

### *Step Four:*

Made a searching and fearless moral inventory of ourselves

*Principle behind Step Four:*  
Courage

### *Tradition Four:*

Each group should be autonomous except in matters affecting other groups or OA as a whole

*Principle behind Tradition Four:*  
Autonomy

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**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. Personal stories express the experience, strength, and hope of the individual member and not of OA as a whole.*

From your Gold Coast Intergroup Chair:

Step Four was crucial to my recovery. Taking my inventory brought light and new confidence to my program. It was a chance to clear away the wreckage of my past. I saw that my anger and resentments were a major part of what led to my compulsive eating behaviors.

In the OA 12&12, towards the end of the inventory questions, it asked me if I had listed everything I could about myself. I tried to be honest about it, even if it was painful. But in listing everything, I realized I could list my assets as well as my defects. I never realized I had so many assets, many of which outweigh my defects. The exercise made clear that I made a mistake, NOT that I was the mistake. This lifted so much shame around my past. I could let go of the lie of "I am not enough" or "I don't have enough." I felt so free.

Today, when some person, place or thing is really bothering me, I used the skills I learned during the fourth step to help me see my side of the street as part of the 10th step process. I can ask HP to guide me to see:

- How has my behavior created the problem?
- What shortcomings trigger my reactions?
- Was I being dishonest or self centered? Having expectations? Feeling greed, envy, jealousy, fear?
- What should I have done instead?
- What am I trying to protect or benefit from?
- And most importantly, what is my part?

I find as I journal my way through this process I discover what I needed to change, make amends and even forgive myself many times. Having the courage to face these defects and admit where I may not always be my 'best self', I realize I am changing because of OA and through the design for living found in the Steps. I may not rejoice in these defects, however I now have the tools to deal with them, one day at a time.

In Peace and Service, *Sherry A.*, GCIG Chair

The Gold Coast IG is still looking for a Vice Chair and a Literature Chair - If you are interested in this service or any service position, please contact me at 818-398-4160 or email me at [goldcoastoa+chair@gmail.com](mailto:goldcoastoa+chair@gmail.com)

### Next Gold Coast Intergroup Meeting:

Please be sure to join us remotely for the next GCIG Meeting on the 4th Sunday of every month:

**Sunday, April 25th 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

Check out [OABroward.org](http://OABroward.org) for updated information from the GCIG!

### About the 7th Tradition:

In order to continue to carry the message of recovery to compulsive overeaters in our community, Gold Coast Intergroup has set up a Venmo account so we can start collecting 7th tradition donations through this secure online channel:

@Gold-Coastintergroup on 

Or via mail:  
Gold Coast Intergroup of OA  
P.O. Box 5415  
Lighthouse Point, FL 33074

Please remember to include a note with your meeting's information



Check out the Gold Coast Intergroup's NEW Facebook page!

<https://www.facebook.com/OAGoldCoast>

Be sure to follow, share, and announce it at the meeting you attend!

## *Wisdom from our Fellows:*

As part of my daily program routine, I have been reading the Big Book and then writing on certain passages. On page 325 of Alcoholics Anonymous, Fourth Edition, it states, "You hit bottom when you stop digging."

I can thankfully say that I'm not still digging in the way that I used to. I had many years of digging and doing research, trying to find the answers to my living problems, yet I thought I was doing fine in life. Similar to what it says on page 5 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, I had a good job, a house and car, and money in the bank, so by outward appearances, I was doing just fine. No one except my Higher Power knew that my insides presented a totally different story.

When I looked for the next diet or weight loss scheme, I continued to dig, hoping that it would bring me a thin body and a perfect life. Gradually, as I continued to fail by trying to find the answer myself, I turned to a Higher Power. I had really been backed into a corner. It was with some unwillingness and reluctance that I turned to this Higher Power, but I had nowhere else to turn. I had always been taught to rely on myself, so why would my compulsive eating not submit to my will? I felt it would mean I lack character if I admitted I could not do it myself. But when I admitted I could not do it and that my way was not working, then I came to the end of me. Only when I came to the end of me could my Higher Power take over. He said, "walk this way," and when I walked that way, I dug less and less into the old ways because, when I stopped digging, I started finding the answers that I sought.

Today, I find I'm drawn closer to this Higher Power, and that nurtures my spiritual program. By continuing to work the Steps and use the Tools of the Overeaters Anonymous program, the emotional side of me is more stable, and I am able to be in a more balanced state. By admitting my powerlessness over food and my life in Step One and by continuing to come back for twenty-nine years, I have maintained an 80-pound (36-kg) weight loss. Now, after all these years, I do my digging in a different way: by working the Steps and maintaining conscious contact with my Higher Power. That is how I find the answers that I always sought through using food.

— Kristin, Purcellville, Virginia USA



## 10 Suggestions for Completing Our Inventory

Oftentimes when members contemplate Step 4, the moral inventory, they think *Uh-oh*. Who wants to face the past? We've been eating compulsively to forget it. Who wants to know the bad stuff about themselves? We've been eating compulsively to forget that too. Who wants to stare down their fears? We've also been eating compulsively to forget them. But compulsive eating never solves the problem. It's only delaying the inevitable confrontation with ourselves or hastening our demise so we won't ever have to look ourselves in the eyes.

Are we really that awful? We're not, but we may not be able to understand that until we actually write our inventory. So for those wary of the inventory or approaching it in their step work, here are several suggestions for completing Step 4 that we hear frequently from those that have worked through it.

1. **It's not as scary as we thought.** In fact, for many of us, we realized that we'd built it up into some kind of monster, yet it turns out to be very gentle.
2. **Just get going.** If we wait until we're ready, we may never start at all. Our window of willingness is only open for so long before we're again drowning in self-pity and sugar-coated sugar bombs (or whatever our favorite kind of binge foods are).
3. **Write every day.** Look, if we're going to do this thing, let's get it the heck done! Why delay receiving the gifts of recovery! Even if we only write one page or one entry on a given day, *it's better than nothing at all*.
4. **Use a timer.** Commit to a certain amount of time each day, and use a kitchen timer to ensure to reach that goal. Because otherwise, our sickened minds will tell us that five minutes is thirty minutes.
5. **Say the Third Step Prayer every time you write.** If we're writing our inventory, then we ought to have completed Step 3. The prayer associated with it (on page 63 of The Big Book) is, in essence, a contract with God. If our HP helps us recover, then we'll pass it on and be of service to others. It's helpful to be reminded of that goal while we write. We're not there to recover so that we can merely feel better. We're writing inventory so that by our surviving this disease, we can be a beacon to others with our affliction. By helping them, we further insure ourselves against recidivism. So we say the prayer to remember Who's in charge, and how the program will transform selfish us.
6. **Let God do the writing.** By saying the Third Step Prayer, we're acknowledging that HP is in charge. So then, as we write, we can take care to listen for God's voice. We may think we know all about ourselves, but in reality, much is buried deep inside us, and we need more power than we have to dig it all out. When we let God push our pen and run the show, we are assured of success.
7. **Perfect is the enemy of recovery.** Seeking perfection is self-centeredness running amok, and the Steps are helping to deflate that very kind of attitude. Instead of asking if it's a perfect job of inventorying, we trust that God will help us see what we need to see. Getting stuck in perfection is a great way to just get stuck.
8. **Use visual aids.** The Big Book tells us to be fearless and thorough. So as we make our grudge list, before we declare it done, we might consult yearbooks, photographs, directories, old address books, Facebook, any place where we might get a visual reminder of someone we resent. If we feel anger toward a person, or if we feel some gnawing but unnamable feeling, it's worth adding them to the list.
9. **Lean on a sponsor.** To write an inventory, we must be sure our sponsor has written one, and talk to them frequently about it. We check in with them often, showing them our writing. We can't be too careful because our minds love to sabotage our efforts to get better. A sponsor can gently show us where our brains are trying to take over and BS us.
10. **The BIG SECRET is that we're not so bad after all.** Yup, if we do this inventory well, trusting God along the way, and working closely with our sponsor, we're going to discover that while we may have done some bad things, we are not bad people. In fact, we're good people who have been stuck in a rut thanks to a disease that controls our minds and actions. We see how we've been trapped and now we start to see the path ahead of us. A path that's cleared of choking debris and that leads in purposeful direction. All those defects of character and experiences we'd rather forget are about to be turned into assets by which we will help others and lead a happy, joyous, and free life.

GET WRITING! KEEP WRITING! FIND FREEDOM!

- Seacoast OA Archives

# Upcoming Events:

**SAVE THE DATES!**

April 9-11, 2021

**SOAR8  
BUSINESS  
ASSEMBLY**

Check out the  
Region 8 Website for  
more Information!

[OARegion8.org](http://OARegion8.org)

## 2021 IN PERSON Convention

*“Walking in the Sunlight:  
One Day at a Time”*

Dates: August 26-28, 2021

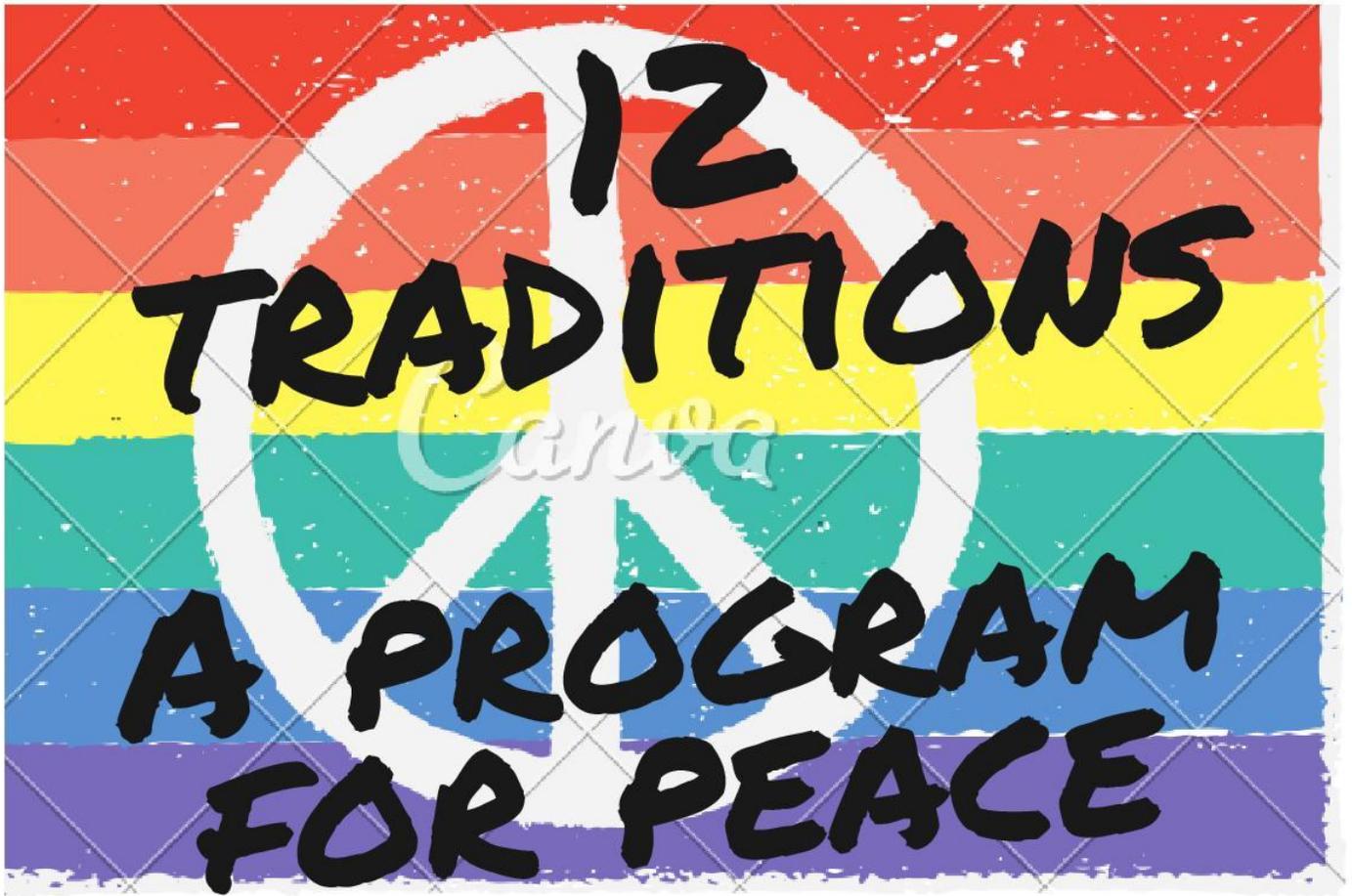
Check this page for Updates:

<https://oa.org/world-service-convention/>

Join the Convention email list at  
[conventioninfo@oa.org](mailto:conventioninfo@oa.org)



For more information,  
please contact  
[conventioninfo@oa.org](mailto:conventioninfo@oa.org).



**4 Speakers with sharing in between.**

**Come hear how others use the Traditions in and  
outside of the rooms!**

*Contact Jules A  
954.594.7985*

**Sponsored by OA  
Goldcoast Intergroup**

**Sunday, April 18, 3 pm - 5 pm EST**

**Zoom Info - Click this Link:**

<https://us02web.zoom.us/j/83554127078?pwd=dmFzT3BhdFJsMWJsZyt1dmR2g5Zz09>

**or Dial In: (929) 205-6099 Meeting ID: 835 5412 7078 Passcode: 954954**

# 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 22, 2021 – July 29, 2021**  
**Thursdays from 6:30 PM to 8:30 PM**

## LOCATION

### **Online Zoom Workshop**

Details will be given out after registration.

*Suggested Donation: \$15*

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

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

**For more information or to register, contact Cathy M at 561-756-2907 or email her at [cathymento13@gmail.com](mailto:cathymento13@gmail.com). You can also contact Ria G at 954-632-6640 or email her at [ria462019@gmail.com](mailto:ria462019@gmail.com).**

“Based on the experience of recovering OA members, the way out of despair and hopelessness and into a life of recovery beyond our wildest dreams is through working all Twelve Steps.”



**2021  
TOPICS**



# Virtual Region WORKSHOP

## "2nd Sunday of the Month"

### 3 - 4:30pm

EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)

EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)

- Jan 10 "And practice these principles in all our affairs"  
~*The spiritual principles of the steps*
- Feb 14 "Sought thru prayer and meditation"  
~*Developing a relationship and an ongoing connection with my Higher Power*
- Mar 14 "Courage to change the things I can"
- Apr 11 A Spiritual Toolkit
- May 09 "Relieve me of the bondage of self"  
~*Losing our ego and re-aligning our will*
- Jun 13 The Sponsor - Sponsee Connection
- July 11 What does it really mean to surrender?
- Aug 08 A Threefold Disease: Physical, Emotional, and Spiritual
- Sept 12 The Promises of the Program
- Oct 10 Applying the Traditions in Daily Life
- Nov 14 "To carry the message to other compulsive overeaters"
- Dec 12 Connection is the Opposite of Addiction



**891 6554 0024**

**Password: 120912**

*For more information: [oavirtualregion.org](http://oavirtualregion.org)*

*(Lisa) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) (Lee) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)*

***Suggested workshop contribution \$5***

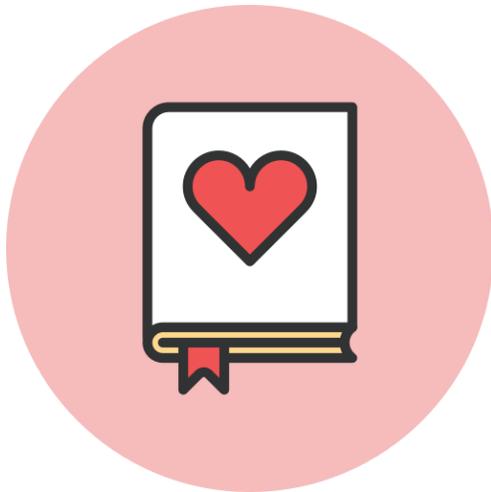


## Responsibility Pledge:

Always to extend the hand and heart of  
OA to all who share my compulsion;  
for this I am responsible.

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



## A Vision 4 You

Live Big Book Study - Monday - Friday:

Time: 7am - 9am ET (first 50 mins recorded)

Time: 10am - 11am ET (first 50 mins recorded)

Live Sunday Special Edition: Time: 8:30 am ET

Live Meetings Call: 712-432-5210 Conf. ID: 876148#

Meeting Archives Call: 712-432-5203 Conf ID: 876148#

Press 0# to access the most recent recording.

[www.avision4you.info](http://www.avision4you.info)

## The Twelve Steps

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 and 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.

Permission to use the Twelve Steps of Alcoholics Anonymous  
for adaptation granted by AA World Services, Inc.

# Gold Coast Intergroup Zoom Meeting List

Until further notice, the Gold Coast Intergroup is not encouraging members to attend our local face-to-face meetings at their physical locations. Please find the below Zoom meeting list.

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

## Monday

**10:00 AM** St. Benedict's Episcopal Church

Zoom link:

[zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09)

Zoom ID: 750 162 024

Meeting Type: Big Book / Newcomers

Contact: Charles (954) 600-6280

**10:30 AM** 4th Dimension

Zoom link:

[zoom.us/j/733969447?pwd=VGhJQitFY1NLK0N1aXNGS1B5cTV0dz09](https://zoom.us/j/733969447?pwd=VGhJQitFY1NLK0N1aXNGS1B5cTV0dz09)

Zoom ID: 733 969 447

Meeting Type: 12 Steps & 12 Traditions

Contact: Sheila (786) 837-3093

**7:00 PM** Regents Park

Zoom link:

[zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVpJK3FXRzlydz09](https://zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVpJK3FXRzlydz09)

Zoom ID: 305 659 342

Meeting Type: Beginners and discussion

Contact: Bobby (561) 477 -7914

## Tuesday

**10:00 AM** Good Shepherd

Zoom link:

[zoom.us/j/819491242?pwd=V01CYzJWSmxUT2NrSVR1elhsOTZiZz09](https://zoom.us/j/819491242?pwd=V01CYzJWSmxUT2NrSVR1elhsOTZiZz09)

Zoom ID: 819 491 242

Meeting Type: OA/AA 12&12 Step Meeting

Contact: Nancy (561) 343-5587

**7:00 PM** Crossroads 100 lbs

Zoom link:

[zoom.us/j/516282779?pwd=cTFOUlgxaGx6aGhCd0JHcTdHbTVqdz09](https://zoom.us/j/516282779?pwd=cTFOUlgxaGx6aGhCd0JHcTdHbTVqdz09)

Zoom ID: 516 282 779

Zoom Password: 954954

Zoom Dial in: 1-646-558-8656

## Wednesday

**10:00 AM** Science of Mind Church

Zoom link:

[zoom.us/j/654731057?pwd=QIVReUxGRHY0MGhleGxBNmRTQ0pDdz09](https://zoom.us/j/654731057?pwd=QIVReUxGRHY0MGhleGxBNmRTQ0pDdz09)

Zoom ID: 654 731 057

Meeting Type: Speaker

Contact: Sherry S. (818) 398-4160

**10:00 AM** TY Park

[zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPcjNOZz09](https://zoom.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPcjNOZz09)

Zoom ID: 290 923 334

Meeting Type: OA 12&12 on 1st, 3rd & 5th Wed. - Big Book of AA on 2nd & 4th Wed.

Contact: Ellie (248) 342-8822

**6:30 PM** Prince of Peace Lutheran Church

Zoom link:

[zoom.us/j/337815181?pwd=NWhQWjg2UUDkTOZxYW1CSElwbDV0dz09](https://zoom.us/j/337815181?pwd=NWhQWjg2UUDkTOZxYW1CSElwbDV0dz09)

Zoom ID: 337 815 181

Meeting Type: Beginner / Literature

Contact: Mike (954) 675-7382

## Thursday

**9:30 AM** Good Shepherd Lutheran Church

[zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3YjhSTmd5UT09](https://zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3YjhSTmd5UT09)

Zoom ID: 268 739 522

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=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09](https://zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6bll5RUx6dz09)

Zoom ID: 750 162 024

Meeting Type: OA Steps / Abstinence / Literature Study

Contact: Brenda (954) 609-7393

## Saturday

**9:30 AM** Good Shepherd Lutheran Church

[zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNG1nVFN5QT09](https://zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNG1nVFN5QT09)

Zoom ID: 669 862 116

Meeting Type: 90 Day Speaker (Special Interest)

Contact: Alan S. (561) 400-1493

**10:00 AM** A Vision for You - Plantation

[zoom.us/j/194605389?pwd=c0lDdnprbFVfdStPUmVjd1RwK0pOQT09](https://zoom.us/j/194605389?pwd=c0lDdnprbFVfdStPUmVjd1RwK0pOQT09)

Zoom ID: 194 605 389

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

Contact: Nancy (954) 600-9513

**10:30 AM** Saturday Zoom Meeting #89469

<https://us02web.zoom.us/j/474548263?pwd=Z1Y2WUfVWFM1NTVIMXRmeDVINmx3QT09>

Zoom ID: 474 548 263

Meeting Type: Big Book / Discussion

Contact: Stephanie 913-706-1553

**10:30 AM** Sober Today Club

Meeting Type: Big Book / Discussion

Contact: Ellie (248) 342-8822

## Sunday

**12:15 PM** Pride Center

[zoom.us/j/150175349?pwd=bFIFU28rWG9IRGxIRGVpVHhEWFZCQT09](https://zoom.us/j/150175349?pwd=bFIFU28rWG9IRGxIRGVpVHhEWFZCQT09)

Zoom ID: 150 175 349

Meeting Type: Newcomer / Speaker

Meeting Number: #46694

**6:00 PM** Christ Church Pompano

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlIU09>

Zoom ID: 872 0435 1241

Meeting Type: Literature: For Today/Voices of Recovery

Meeting Number: 51690

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

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

