

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

**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 1<sup>st</sup> 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 7<sup>th</sup> 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.

###

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 2<sup>nd</sup> edition, Overeater's Anonymous 3<sup>rd</sup> edition, Abstinence 2<sup>nd</sup> 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](mailto: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](http://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](mailto:ahp42@att.net) 225-937-0566 or

Katrina S [kssoar8@gmail.com](mailto: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](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



**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.





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