

UNITY

January 2024

Gold Coast Intergroup

www.oabroward.org



Step One

We admitted we were
powerless over food—
that our lives had
become unmanageable.

Happy New Year from Your Intergroup!

*Please pass these Gold Coast
Intergroup announcements
on to your meetings.*



*On December 17th, we held an informal
Zoom meet-up to discuss planning for 2024
and the future vision of our intergroup.
We had a good turnout with lots of enthusiasm!!*

**Gold Coast
Intergroup Meeting
January 21, 2024 @ 2 pm
Nominations & Elections
for 2024 Board**

**Please send all
7th Tradition contributions
to our new Zelle account:
goldcoastoa@gmail.com**

Our Venmo account will be phased out in 2024.

**Something Fun,
Old Meeting Reunites with New!**

**Good Shepherd Church
Saturday Morning In Person Meeting
6301 SW 18th St. Boca Raton**

New Time: 9:30am - 10:30am

Contact Fred at 561-716-4455 for more information.

**Our Intergroup will be
co-hosting the Fall 2024
Region 8 Convention and
Business Assembly with the
Palm Beach County
Intergroup.**

*Please contact Andi S. at 954-295-1123 for more
information and for service opportunities.*

This first step has proven a life-long journey for me.

When I first came to Overeaters Anonymous I knew that I had a problem with food and weight. I

knew that the amount of food I consumed, my shame around what I ate, and my desire to hide or lie about what I consumed were abnormal. I also knew that I was miserable but somehow, at the time I was not able to see that these two were connected.

It never occurred to me that the way I engaged with food and my body wasn't because I was somehow defective or broken, but because I was powerless over food's effects over me. **That I, for some unknown reason had been born with a physical allergy to certain foods and unless I avoided said foods, I could not avoid the cascade of unfortunate events that would typically follow.** It took me years both inside and outside of the rooms of Overeaters Anonymous to truly accept this fact about myself. In the chapter More About Alcoholism from the Big Book of Alcoholics Anonymous it states that "No person likes to think that he is bodily and mentally different from his fellows." This was certainly the case with me. I have tried for years to manage my consumption but **the more I tried to control food, the more it seemed to control me.**

Eventually, after years of failed attempts at trying to control food and worsening mental and physical health, I was finally ready to accept that I was truly a compulsive overeater and was different than other people who do not have this compulsion. I was finally ready to accept step 1. **I have had to accept my powerlessness over food as a fundamental truth in the same way that I accept my height, eye color, and race as fundamental truths that are neither good nor bad, but rather just are. The acceptance of this truth has released me from the endless cycle of bingeing, restricting, and shame.** It has also opened me up to growth both emotionally and spiritually that years of therapy and religious practice were never able to give me. The acceptance of this step and those that follow have changed me as a person and have allowed me to have experiences that years spent in my eating disorder robbed me of. This step and the 12 step program as a whole have given me a chance at life.

Despite the miracle that Step 1 started in my life, I have had to re-visit this step many times in my years in recovery.

It is easy for me to forget this fundamental truth about myself. Unfortunately, when I do forget this truth, it is usually caused by the pain of being in the food that forces me to return again to this step and be reminded of **my true nature as a compulsive overeater.**



Have you ever wished you could lose ten pounds, twenty, forty, or a hundred or more? Have you ever wished that once you got it off you could keep it off? **Welcome to OA, Welcome Home!**

Have you sometimes felt out of step with the world, like a homeless orphan without a place where you really belong? **Welcome to OA, Welcome Home!**

Have you ever wished your family would get back to work or school so that you could get busy eating? **Welcome to OA, Welcome Home!**

Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard? **Welcome to OA, Welcome Home!**

Have you ever looked at the stars and wondered what an insignificant person like you was doing in the world anyway? **Welcome to OA, Welcome Home!**

Have you ever cooked, bought or baked for your family and then eaten everything for yourself so that you wouldn't have to share? We know you in OA because we are you. **Welcome to OA, Welcome Home!**

Have you ever wanted to hide in the house, without going to work, without getting cleaned up or even getting dressed, without seeing anyone or letting anyone see you? **Welcome to OA, Welcome Home!**

Have you ever hidden food under the bed, under the pillow, in the drawer, in the bathroom, in the wastebasket, the cupboard, the clothes hamper, the closet or the car so that you could eat without anyone seeing you? **Welcome to OA, Welcome Home!**

Have you ever been angry, resentful, defiant - against God, your mate, your doctor, your mother, your father, your friends, your children, the salesperson in the store whose look spoke a thousand words as you tried on clothes - because they were thin, because they wanted you to be thin, and because you were forced to diet to please them or shut them up or make them eat their words and their looks? **Welcome to OA, Welcome Home!**

Have you ever sobbed out your misery in the darn night because no one loved or understood you? **Welcome to OA, Welcome Home!**

Have you ever felt that God (if God existed at all) made the biggest mistake when God created you? Can you see that this is where such feelings get turned around? **Welcome to OA, Welcome Home!**

Have you ever wanted to get on a bus and just keep going, without ever once looking back? Did you do it? **Welcome to OA, Welcome Home!**

Have you ever thought the whole world was a mess and if they would just think and act like you, the world would be a lot better off? **Welcome to OA, Welcome Home!**

Have you ever thought that OA people might be just a bit nuts? That they might be compulsive overeaters, but you just have a

weight problem which you can take care of beginning tomorrow; they might be one bite from insane eating, but you are just a little or a lot overweight?

Welcome to OA, Welcome Home!

Have you ever told anyone who would listen how great you are, how talented, how intelligent, how powerful - all the times knowing they would never believe it, because you didn't believe it? **Welcome to OA, Welcome Home!**

Have you ever lost all your weight and found that you were thin-unhappy instead of fat-unhappy?

Welcome to OA, Welcome Home!

Have you ever worn a mask or hundreds of masks because you were sure that if you shared the person you really were no one would ever love or accept you? We accept you in OA. May we offer you a home? **Welcome to OA, Welcome Home!**

Overeaters Anonymous extends to all of you the gift of acceptance. No matter who you are, where you come from or where you are heading, you are welcome here! No matter what you have done or failed to do, what you have felt or haven't felt, where you have slept, or with whom, who you have loved or hated - you can be sure of our acceptance. We accept you as you are, not as you would be if you could melt yourself and mold yourself and shape yourself into what other people think you should be. Only you can decide what you want to be.

But we will help you work for the goals you set, and when you are successful we will rejoice with you; and when you slip, we will tell you that we are not failures just because we sometimes fail, and we'll hold out our own arms, in love, and stand beside you as you pull yourself back up and walk again to where you are heading! You'll never have to cry alone again, unless you choose to. Sometimes we fail to be all that we should be, and sometimes we aren't there to give you all you need from us. Accept our imperfections too. Love us in return and help us in our sometimes-falling failing.

That's what we are in OA - imperfect, but trying. Let's rejoice together in our effort and in the assurance that we can have a home, if we want one.



Welcome to OA, Welcome Home

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 #1
Honesty

Principle of Tradition #1
Unity

Principle of Concept #1
Unity

An Overeater's Story



I think I was born with a tendency to overeat, an addiction to food, an inability to stop eating once started - whatever this disease is.

I've experienced all the different modes of the disease – bingeing, starving, diet clubs, purging, and ending up with constant grazing, unable to stop.

After many years of trying unsuccessfully to control my eating and my weight, I finally admitted defeat and decided to give OA a try.

I found it a great relief to hear at meetings that other people had problems with food too – it wasn't just me. I started going to meetings regularly and soon got involved in service in order to make a commitment to OA and to my recovery. I got a food sponsor early on, because I desperately wanted to stop overeating and to stop gaining weight. My life started to improve dramatically. Because I no longer suffered from 'food hangovers' and I was no longer overeating, **I began to feel better about myself, and this translated into better relationships with my children, husband and friends.** I could get up in the mornings and do the things I needed to do as a mother without dragging myself around in a haze.

I knew I needed to keep progressing in my recovery though, in order to stay well. I had to get on to the steps. I tried a few sponsors and worked through some of the steps, but it wasn't until last year that I really made a commitment to the steps and found a sponsor that worked for me. This was partly in desperation – I had

been confronted about my behaviour while I had been in the food, and was in a lot of pain.

Emotional pain is a great driver towards recovery! I started back with step one, admitting again that I was powerless over food and that my life was unmanageable, and worked my way on through. I learned a lot while writing my fourth step inventory – I learned to understand and forgive my mother, something I had never been able to do. I also learned to forgive a neighbour of mine from when I was very young, who used to bully me because I was fat. I realized she had her pain that caused her to act in that way.

I am still working my way through the steps, it is an onward journey towards emotional and spiritual health. With the support of the OA fellowship and my Higher Power I never need to overeat again, one day at a time.

I remind myself every night of how much I have to be grateful for in this new way of life – I can enjoy the sunshine, meet with friends, love my family, and be part of the wonderful fellowship of OA.

Gold Coast Intergroup Meeting List (as of 1/2/2024)

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 for the most updated meeting list -

Monday

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

Zoom link:

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6b1l5RUx6dz09

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=VGhJQitFY1NLKON1aXNGS1B5cTVOdz09

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

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

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

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=QlVReUxGRHY0MGhleGxBNmRTQ0pDdz09

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=cjllcFVtbndGWjY5WE5pL1ZPcjNOZz09

Zoom ID: 290 923 334- Password 954954

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

Contact: Ellie (248) 342-8822

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
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
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=MEhrS2U2ajVzd2pvRkt6blI5RUx6dz09
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 18th 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**

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 Zoom

Zoom link:
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

9:30 AM (**New Time**) Good Shepherd— **IN PERSON**

Location: 6301 SW 18th St. Boca Raton.
Meeting Type: Topic meeting
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

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

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=M2taYVRzK1ZCMXVHbWhCdXFFenlIUT09>

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>