

# UNITY

March 2024  
Gold Coast Intergroup  
[www.oabroward.org](http://www.oabroward.org)



**Step Three:  
Made a decision  
to turn our will and our lives  
over to the care of God  
as we understood Him.**





# **SOAR 8 Recovery Convention and Business Assembly Sept. 20-22, 2024 Deerfield Beach**

**Hosted By  
Gold Coast Intergroup  
and Palm Beach County  
Intergroup**

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

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Announcements or Updates  
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**Please consider joining  
intergroup and help us fill our  
open positions.**

**Gold Coast Intergroup 7th Tradition Zelle account  
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**When I was first in OA and read Step 3 this sure sounded like I was giving over my power to God.** As a compulsive person, a Type A personality and a perfectionist with definite control issues, this sounded as far from normal as anything I could imagine.

**At the time I was practicing the 12 Steps of Overeaters Anonymous I didn't really believe in God.** I was as far away from love and joy and bliss as I could be. Finding a way to believe in God and then turn my power over to him made as much sense as telling me if I was driving 100 mph on a dark road to let go of the wheel and trust that God would co-pilot for awhile.

More than 10 years later and a ton of inner work and time spent deepening my connection to the universe, my inner self and who I really am makes accepting this step possible. Today, I have come to know a connection with the Universe (or God or Spirit) and believe God will take care of me. In fact, I believe he'll take VERY good care of me.

**I now practice a mantra that helps me in tough times or when things seem backwards from how I expect them to look: Everything happens for a reason and that reason is there to serve me.**

This mantra to me means turning my power over to God. It means trusting that whatever strange or weird or perhaps awful thing just happened in my life there's a purpose behind it. Not only is there a reason for it, but it's there to serve or help me.

It means I trust the universe **to have my best interest** at heart and to bring about the best outcome I truly want for my life. I also have come to believe that when things happen in life they do so

we can learn lessons. It's part of our spiritual growth. I believe all of life is one big classroom and we're all studying different subjects at different times.

**In this classroom of life, God takes care of us with such great love and compassion that he brings about things in our lives that give us opportunities to experience and learn the lessons we've chosen to learn on our life's path.**

I must admit, when something's going really upside down in my life the last thing I would have done 10 years ago was to just say this is supposed to happen and it's exactly as it should be. **I would have cried, or hid out or binged about how upset I was that it was happening to me and then only a week or a month or maybe years later would I have seen how it actually was a good lesson for me.** That situation made me stronger. It made me happier in the long run. I came to realize after the fact that God actually did have my back and the best outcome did come to pass.

**That's called living a life without regrets. It's living a life of purpose and faith.**

One final tidbit to share on this Step and that is the notion of surrender. I just looked up what surrender means and a partial definition is to **yield to another**. I want you to understand there's a distinction here between giving up and surrendering your will to God or the Universe.

**Give Up** – To cease making an effort  
**Surrender** – To abandon oneself entirely

**What Step 3 of OA says is not to give up or concede failure, but instead give into the idea that you're taken care of and your life is unfolding as part of a wonderful plan.**



# Living a life without regrets



## *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 #3  
Faith

Principle of Tradition #3  
Identity

Principle of Concept #3  
Trust





**Focus on one thing at a time.**

*You  
don't ever  
need to  
explain  
yourself.*

**Learn to not take  
things personally.**

*You cannot help,  
save or rescue another.*

**Slow down.**

**You are not responsible for keeping the peace  
or making sure others are getting along.**

*Less control,  
more surrender.*

**Don't inflict on yourself  
a packed schedule.**

**You don't  
need to  
manage  
what other  
people  
think of you.**

**Understand that  
other people's emotions  
are not your responsibility.**

**Make peace with the  
fact that other people's  
expectations of you have  
nothing to do with you.**

**Practice  
setting  
boundaries.  
Saying no  
declutters a  
complicated  
life.**

*How other people behave says nothing about  
you. You don't need to make excuses for them,  
solve, convince, persuade, push or cajole.*

**Pause  
before you  
react.**

**Focus on what you have = practice gratitude.**



# A gift from my dear friend, Grace



Before I returned to OA in 1999, my life was a prison of my own making, and I had no visitors. It was a world of isolation because all I trusted was food and how good it made me feel in the moments I was consuming it.

My compulsive overeating began when I was 5 and a half years old. I was starting kindergarten, and I wanted nothing more than to stay at home, where it was comparatively safe, rather than face that unknown world full of other children. I feared them because I didn't know them. And as I grew up, nothing they did took away my fear, so it continued, as did my compulsive overeating.

**While I have claimed my seat in OA continuously for seventeen years, a significant change came about for me around two years ago—that's when I truly took Step Three.**

I'd always believed in a Higher Power. It was that very Higher Power who led me back into the rooms seventeen years ago. My mother was walking out of my apartment one morning because of my emotional abusiveness toward her, **when this thought came to me: "I need to go back to OA."** It was a thought reaching out in hope, and I knew it was God speaking to me because up until that moment I'd been living a life of pessimism. I knew it was God because there was a noon meeting starting in a couple of hours and, with the help of my mother, I could get to that meeting. I walked into that meeting weighing 337 pounds.

**What changed two years ago was that I started trusting God, the one who brought me back to life by way of the rooms.** Coming to trust in my Higher Power, which I call Grace, has led me to overcome my lifelong fear of trusting people. I have also been able to trust Grace to not let me starve between dinner and breakfast. Today, I weigh 126 pounds.

I received a gift yesterday, one of the many bestowed upon me by the Grace of God. A dear OA friend needed someone to go with her to have diagnostic tests done on her beloved dog. She was feeling so much pain and fear during this process. I am grateful that she allowed me in and trusted me with her pain. **She also shared with me her love for her dog, and I was able to share my time, a shoulder for her to cry on unabashed, and my heart.** Did I do this perfectly? Certainly not. But the gift was that I did it: I let another person into my life because I trusted that God would walk with me, giving me her Grace. For this, I am grateful.

— Anonymous

*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!*



# A Better Way

One of my favorite OA literature quotes is from the chapter on Step Three in The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition: **“Once we compulsive overeaters truly take the third step, we cannot fail to recover”** (p. 23). I find it a promise on par with any other; however, I understand that promise in the context of my experience as a recovered compulsive eater and what it means to truly take the Third Step.

**Before taking the Third Step, I have to know deep in my core that I am powerless over compulsive eating and my life is unmanageable.** I know that I am physically allergic to certain foods, and I have a mental obsession that tries to convince me I can eat anything I want without suffering consequences. When I acknowledge both the compulsion and the obsession, it follows that on my own I am unable to recover. **Therefore, if I am to recover, I must access a Power greater than myself and greater than the disease of compulsive eating. Otherwise my condition is hopeless.**

**But how do I access that Power?** My experience is that I develop a relationship with that power by working all Twelve Steps—in order and in every single aspect of my life.

**So to truly take the Third Step includes the sure knowledge that I must immediately take action to continue the inventory process, which includes Steps Four through Nine.** Once I have done that, I continue to

take inventory, acknowledge my character defects, and make amends by working Step Ten.

**In Step Eleven,** I enhance my relationship with that Power still further through prayer and meditation. **In Step Twelve,** that spiritual relationship comes into play in all aspects of my life, and I have a strong, compelling message of threefold recovery to carry to the compulsive eater who still suffers.

**If I have experienced recovery on all three levels—spiritual, emotional, and physical—then why must I continue to work OA’s Twelve Steps?** Very early in my life, food and compulsive eating became my only real coping mechanisms for dealing with life’s problems. Today, using food for any reason other than nourishing my body is not an option, so I need a new way to deal with life. Working the Twelve Steps has proven to be my solution to all my problems, real or imagined. I no longer want or need to eat compulsively because I have a better way of dealing with life.

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*Very early in my life, food and compulsive eating became my only real coping mechanisms for dealing with life’s problems.*

*Today, using food for any reason other than nourishing my body is not an option, so I need a new way to deal with life.*

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Step Three in the Twelve and Twelve, Second Edition goes on to say, **“As we live out our decision day by day, our Higher Power guides us through the remaining nine steps”** (p. 23). So when I truly take Step Three, it means I actually use all of the Steps on a daily basis to abstain from compulsive eating and compulsive food behaviors and to achieve and sustain threefold recovery.

— Anonymous



We would like to invite you to our NEW Face-to-Face

## WEEKLY STEP MEETING

March 5th, 2024  
10:00 AM

Good Shepherd Lutheran Church  
6301 SW 18th Street  
Boca Raton, Florida

*When your spiritual elevator is out of order,  
Take the Steps!!!!*



This is a new meeting that will meet every Tuesday.  
It is a Face-to-Face meeting held @ (time) at the address listed above.  
Both the OA and AA Steps will be studied, alternating weeks.  
The Tradition of the Month will be studied on the last Tuesday of the month.  
**Please bring your books to the meeting.**

**For more information CONTACT: Sherry S. (818) 398-4160**



## Gold Coast Intergroup Meeting List (as of 1/29/2024)

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](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=MEhrS2U2ajVzd2pvRkt6blI5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6blI5RUx6dz09)

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=VGhJQitFY1NLK0N1aXNGS1B5cTVOdz09](https://zoom.us/j/733969447?pwd=VGhJQitFY1NLK0N1aXNGS1B5cTVOdz09)

Zoom ID: 733 969 447- Password 954954

Meeting Type: 12 Steps & 12 Traditions

Contact: Ellie (248) 342-8822

Meeting Number: #801252

#### **7:00 PM** Regents Park Zoom

Zoom link:

[zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVplK3FXRzlydz09](https://zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVplK3FXRzlydz09)

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=V01CYzJWSmxUT2NrSVR1elhsOTZiZ09](https://zoom.us/j/819491242?pwd=V01CYzJWSmxUT2NrSVR1elhsOTZiZ09)

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=cTFOUlgxGx6aGhCd0JHcTdHbTVgdz09](https://zoom.us/j/516282779?pwd=cTFOUlgxGx6aGhCd0JHcTdHbTVgdz09)

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](https://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=cjllcFVtbndGWjY5WE5pL1ZPcjNOZ09](https://zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPcjNOZ09)

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=MEhrS2U2ajVzd2pvRkt6blISRUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6blISRUx6dz09)  
**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 Newcomer/Speaker – **HYBRID**

Location: 2525 Embassy Dr. Suite 10, Cooper City  
(Milestones in Recovery/Embassy Lakes Professional  
Center)

Zoom link:  
<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlUT09>  
**Zoom ID: 872 0435 1241 – Password 954954**  
Meeting Type: Newcomer/Speaker  
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

### Saturday

#### 9:30 AM Good Shepherd 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

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

Location: 6301 SW 18<sup>th</sup> St. Boca Raton.  
Meeting Type: Topic meeting  
Contact: Fred 561-716-4455  
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=bFIFU28rWG9lRGxlRGVPVHhEWFZCQT09](https://zoom.us/j/150175349?pwd=bFIFU28rWG9lRGxlRGVPVHhEWFZCQT09)

Zoom ID: 150 175 349- Password 954954

Meeting Type: Newcomer / Speaker

Contact: Jules (954) 594-7985

Meeting Number: #46694

## 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>