

UNITY

June 2023
Overeaters Anonymous
Gold Coast Intergroup
www.oabroward.org



Step 6

*Were entirely ready to have
God remove all these defects of character.*

Leaps of Faith



Four years ago, I returned to OA after a three-year relapse. At 47, I weighed more than ever, but that wasn't why I returned. I came back because I had finally accepted that my way was never going to give me the life I desperately wanted.

I am a compulsive overeater and a restricter and bulimic. I've been all different weights in my lifetime, but none gave me a life "happy, joyous, and free" (Alcoholics Anonymous, 4th ed., p. 133). Today, I weigh 65 pounds less than my top weight, but more importantly, I have an amazing life, free of the regrets and struggles that kept me imprisoned for years. Recently, I had one of those countless spiritual experiences we get in recovery. It reminded me just what it means to keep coming back.

I was running along the beach and listening to an OA podcast. **As a recovering bulimic, I no longer exercise to erase the damage I used to incur with food. Now, exercise is a joy and a time to connect with HP.** But that day, as sometime happens, I'd become lost, spinning in fear and obsessing on something painful. Even the podcast, which minutes before had felt so powerful and inspiring, seemed flat. No longer in the present, I was in the "bondage of self" (p. 63).

But program teaches actions that release me from the prison of self-will and connect me with God's will. I texted a fellow

and described exactly how I felt. She replied, "Give it to God. You are a miracle. We are all miracles." So, right there, in the middle of the dirt road, I got on my knees and talked aloud to God, sharing all the crazy, scary stuff inside my head.

I let the tears run and breathed in God's love.

As my eyes and heart opened, I gazed at the ocean and saw countless dolphins arcing among the waves, perfect symbols of God's promise of a life happy, joyous, and free! I felt my obsession lift and fear wash away. I texted my fellow, and she replied: **"God gave you a gift, and a smile."**

By reaching out to God and a fellow, I received the gifts of peace and serenity that only come from surrender. To that truth I keep coming back.

So many times, I tried to control my food to get abstinence. I tried to clutch and claw

my way through relationships and life. But effortless abstinence and freedom are not to be wished for, grabbed at, or achieved. They are gifts I receive when I become willing to come into the present with all I feel and humbly ask for help.

Today I keep coming back by taking actions that bring me out of the bondage of self and into reality and recovery. Thank you, OA! Thank you, God!

<https://www.oalifeline.org/diversity/leaps-of-faith/>

*"Give it to God.
You are a miracle.
We are all miracles."*

Step 6

*Admitted to God, to ourselves
and to another human being the
exact nature of our wrongs*

Tradition 6

*Each group has but one primary
purpose—to carry its message
to the compulsive overeater
who still suffers.*

Principle 6

Integrity

How's your willingness today?

It's a question we might ask ourselves each morning.

We are a stubborn people, us addicts. We're trying to control and enjoy everything. We think we know what's best. But we can't enjoy what we can control nor enjoy what we can't. We're trying to take the edge off with food without the consequences. We're trying to rely on ourselves instead of a Higher Power. We are not open-minded people, at least not on this matter.

Nor are we especially honest. Not merely about what we're eating but about how our lives are going. About whether we'll ever get control of our food (we won't). About whether we're hurting others besides ourselves (we are). About whether we even know what we feel (mostly, we don't). **But we tell ourselves lies about all of these and thousands of other things each and every day, from the moment we awaken to the moment we go to sleep (sometimes even in our dreams).**

How can the solution offered by OA to our compulsive eating possibly break through our stubbornness and our dishonesty? That's why willingness is so important. The Big Book says that "alcohol beat us into a state of reasonableness," and this is true for compulsive eaters and their substance. Willingness is a synonymous with "the gift of desperation." When we're sick and tired of being sick and tired, we suddenly get a little burst of willingness. Or maybe a big burst.

We hurt so much, that we would try anything to get better. And we've done so in the past. Grapefruit diets, fad diets supposedly from other countries, Dr. So-and-So's diet, supposedly holistic diet programs where we purchase unhealthily salty food branded by the company, lifestyle changes comprising unsustainable calorie restriction and extreme exercise regimens. You name it.

We've had the willingness before, but we're cynical after so many past failures.

Willingness is synonymous with the gift of desperation. When we're sick and tired of being sick and tired, we suddenly get a burst of willingness.

In the Big Book chapter "We Agnostics," Bill writes, "... **As soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results...!**" Relief from compulsive eating begins with willingness (and requires more action to stick). Elsewhere Bill writes, "**Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more.**"

Willingness is huge because we are making a contract with God: You save me from addiction, and I'll do what you ask

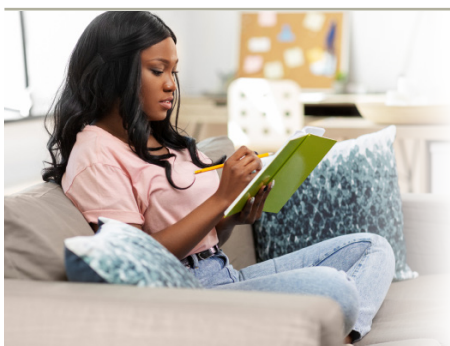
and help others.

In Step 7, we are going to ask God to change us from the inside out. We'll be given a second shot at life. So we need to get willing, utterly willing, to let God take away from us all of our old habits, our old ways of thinking, our compulsive eating. All of it.

Are we willing to give up these things that we've worn like an old sweater all these years? A sweater that everyone can see is stained, fraying, putrid-smelling, time-faded, hole-riddled garment that was ugly even when it was new. If we're not ready to let go, then we won't be changed. **If we are not changed, we will not get the gift of neutrality toward food. We'll be stuck.**

So willingness is massively important to our recoveries.

There's much to be done so that we can be changed. God will do the changing as we do the footwork that prepares us for it. **So we must be willing to go to any length. But we are rewarded with a happy life, the joy we haven't felt in so long, and freedom from food obsession. Willingness is worth it!**



Share your experience, strength, and hope in an article for our newsletter.

Send to: goldcoastoa+unity@gmail.com

Putting our thoughts and feelings down on paper, or describing a troubling or joyous incident, helps us to better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.

As OA's responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

A woman with long brown hair, wearing a bright red blazer, white tank top, red pants, and white sneakers, is captured in a dynamic, joyful pose as if jumping or dancing. She has her mouth wide open in a smile and her right hand is raised to her forehead. The background is a vibrant mix of red, yellow, and blue geometric shapes.

WE ARE LOOKING FOR WORKSHOP IDEAS

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

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

Face to
Face &
Zoom

Sherry S.
818-398-4160

Jody S.
561-212-7366



PINELLAS TRADITIONS INTERGROUP
invites you to

The 13th Annual OA Franciscan Center Retreat
PRACTICING THE PRINCIPLES
July 28-30, 2023

WHAT: Three days of seasoned speakers, good fellowship, crafts, serenity and peace on the river

WHERE: The beautiful Franciscan Center Campus, 3010 Perry Avenue, Tampa, FL 33606

TIME: Check-in 4:00PM Friday Check-out by 11:30 AM Sunday

COST: Weekend Room & board \$266 for single occupancy or \$246 for double occupancy.
One day additional option is a **Saturday only fee** which is \$75 including 3 meals.
Both Options require a PTI registration.
An economical option is \$25 if received before June 1 or \$35 if received after that date.

Complete registration below and mail to:

Pinellas Traditions Intergroup
PO Box 294, Palm Harbor, FL 34682
Including a check made out to PTI for all fees.

OR pay online @oapinellas.org and **email your registration**
to Karen R @ platoscloseton19@gmail.com.

* Be sure if paying online to include your name and "FR 2023"

FINAL REGISTRATION DEADLINE July 10, 2023

- Space is limited to approximately 50 participants so register early.
- Call your friends and make plans to carpool with them.
- Please announce this retreat and print copies of this flier for your meetings.
- Save this flier for your information. See you on the peaceful Hillsborough River!
- **This is a Fragrance Free Zone Please**

✂ ✂ ✂ ✂ ✂ *Cut on the dotted line and mail this Retreat Registration Form* ✂ ✂ ✂ ✂ ✂

PINELLAS TRADITIONS INTERGROUP 13th ANNUAL RETREAT

Name _____

Address _____

Phone _____ email _____

Select your meal preference:

Friday Dinner : Vegetarian__ Chicken__ Fish__

Saturday Dinner : Vegetarian__ Chicken__ Fish__

Single room _____ Double _____ Roommate name _____

Would you care to volunteer in some service capacity this weekend? Yes _____ No _____

Gold Coast OA Meetings as of 3/20/2023 • Please check OABroward.org for the most updated list.

Zoom dial in: **1-646-558-8656** Zoom password: **954954** except when noted

Gold Coast Intergroup
meets on the 3rd Sunday
of the month
from 2-3pm

All are welcome.

Meeting ID: 843 7546 3048
Password: 954954

**Next
Intergroup
Meeting
will be
August**

<https://us02web.zoom.us/j/84375463048?pwd=dEgyRnFNSXhHVXBXNVB4a09vazBpUT0>

Monday

10am St. Benedict's Episcopal Church

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pVrkt6bll5RUx6dz09

Zoom ID: 750 162 024 / Password 954954

Meeting Type: Big Book / Newcomers
Contact: Charles (954) 600-6280
Meeting Number: #800665

10:30am 4th Dimension

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

7pm Regents Park

zoom.us/j/305659342?pwd=ckR1bVhRaHFzS1FVbVpIK3FXRzlydz09

Zoom ID: 305 659 342 / Password 954954

Meeting Type: Beginners and discussion
Contact: Bobbie (561) 477-7914
Meeting Number: #27229

Tuesday

10am – Good Shepherd Lutheran Church

zoom.us/j/819491242?pwd=V01CYzJWSmXU2NrSVR1elhsOTZiZz09

Zoom ID: 819 491 242 / Password 954954

Meeting Type: OA/AA 12&12 Step Meeting
Contact: Nancy (561) 343-5587
Meeting Number: #02797

7pm – Crossroads 100 lb

zoom.us/j/516282779?pwd=cTF0UlgxaGx6aGhCd0JHcTdHbTVqdz09

Zoom ID: 516 282 779 / Password 954954

Meeting Type: 100 lb (all are welcome)
Contact: Marcia (917) 693-4729
Meeting Number: #54776

7pm – Our Lady of Lourdes Boca Raton

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

10am – TY Park ****Now ZOOM ONLY****

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: #27545

10am – Science of Mind Church

zoom.us/j/654731057?pwd=QVReUxGRHYOMGhleGxBNmRT00pDdz09

Zoom ID: 654 731 057 / Password 954954

Meeting Type: Speaker
Contact: Sherry S. (818) 398-4160
Meeting Number: #30002

11am – Coral Springs Literature

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

6:30pm – Prince of Peace Lutheran Church

zoom.us/j/337815181?pwd=NWhQWjg2UUdkT0ZxYW1CSElwbDV0dz09

Zoom ID: 337 815 181 / Password 954954

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

Thursday

9:30am – Good Shepherd Lutheran Church

zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3Yjh5Tmd5UT09

Zoom ID: 268 739 522 / Password 954954

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

10am – St. Benedict's Episcopal Church

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pVrkt6bll5RUx6dz09

Zoom ID: 750 162 024 / Password 954954

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

1pm – Good Shepherd Big Book

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

Friday

10am – Voices of Recovery

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: # 800108

6pm – OA Literature

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

9:30am – Good Shepherd Lutheran Church

zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNGInVFN5QT09

Zoom ID: 669 862 116 / Password 954954

Meeting Type: 90 Day Speaker (Special Interest)
Contact: Alan S. (561) 400-1493
Meeting Number: #800526

10am – A Vision 4 You/Plantation

zoom.us/j/194605389?pwd=c0lDdnprbFVfFdStPmVjd1RwK0pOQT09

Zoom ID: 194 605 389 / Password 954954

Meeting Type: A Vision 4 You/Big Book/Speaker
Contact: Nancy (954) 600-9513
Meeting Number: #800955

10am – Good Shepherd Big Book Study

Location: 6301 SW 18th St. Boca Raton.
Meeting Type: Big Book
Contact: Andi (954) 295-1123 or
Sherry (818) 398-4160
Meeting Number: #57655

Sunday

12:15pm – Pride Center

zoom.us/j/150175349?pwd=bF1FU28rWG9lRGxIRGVPVHhEWFZCQT09

Zoom ID: 150 175 349 / Password 954954

Meeting Type: Newcomer / Speaker
Contact: Darlene (954) 299-8038
Meeting Number: #46694

6:30pm – Pompano For Today

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlUOT09>

Zoom ID: 872 0435 1241 *Password 954954

Meeting Type: Literature For Today/Voices of
Recovery
Contact: Roz (516) 851-0677
Meeting Number: #800743