

Letter to the Fellowship of Gold Coast Intergroup from our Chair

Step 12 - Having had a spiritual awakening as a result of these steps we tried to carry the message to the compulsive overeater and to practice these principles and all our affairs.

Dear Fellowship,

When did your spiritual awakening happen for you? Was it as simple as walking into your first meeting and realizing you were home? What did it take to find your abstinence, was it working the steps and understanding the traditions?

For me it is a little bit of both. Crawling back into the rooms after a four-year relapse I knew I was home. I felt my higher power and the group welcome me that day. They told me, Sherry, we will love you until you love yourself. However, I knew it would take physical abstinence to get through the emotional upheaval my disease had caused me in relapse. The spiritual awakening did happen that day at my first meeting. However, the closeness I feel to my higher power who I do call God took place as the result of the steps that I began to feel recovered.

So, my journey in the rooms is about carrying the message. Trying to help those that still suffer with compulsive overeating in and out of the rooms.

It is through service at any level in the rooms that has connected to me to the fellowship, and that has strengthened the three principles of this program for me - spiritual, emotional, and physical recovery.

After doing the job for several years, our Unity newsletter Chair has stepped aside to give someone else the opportunity to be of service and carry the message. We thank Maureen H. for her service to our Intergroup in this position and many others over the years.

My appeal is that if you want to strengthen your connection to this program and your recovery, think about taking on the chairmanship of this committee. I promise you that the Intergroup board and representatives will help you because we support each other in service and carrying the message.

Contact myself (goldcoastoa+chair@gmail.com) or Diana S. (goldcoastoa+csec@gmail.com) if you think you are ready to take your recovery to the next level. I was promised I would be loved until I loved myself. I can promise you that the rewards of service far outweigh the amount I give to this fellowship and all who serve.

In Peace and Service,

Sherry S.

Gold Coast Intergroup Chair

goldcoastoa+chair@gmail.com



Overeaters Anonymous Twelve Step Workshop

Presented by Gold Coast Intergroup

A 15-session workshop designed to help participants achieve and maintain abstinence through working all Twelve Steps

April 21, 2022 - July 28, 2022

Thursdays from 6:30 PM to 8:30 PM
Online Zoom Meetings

Suggested Donation: \$15*

The following OA-approved literature will be used for weekly readings and assignments:

- The Twelve Step Workshop Workbook
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 1st or 2nd Edition
- Alcoholic Anonymous (Big Book), 4th Edition
- Voices of Recovery
- For Today
- The Twelve Steps and Twelve Traditions of Alcoholics Anonymous
- Overeaters Anonymous, 3rd Edition

For more information or to register, contact Kendra W at kendra_a_walsh@yahoo.com or Tina W at 954-661-1008 or owensmum_tina@yahoo.com.



**\$15 donation may be sent via Venmo to @gold-coastintergroup, or mailed to PO Box 5415, Lighthouse Point, FL 33074*

**GOLDCOAST OVEREATERS ANONYMOUS
INTERGROUP**

READY FOR SERVICE?

Bring the message of Overeaters Anonymous
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**EMAIL GOLDCOASTOA+PIPO@GMAIL.COM
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Gold Coast Intergroup Meeting List

All Zoom meetings have the same dial in number: **1-646-558-8656** and the same **Password: 954954**

- **Check OABroward.org** for the most updated meeting list -

Monday

10:00 AM St. Benedict's Episcopal Church

Zoom link:

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bI5RUx6dz09

Zoom ID: 750 162 024 - Password 954954

Meeting Type: Big Book / Newcomers

Contact: Charles (954) 600-6280

10:30 AM 4th Dimension

Zoom link:

zoom.us/j/733969447?pwd=VGhJQitFY1NLK0N1aXNGS1B5cTV0dz09

Zoom ID: 733 969 447- Password 954954

Meeting Type: 12 Steps & 12 Traditions

Contact: Sheila (786) 837-3093

7:00 PM Regents Park

Zoom link:

zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVplK3FXRzlydz09

Zoom ID: 305 659 342- Password 954954

Meeting Type: Beginners and discussion

Contact: Bobbie (561) 477 -7914

Tuesday

10:00 AM Good Shepherd Lutheran Church

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

7:00 PM Crossroads 100 lb

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

Tuesday (continued)

7:00 PM 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

Wednesday

10:00 AM Science of Mind Church

Zoom link:

zoom.us/j/654731057?pwd=QIVReUxGRHY0MGhleGxBNmRTQ0pDdz09

Zoom ID: 654 731 057- Password 954954

Meeting Type: Speaker

Contact: Sherry S. (818) 398-4160

10:00 AM TY Park ****Hybrid 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

This meeting also meets in person at:

Location: T.Y. Park - 3300 N Park Rd, Hollywood

Location Notes: on Atlantic Street - Keep right and

follow sign to the Pavilion #2

Contact: Leon (305) 302-1377

11:00 AM - 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

Wednesday (continued)

6:30 PM Prince of Peace Lutheran Church

Zoom link:

zoom.us/j/337815181?pwd=NWhQWjg2UUdKT0ZxYW1CSElwbDVodz09

Zoom ID: 337 815 181- Password 954954

Meeting Type: Beginner / Literature

Contact: Mike (954) 675-7382

Thursday

9:30 AM Good Shepherd Lutheran Church

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

10:00 AM St. Benedict's Episcopal Church

Zoom link:

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6b15RUx6dz09

Zoom ID: 750 162 024- Password 954954

Meeting Type: OA Steps / Abstinence / Literature

Contact: Brenda (954) 609-7393

Saturday

9:30 AM Good Shepherd Lutheran Church

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

10:00 AM A Vision 4 You/Plantation

Zoom link:

zoom.us/j/194605389?pwd=c0lDdnprbFVFdStPUmVjd1RwK0pOQT09

Zoom ID: 194 605 389- Password 954954

Meeting Type: A Vision 4 You/Big Book/Speaker

This meeting also meets in person at:

St Benedicts Episcopal Church/St Lukes Room

7801 NW 5th St, Plantation

Contact: Nancy (954) 600-9513

Saturday (continued)

10:30 AM Sober Today

Zoom link:

<https://us02web.zoom.us/j/474548263?pwd=Z1Y2WUFlWFM1NTVIMXRmeDVINmx3QT09>

Zoom ID: 474 548 263- Password 954954

Meeting Type: Big Book / Discussion

Contact: Vanessa L. (954-934-5231)

Sunday

12:15 PM Pride Center

zoom.us/j/150175349?pwd=bFIFU28rWG9IRGxlRGVPVHhEWFZCQT09

Zoom ID: 150 175 349- Password 954954

Meeting Type: Newcomer / Speaker

Contact: Darlene (954) 299-8038

6:30 PM Sunday Pompano For Today

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlUT09>

Zoom ID: 872 0435 1241 – Password 954954

Meeting Type: Literature: For Today/Voices of Recovery

Contact: Roz (516) 851-0677

Next Gold Coast Intergroup Meeting:

Please be sure to join us remotely for
the next GCIG Meeting
on the 4th Sunday of every month at 2pm-3pm

Zoom Link:

<https://us02web.zoom.us/j/84375463048?pwd=dEgyRnFNSXhHVXBXNVB4a09vazBpUT09>

Dial In: 1-646-558-8656

Meeting ID: 843 7546 3048

Password: 954954