

Skipped a Step

[from oalifeline.org]

OA is a Twelve Step program, and working the Steps is really the heart of our program. When I arrived in OA, I was somewhat familiar with Twelve Step programs. Most important, I saw program giving people peace of mind and sanity in their lives. I sometimes say I took Step Two before I walked in the door because I already believed a Higher Power could restore me to sanity.

Unfortunately, I did not admit so quickly that I was powerless over food, so it took about eight more years before I was able to obtain a stable abstinence.

On the topic of meditation, The Twelve Steps and Twelve Traditions of Overeaters Anonymous says, "We compulsive people are oriented to action" (p. 96). I identified with this statement because I found it fairly easy to get started with the action-oriented Steps: Four, Five, Eight, and Nine. Additionally Steps Ten, Eleven, and Twelve gave me actions I can do.

When relapse overtook me, I regained all the weight and most of craziness I had previously. Somehow I never stopped going to meetings. I still believed that OA worked even though I was not able to work it.

Then in December 2001, I finally took the First Step and really admitted I could not do it myself. I turned it over to God and followed the directions I received. What I said at that time was, "I do not know if I will be willing to do these things tomorrow, but today I am willing to do anything." I have continued to be willing, one day at a time, since then.

After taking Step One, I worked the action-oriented Steps again—in fact, I just did another Step Four and Step Five. There are fewer amends to make this time, but there are still several. Most of them are living amends, which means I need to continue to be more aware of how I treat people.

Recently, my sponsor directed me to look more deeply into Steps Six and Seven. I have worked on these over the years and have seen vast improvement with respect to my character defects. But today I am inspired to work these Steps and on myself at a much more subtle level. I choose to continue Twelve Step work because I want to be the best me I can be and because there is always more to be done. In technology, it is said that the more you know, the more you realize you don't know very much. This appears to be true for spiritual development as well, and I find this challenging and exciting.

- Margi G.

**Don't
Miss
This**

**Sponsorship Workshop
Sunday, August 18th, 2019 12 – 2:30 pm
Sober Today Club
1633 S 21st Ave - Hollywood**

Do you worry about the way you eat? Overeaters Anonymous may be able to help. We are not a "diet" club, but a fellowship of people recovering from compulsive overeating. There are no dues, fees, diets, or weigh-ins. OA offers mutual support and a way out of the vicious cycle of compulsive eating. Whatever your problem with food, we welcome anyone who wants to stop eating compulsively. You are not alone Anymore!

To speak with an OA member and get more information please call our Hotline at 954-938-9586.

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,

“.....I think I would have thrown him out, but he hit when I was open for anything.”

Page 220, The Big Book, The Viscious Cycle

In 1999, I was on the balcony of my apartment, working the 6th Step with my sponsor who said something very profound. “You’re not going anywhere until you deal with the food.”

I was shocked but not surprised. More importantly I was motivated. Not by pure motives! I was motivated by my ego so that I could brag about what step I was on. He had “hit” me when I was open and willing. In that moment I was teachable.

In 2015, I relapsed because I was dry. I had stopped service, stopped meetings and outreach. That same sponsor kept talking to me but I was no longer open. He mentioned more than once that another recovery was not guaranteed.

Three years later, I returned to OA. I also gave up a resentment that I’d carried with an OA member since 1999 over anonymity. I found a sponsor. I worked the steps. I got involved in service and found the gifts of abstinence and food neutrality for which I am eternally grateful.

Thank you for saving me a seat.

Yours Truly,

Tessa Q

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, Tessa	305-962-5989	goldcoastoa+chair@gmail.com
Vice Chair, Sande K	954-610-6205	goldcoastoa+vchair@gmail.com
Treasurer, Mike S	954-675-7382	goldcoastoa+treas@gmail.com
Corresponding Secretary, Louis	954-496-3278	goldcoastoa+csec@gmail.com
Recording Secretary	OPEN	OPEN
Parliamentarian, Booky	561-573-4372	odatbook@yahoo.com
12th Step Within	OPEN	OPEN
Public Information/Professional Outreach, Richelle	954-326-8069	goldcoastoa+pipo@gmail.com
OA Literature, Alison A	954-270-7308	goldcoastoa+lit@gmail.com
Ways and Means, Lila	954-593-6621	goldcoastoa+treas@gmail.com
Website Liaison	OPEN	OPEN
Unity Editor, Diana	954-234-7696	goldcoastoa+unity@gmail.com
Announcements/Updates to Unity & Website		goldcoastao+announce@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)

A Many-Sided Treasure (From "Abstinence" Book 1st Edition)

Abstinence is freedom – freedom to say, "No, thank you" to that dessert because my desires have been changed. I used to eat because I couldn't say no, and I couldn't stop. Abstinence frees me to choose healthy foods, friends, and thoughts.

Abstinence is inner peace and clarity of mind to see that cravings, confusion, emotional binges, and excess pounds are all I'm giving up.

Abstinence is a gift from God. It's the number one action in my life so that God can be in the center. Abstinence frees me to hear God speak through others and through readings.

Abstinence is strength and power. God's power has become available because of my powerlessness. The longer I am abstinent, the stronger new habits become, and the faster old destructive fantasies fade from my mind. It establishes a new way of life.

- Tampa, FL

Our 7th Tradition

(from Seventh Tradition of OA pamphlet)

Our Seventh Tradition states that Overeaters Anonymous "ought to be fully self-supporting, declining outside contributions." While no fees or dues are required for membership, OA members have a responsibility to keep our rooms open, provide opportunities for fellowship, and spread our message of recovery.

To know the true freedom of recovery is to know that we can make sensible and necessary financial contributions to OA at all levels, and that this investment in our Fellowship ensures we can continue to carry the message to the still-suffering compulsive overeater inside and outside our rooms.

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OA groups and service bodies are encouraged to be self-supporting, using their own contributions to cover expenses, carry the message of OA, and keep a prudent reserve at all times.

Note from Gold Coast Intergroup:

The contributions received from local meetings are forwarded as follows:

60%	Gold Coast Intergroup
30%	World Service Office
10%	OA Region 8

Thank you for your continued support and contributions to OA that help carry the message!



Attention Meeting Treasurers and Intergroup Reps

Please include your meeting # on checks sent to Intergroup so that your group will receive proper credit



Overeaters Anonymous Literature

Your OA literature is now available electronically as well as in book format. The electronic versions are available at a lower cost and can be read on any smart phone, tablet or computer. Electronic versions of the books are sold by OA through Amazon.com (Kindle) and Barnesandnoble.com (Nook). Samples can be downloaded for free.

Electronic versions available include OA 12&12 2nd edition, Overeater's Anonymous 3rd edition, Abstinence 2nd edition, For Today, Voices of Recovery, A New Beginning, Taste of Lifeline, Seeking the Spiritual Path, and the 12 Step Workshop and Study Guide.

For those who prefer the printed books – our Intergroup has an inventory of OA Literature available locally at cost. Intergroup absorbs shipping and handling costs to help make literature more affordable for you. If you or your meeting is in need of literature, please contact Alison at goldcoastoa+lit@gmail.com or 954-270-7308.

Brochures, Pamphlets, and Recovery coins also available.



Just Having One Of Those Days

Today was a test of my willingness to abstain. A test of my conviction to keep abstinence front and center in my life.

Did you ever get one of those days where everything goes to hell and your first impulse is to pick up the food? For me, it was practically every day. Watching a family member suffer from mental illness, having a good friend go through sickness, watching another loved one as her heart breaks due to an unforeseeable circumstance, I wanted to break my abstinence as a reaction to what's going on in their lives. My challenge is empathizing with the pain of those people I deeply care about and still keeping myself grounded. Unfortunately, I carry them like it's my very own. I knew that it was triggering for me. And sure enough, my mouth started watering. The cravings came back full force. It doesn't really matter what the problems were. The underlying need to numb, to make the pain stop, to eat until I can't think anymore was what drove many of us to be compulsive overeaters in the first place.

However, I've made a commitment to my Higher Power and to my OA fellows that I won't break. No matter how badly I was hurting, turning to compulsive overeating will just make it worse. This is because it starts a vicious cycle of first being upset, compulsively overeating to reduce my feelings of being upset, and then overeating some more because I feel guilty for overeating compulsively to reduce my feelings of being upset to begin with. I would have just become a slave again to my addiction.

Even though there is still a long road of recovery ahead of me, I think making a conscientious decision to ask my Higher Power for help and using the tools of recovery, especially calling my Sponsor and going to meetings, are what keeps me sane and free for another day.

Just like the slogan said, "One day at a time." And that's just what I'm going to do.

-Anonymous



Second Annual Big Book Weekend

"A Design for Living That Really Works"
featuring "A Vision for You" speaker

New Freedom Intergroup
Summer Convention

August 23-25, 2019
Jekyll Island, GA

Jekyll Island Club Hotel
371 Riverview Drive
Jekyll Island, GA
912.635.2600
800.535.9547
www.iekvllclub.com



For more information:

<http://www.oamemphis.com/soar8/>



RIVER CITY



-MEMPHIS, TN-

OCTOBER

11-13, 2019

SOAR8

RECOVERY CONVENTION AND BUSINESS ASSEMBLY

For more information:

<http://www.oanfig.org/wp-content/uploads/2019/04/2019-NFI-Convention-Flyer-032319.pdf>

UPCOMING
Events

March 19-22, 2020 Crowne Plaza Hotel – Baton Rouge, LA
SOAR 8 Recovery Convention & Business Assembly

Theme: Traveling the Bayou from Relapse to Recovery

Contact: Aleta P ahp42@att.net 225-937-0566 or

Katrina S kssoar8@gmail.com 225-715-4988

August 20-22, 2020 Renaissance Orlando at Sea World ®

OA World Service Convention - Orlando

Theme: Sunshine of the Spirit: 60 Years Around the Sun!

12 Steps

I took Step One, began to moan
I can't do this one on my own.

I took Step Two, began to pray
Restore me God, please now, today.

I took Step Three, gave up my will
Maybe God could love me still.

I took a Fourth, I looked inside
Nothing more would I hide.

And on the Fifth, I said aloud
I've done some wrong, and I'm not proud.

I took Step Six, and got prepared
To lose the defects, I was scared.

Now I'm at Seven, take them away
My God, for this I do pray.

And on Eight, the list was long
Amends to make for all the wrongs.

I took Step Nine, put down my pride
Amends made, I will not hide.

Step Ten I take, each day I pray
I make amends along the way.

And on Eleven I pray to know
Each day His will, which way to go.

I take Step Twelve, I'm like a bird
To others now, I spread the word....

Anonymous

I love you

I know you're there

I will not stay in fear

You are always close to my heart

You have been there from the start

The beauty you provide is something that we can't hide

When darkness pulls the shades down

I know you can be found

Through the cracks the light shines in

I'm a warrior ... I deserve to win

Win at life because this is all we have

*I want to shine like the rainbow in the sky, puppies,
butterflies, sunrise and all your connections*

There is no doubt you are providing me directions

Thank You Thank me Thank we

For allowing me to see and heal, which was hidden deep inside

I just needed to trust you were by my side ♡

~ Randi

**thanks
for sharing**

Artwork by Ria



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 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

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



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

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

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

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.



Summer 2019 Broward/South Palm Beach Overeaters Anonymous Meetings

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 #
SUNDAY				
Wilton Manors 12:15 pm	Newcomer/Speaker	Pride Center , 2040 N Dixie Hwy First building on left	Darlene 954-299-8038	#46694
Pompano Beach 6:00 pm	Voices of Recovery/ For Today	Christ Church , 210 NE 3rd St Classroom 6 across from playground on 3 rd Ave	Martha 954-971-3932	#51690
MONDAY				
Plantation 10:00 am	Big Book/ Newcomers Welcome	St. Benedict's Episcopal Church 7801 NW 5th Street	Charles 954-563-3453	#21830
Hollywood 10:30 am	12 Steps & 12 Traditions	4th Dimension , 4425 Hollywood Blvd (N. side of Hollywood) Blvd between I-95 and Turnpike	Sheila 786-837-3093	#51180
Pompano Beach 3:00 pm	Literature	Whole Foods -2411 N Federal Hwy Community Room (inside the store all the way to the left)	Joyce 954-684-8152	#56038
Hollywood 7:00 pm (Spanish speaking)	Paso a Paso (Step by Step)	Rebel's Drop-In Center /Behavioral Health Outpatient building of Memorial Regional Hospital, 3400 N. 29 th Ave	Doris 305-332-5832	#56526
Boca Raton 7:00 pm	Beginners/ Discussion	Regents Park Nursing Home 6363 Verde Trail	Bobbie 561-477-7914	#27229
Plantation 7:30 pm	Came to Believe Beginner's Meeting	St. Benedict's Episcopal Church 7801 NW 5th St, St Marks Room	Heather 954-621-7822	#56171
TUESDAY				
Boca Raton 10:00 am	OA/AA 12 & 12 Step Meeting	Good Shepherd Lutheran Church 6301 SW 18th Street	Nancy 561-343-5587	#02797
Hollywood 6:30 pm	OA Steps & Traditions Study	Rebel's Drop-In Center /Behavioral Health Outpatient building of Memorial Regional Hospital, 3400 N. 29 th Ave	Susan 954-593-4232	#00304
Boca Raton 6:00 pm	Big Book: Vision 4 You	Stratford Court of Boca Raton 6343 Via De Sonrisa Del Sur (Park in Team Parking /Guest)	Richelle 954-326-8069	#09095
WEDNESDAY				
Hollywood 10:00 am	OA 12&12/Big Book Every other week	Oasis at TY Park , Park entrance at Atlanta Street Off N. Park Rd. Keep right/follow sign to the Pavilion 2	Ellie 248-342-8822	#27545
Boca Raton 10:00 am	Speaker	Science of Mind Church 2 SW 12 th Ave	Karen 561-706-1743	#30002
Margate 6:30 pm	Beginner/Literature	Prince of Peace Lutheran Church 6012 NW 9 Court	Lois 954-604-8490	#00880
Cooper City 6:45 pm	Big Book Study, Occasional Speaker	Milestones in Recovery 2525 Embassy Dr., Suite 10	Leigh 954-682-2653	#50467
THURSDAY				
Pembroke Pines 10 am	OA Literature	Pines Baptist Church (in rear trailer) 800 NW 102 Ave (Palm & Johnson)	Jeanette 954-430-0928	#31812
Plantation 10:00 am	OA Steps/ Abstinence/Literature	St. Benedict's Episcopal Church 7801 NW 5th St.	Brenda 954-609-7393	#40172
Boca Raton 9:30 am	11 th Step/ Spirituality	Good Shepherd Lutheran Church 6301 SW 18th Street	Karen 561-706-1743	#56655
Boca Raton 1:00 pm	Big Book Study	Patch Reef Park Community Center 2000 W. Yamato Rd.	Marcella 561-451-8758	#53679
Boca Raton 7:00 pm	Literature	Our Lady of Lourdes 22094 Lyons Rd., Room 201	Ron 561-483-0500	#00903
Hollywood 7:00 pm	Speaker/Discussion	Sober Today Club 1633 S 21st Ave	Andrea 786-210-7977 Jessica 954-806-4206	#54106
FRIDAY				
Margate 6:30 pm	Big Book	Prince of Peace Lutheran Church 6012 NW 9 Court	Mort 954-815-2058 Mike 954-675-7382	#52805
SATURDAY				
Boca Raton 9:30 am	90 Day Speaker (Special Interest)	Good Shepherd Lutheran Church 6301 SW 18th Street	Phyllis 561-994-8664	#39822
Coral Springs 10:00 am	Big Book/Discussion	Broward Health Coral Springs 3000 Coral Hills Dr. Classroom A/B/C	Sue 754-307-5678	#48428
Plantation 10:00 am	Big Book: Vision for You	St. Benedict's Episcopal Church 7801 NW 5th Street	Nancy 954-600-9513	#41217
Hollywood 10:30 am	Big Book/Discussion	Sober Today Club 1633 S 21st Ave	Sherri 954-612-1250 Drew 954-612-1251	#20653