Hollywood 7:00 pm<br>(Spanish speaking) | Paso a Paso<br>(Step by Step)         | <b>Rebel's Drop-In Center</b> /Behavioral Health Outpatient<br>building of Memorial Regional Hospital, 3400 N. 29 <sup>th</sup> Ave              | <b>Doris</b><br>305-332-5832                              | #56526 |
| Boca Raton 7:00 pm                      | Beginners/ Discussion                 | <b>Regents Park Nursing Home</b><br>6363 Verde Trail                                                                                             | <b>Bobbie</b><br>561-477-7914                             | #27229 |
| Plantation 7:30 pm                      | Came to Believe<br>Beginner's Meeting | <b>St. Benedict's Episcopal Church</b><br>7801 NW 5th St, St Marks Room                                                                          | <b>Lee</b><br>954-701-7074                                | #56171 |
| <b>TUESDAY</b>                          |                                       |                                                                                                                                                  |                                                           |        |
| Boca Raton 10:00 am                     | OA/AA 12 &12<br>Step Meeting          | <b>Good Shepherd Lutheran Church</b><br>6301 SW 18th Street                                                                                      | <b>Robin</b><br>561-445-9636                              | #02797 |
| Hollywood 6:30 pm                       | OA Steps & Traditions<br>Study        | <b>Rebel's Drop-In Center</b> /Behavioral Health Outpatient<br>building of Memorial Regional Hospital, 3400 N. 29 <sup>th</sup> Ave              | <b>Susan</b><br>954-593-4232                              | #00304 |
| Boca Raton 6:00 pm                      | Big Book:<br>Vision 4 You             | <b>Stratford Court of Boca Raton</b><br>6343 Via De Sonrisa Del Sur (Park in Team Parking /Guest)                                                | <b>Fred</b><br>561-716-4455                               | #09095 |
| <b>WEDNESDAY</b>                        |                                       |                                                                                                                                                  |                                                           |        |
| Hollywood 10:00 am                      | OA 12&12/Big Book<br>Every other week | <b>Oasis at TY Park</b> , Park entrance at Atlanta Street<br>Off N. Park Rd. Keep right/follow sign to the Pavilion 2                            | <b>Ellie</b><br>248-342-8822                              | #27545 |
| Aventura 6:30 pm                        | Beginner                              | <b>Aventura Hospital</b> , Main Bldg, 20900 Biscayne Blvd, 2nd Fl<br>Classroom 1. Garage free 1 <sup>st</sup> hr, \$2 for all or part of 2nd hr. | <b>"T"</b><br>305-439-0044                                | #56120 |
| Margate 6:30 pm                         | Beginner/Literature                   | <b>Prince of Peace Lutheran Church</b><br>6012 NW 9 Court                                                                                        | <b>Lois</b><br>954-604-8490                               | #00880 |
| Cooper City 6:45 pm                     | Big Book Study,<br>Occasional Speaker | <b>Milestones in Recovery</b><br>2525 Embassy Dr., Suite 10                                                                                      | <b>Leigh</b><br>954-682-2653                              | #50467 |
| <b>THURSDAY</b>                         |                                       |                                                                                                                                                  |                                                           |        |
| Pembroke Pines 10 am                    | OA Literature                         | <b>Pines Baptist Church</b> (in rear trailer)<br>800 NW 102 Ave (Palm & Johnson)                                                                 | <b>Jeanette</b><br>954-430-0928                           | #31812 |
| Plantation 10:00 am                     | OA Steps/<br>Abstinence/Literature    | <b>St. Benedict's Episcopal Church</b><br>7801 NW 5th St.                                                                                        | <b>Brenda</b><br>954-609-7393                             | #40172 |
| Boca Raton 1:00 pm                      | Big Book Study                        | <b>Patch Reef Park Community Center</b><br>2000 W. Yamato Rd.                                                                                    | <b>Marcella</b><br>561-451-8758                           | #53679 |
| Boca Raton 7:00 pm                      | Literature                            | <b>Our Lady of Lourdes</b><br>22094 Lyons Rd., Room 201                                                                                          | <b>Ron</b><br>561-483-0500                                | #00903 |
| Hollywood 7:00 pm                       | Speaker/Discussion                    | <b>Sober Today Club</b><br>1633 S 21st Ave                                                                                                       | <b>Andrea</b> 786-210-7977<br><b>Jessica</b> 954-806-4206 | #54106 |
| <b>FRIDAY</b>                           |                                       |                                                                                                                                                  |                                                           |        |
| Margate 6:30 pm                         | Big Book                              | <b>Prince of Peace Lutheran Church</b><br>6012 NW 9 Court                                                                                        | <b>Mort</b> 954-815-2058<br><b>Mike</b> 954-675-7382      | #52805 |
| <b>SATURDAY</b>                         |                                       |                                                                                                                                                  |                                                           |        |
| Boca Raton 9:30 am                      | 90 Day Speaker<br>(Special Interest)  | <b>Good Shepherd Lutheran Church</b><br>6301 SW 18th Street                                                                                      | <b>Phyllis</b><br>561-994-8664                            | #39822 |
| Coral Springs 10:00 am                  | Big Book/Discussion                   | <b>Broward Health Coral Springs</b><br>3000 Coral Hills Dr. Classroom A/B/C                                                                      | <b>Sue</b><br>754-307-5678                                | #48428 |
| Plantation 10:00 am                     | Big Book:<br>Vision for You           | <b>St. Benedict's Episcopal Church</b><br>7801 NW 5th Street                                                                                     | <b>Cheryl</b><br>954-336-6467                             | #41217 |
| Hollywood 10:30 am                      | Big Book/Discussion                   | <b>Sober Today Club</b><br>1633 S 21st Ave                                                                                                       | <b>Sherri</b> 954-612-1250<br><b>Drew</b> 954-612-1251    | #20653 |