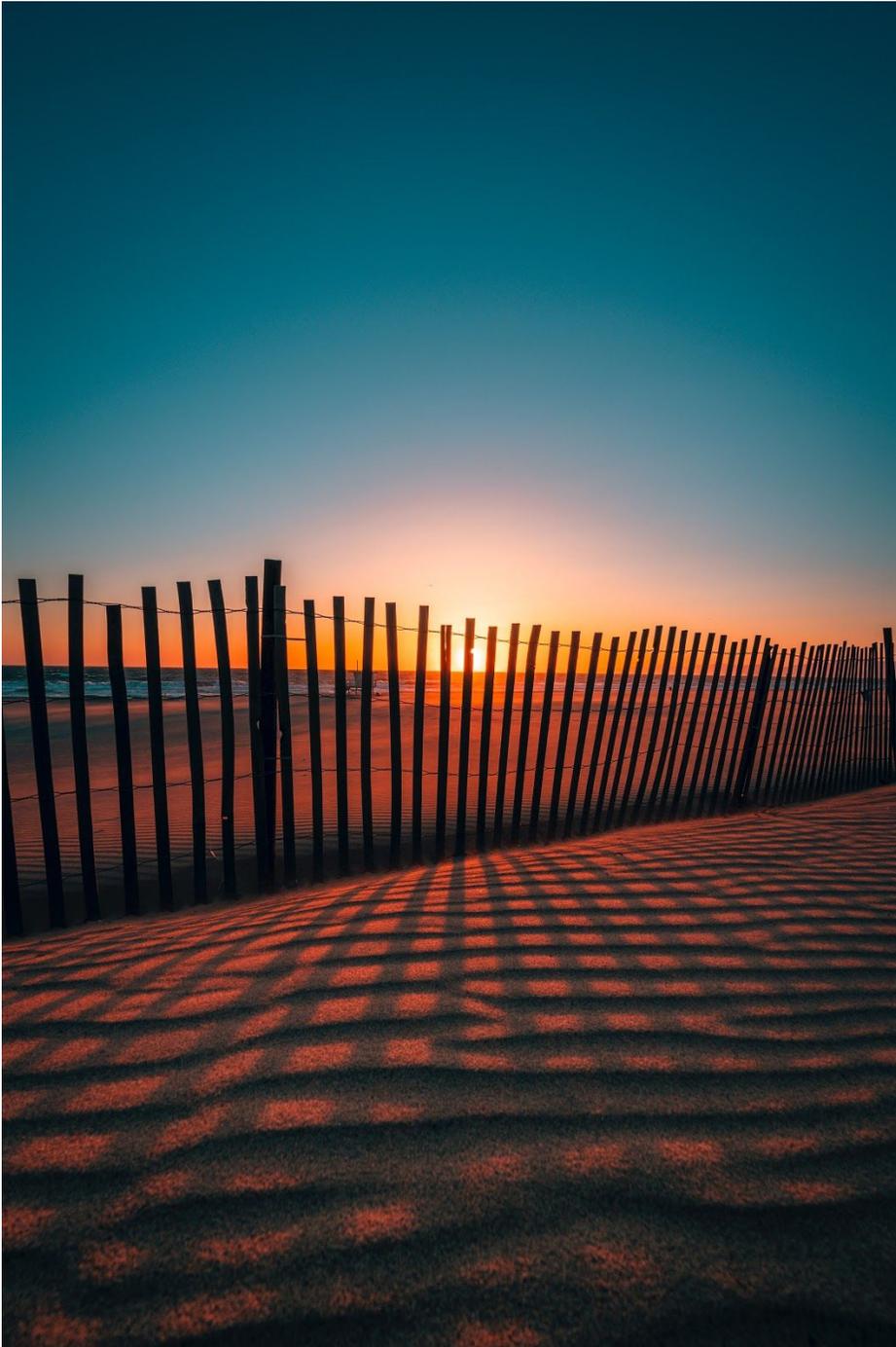


Step Eight: Made a list of all persons we had harmed and became willing to make amends



When I think about the amends-making process of the Steps, I often first meditate on the word “mend” for its simple literal meaning: to repair something that is broken or damaged. And for me, that always invokes an image of a broken fence “in need of mending.”

So how did my relationships get so broken or damaged just like fences in disrepair? Simply put: by the actions I took that harmed another person. I took some action that caused pain, suffering, or loss. With each cruel word spoken or self-centered lie told, I was pulling the fence apart, board by board, nail by nail, until it was in pretty bad shape. And sure, maybe the other person had some part in tearing our fence apart too, but I can only account for my actions - for the harms I caused.

So through this stepwork, I can pick up the broken boards and discarded nails of a relationship, and humbly go back to this fence to try to make it right again. I lovingly reset the posts, hammer in some new strong boards, and give it a fresh coat of paint. I do whatever I can to repair what is broken and damaged. I may not be much of a carpenter, but I let the principles of this program and my higher power guide my work.

- Maureen H.

Step Eight Principle:
Discipline

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:

And so in Step 8, we begin the work concerned with personal relations. For me, learning to live with others is a fascinating adventure. My many obstacles include reluctance to forgive (mostly myself), purposeful forgetting, and the need to exhaustively survey the past to justify my victim credentials. But as I work this step with a kind and gentle sponsor, I gain insight from the thoroughness of this step and I begin to be able to see the kinds of harm I have done others. By sorting these harms, I realize my willingness to make them right. Extreme judgement of myself and others has been removed and I can objectively review my list.

Step 8 indeed is the beginning of the end of isolation.

- *Tessa Q.*, GCIC Chair

Service Needed!

The GCIG needs to reestablish our Google Voice account for our Hotline but needs someone to maintain it!

Please contact Tessa Q. or your Intergroup Representative if you are available to do this vital service

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, August 23rd - 2pm-3pm

Zoom Link:

<https://us02web.zoom.us/j/481963181?pwd=UllNSk8yYTUrTm0vem9MYkY4WGNqQT09>

Dial In: 1-646-558-8656 - Meeting ID: 481 963 181 - Password: 954954

Your Gold Coast Intergroup Trusted Servants

Chairperson, Tessa Q.	305-962-5989	goldcoastoa+chair@gmail.com
Vice Chair, Stephanie W.	913-706-1553	goldcoastoa+vchair@gmail.com
Treasurer, Mike S.	954-675-7382	goldcoastoa+treas@gmail.com
Corresponding Secretary/Website, Sandy G.	954-275-6100	goldcoastoa+csec@gmail.com
Recording Secretary	OPEN	OPEN
Parliamentarian	OPEN	OPEN
12th Step Within, Arlene	914-255-8072	goldcoastoa+12SW@gmail.com
Public Information/Professional Outreach, Sherry S	818-398-4160	goldcoastoa+pipo@gmail.com
OA Literature, Sande K.	954-610-6205	goldcoastoa+lit@gmail.com
Ways and Means, Lila	954-593-6621	goldcoastoa+treas@gmail.com
Website Updates/Announcements	-----	goldcoastao+announce@gmail.com
Unity Editor, Maureen H.	954-600-1483	goldcoastoa+unity@gmail.com

For more information and meeting updates, please check out:

www.OABroward.org

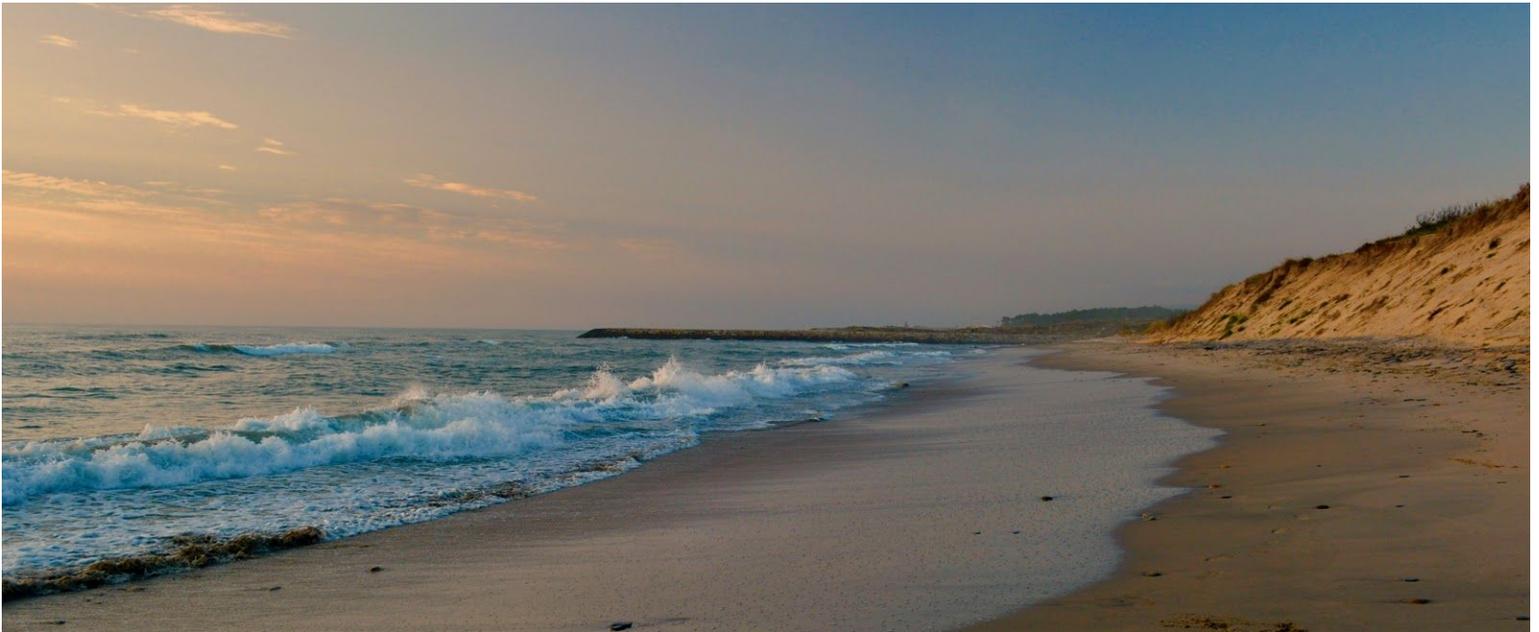
Wisdom from our Fellows:

Hippocrates: *Extreme remedies are very appropriate for extreme diseases.*

I still recall, though it was some fifteen years ago, when I thought it would be too overwhelming to have to do all the "suggestions" of the OA program. I started slowly, waiting for months before I was sufficiently convinced that I was, indeed, a COE, and before I was confident enough to declare it at a meeting.

Then came a couple book purchases, a sponsor, and a hand raised to volunteer for a service position at the Intergroup. Little by little, one by one, I began to adopt the rest of the tools to my daily life, to select the meetings I would attend regularly, and to commit myself to abstinence and recovery. Somewhere in there, I committed to a meeting every week that studied and shared on the AA Big Book, and another that studied and shared on the Tools and Traditions.

And not, here I am doing most of these things almost every day, and no longer feeling that they are burdensome. They are part of my life, like brushing my teeth, and inhaling after every exhale. These are the behaviors that keep me sane, abstinent, and recovering, one day at a time, and which keep me from returning to the way I was when I came in. - Paul C.



Using the Tools: Writing

GCIC is encouraging our fellows to take up a writing prompt each month to practice the tool of Writing. Please write on the below topic and share it with another compulsive eater so you both can grow your recovery.

Sponsorship Day will be celebrated August 15–16, 2020. What led you to first become a sponsor? Lessons learned? How has sponsorship boosted your recovery?

Back to Basics: What does Working the Program really mean?

OA is a Twelve-Step Fellowship much like Alcoholics Anonymous. It's our one-day-at-a-time approach plus our members that make us different from other solutions you may have tried. You may not be familiar with a twelve-step program—and that's okay, we're here to help! Let's uncover some terms you may not know:

Abstinence: the act of refraining from compulsive food behaviors while working towards or maintaining a healthy body weight

Recovery: removing the need to engage in compulsive eating behaviors

Tools: we have nine Tools that help focus us while we work our program of recovery, including:

- A Plan of Eating
- Sponsorship
- Meetings
- Telephone
- Writing
- Literature
- Action Plan
- Anonymity
- Service

Plan of Eating: This gives us a daily guide to avoid trigger foods and any destructive eating behaviors.

Sponsorship: Sponsors have been working the program to the best of their ability and walk you through the Twelve Steps. They help you understand each step and how to work the program in the best way for you. Sponsors go beyond being a supportive friend; they are truly a gift to the program.

Meetings: We offer over 6,000 face-to-face and virtual meetings worldwide, and in languages other than English. [Find a meeting](#) that will work for you and your schedule. Meetings help us learn about the Tools and Steps, and also provide fellowship, which is critical to our recovery. We have discovered we need each other to get well.

Telephone: We reach out to one another between meetings, for support for ourselves and to offer help to others.

Writing: Some call it journaling. When we put our difficulties down on paper, it becomes easier to see situations more clearly and determine any necessary action.

Literature: OA has excellent books, and pamphlets—that help us understand how to “work the Twelve Steps” and give us examples of what life in recovery looks like.

Action Plan: This Tool helps incorporate the use of all the other OA Tools to bring structure, balance, and manageability into our lives and helps us work our program consistently.

Anonymity: Anonymity gives OA members freedom of expression and safeguards us from gossip. A deeper understanding of this Tool is that it assures that we each are one among many. OA has no stars.

Service: You will hear a lot about service in OA. This Tool is addressed in greater detail deeper in our website. But, for now, please know that any form of service – no matter how small – helps reach a fellow sufferer while adding to the quality of our recovery.

Now that we've covered key parts of the program, let's see what it might look like to work the program on a daily basis.

Your day starts with reading some program literature, or taking time to pray and meditate on what you have read or on something about the day ahead. You might phone, text, or email a program friend or your sponsor to go over your Plan of Eating for the day. You might even get to a meeting. At the end of your day, you may reflect on what happened and what you learned. This simple routine keeps us on track.

About the 7th Tradition:

We pray and trust all of you are well and staying safe. Even though you are not meeting at our 'usual' face to face meeting spaces, the Gold Coast Intergroup continues to provide support to OA meetings and members within the South Florida area, including northern Miami-Dade, Broward, and southern Palm Beach counties. 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:

Make your 7th Tradition Donation:

@Gold-Coastintergroup on

venmo

You can also continue to send
7th Tradition checks via the mail:

Gold Coast Intergroup of OA

P. O. Box 5415

Lighthouse Point, FL 33074

Please remember to include a note about your meeting's information.

Many of us have continued to stay in contact with one another through Zoom meetings and we encourage you to do the same. At such meetings, the question of "passing the basket" for the 7th tradition comes up frequently, and below are some best practices that groups have developed:

Group Venmo Accounts: Several meetings have established their own Venmo or Zelle accounts. Each meeting in the GCIG is autonomous and are welcomed to establish their own Venmo or Zelle accounts to allow members to make regular 7th contributions to the group. The treasurer of the group then treats the Venmo account as a virtual 7th Tradition basket, paying any meeting expenses like rent, and even sending funds beyond prudent reserve to the Gold Coast Intergroup, Region 8, and OA World Service office.

Individual Donations: Other groups, particularly those that will not be paying rent or other expenses during this stay at home order, recommend that individual members continue to make seventh tradition donations on their own. The Gold Coast Intergroup has a Venmo account set up so you can make donations online (Search: @Gold-Coastintergroup on your Venmo App) or via the mail. You can also make donations to Region 8 (OARegion8.org) and OA World Service (OA.org) on their websites.

Donation Savings: Some folk just don't feel comfortable sending money online. Many fellows have decided to put aside donations for each meeting they attend. They simply place the donation in an envelope and save it for when we can get back to our face-to-face meetings.

We hope the suggestions above will enable groups and individuals to continue with the very important 7th Tradition. Thank you, as always, for your consideration, and we pray for safety for you and yours and for the spiritual and physical well-being of all of us at this difficult time.

Commemorative T-shirt
2020 World Service Convention
the event that never happened!!

Celebrating 60 years of Recovery

Available in sizes Small-5X
Cost - \$ 20.00 each with free shipping
(no extra cost for larger sizes)



Wear it to
your next Zoom meeting!

Order by clicking the button below

Click to order
<https://forms.gle/fMHDm8raS1oBRiT86>

Two options to pay

*** PayPal**

During checkout, please add note
that the money is for T-shirts.
Visit OARegion8.org homepage

or

*** Send check to**

SOAR8 Treasurer
PO Box 242522
Little Rock, AR 72223

Please put on the memo line of your check that
the money is for T-shirts, including size & quantity.

For questions contact:
Email : WaysandMeansChair@oaregion8.org
Phone: 615-202-5242
(text or call)
Name: Melissa H.

Upcoming Events:

THE GOLD COAST INTERGROUP
OF OA PRESENTS:

Self-Love Through Recovery

SUNDAY, AUGUST 9TH
2:00 - 4:00 PM

Join us for this interactive workshop of activities designed to help us find self-love and happiness through play & the 12 Steps!

Have a journal, paper, and crafting supplies like markers, stickers, or even play-doh on hand. We will encourage gentle loving movement so wear comfortable clothing and get ready to have FUN!

Zoom Meeting Link:

[https://us02web.zoom.us/j/83305581939?](https://us02web.zoom.us/j/83305581939?pwd=Q3l2MHEvNXpaekV6WIREZDA0U3VLUT09)

[pwd=Q3l2MHEvNXpaekV6WIREZ
DA0U3VLUT09](https://us02web.zoom.us/j/83305581939?pwd=Q3l2MHEvNXpaekV6WIREZDA0U3VLUT09)

Dial In #: 1-646-558-8656

Meeting ID: 833 0558 1939

Passcode: 954954

For more info, contact:

Linda R: 954-240-0297

Debbie S: 954-529-1170



**OVEREATERS
ANONYMOUS®**
Miami-Dade and the Keys Intergroup



~ Sponsored by MDKIG ~

OA's 11th Step Workshop

"Mindful Meditation"

A Virtual Workshop Every Friday Morning for 6 Weeks ...

MDKIG is offering an 11th step practice for everyone. With compassion, we will sit with what is in tribute to acceptance, courage and wisdom.



Dates: July 24th - August 28th

Time: 10:30 A.M. - 11:30 A.M.

Contact: Janey B. / janejaneyom@gmail.com / (847) 721-6623

Join Zoom Meeting: <https://us02web.zoom.us/j/85322694237?pwd=b0llaWR3dnM3WG4rTWIwCHJlU0Zwdz09>

Meeting ID: 853 2269 4237

Password: 305305

Dial-in: +1 929 205 6099 US ET

A donation can be made through our venmo account - treasurer@oamiami.org

Come and experience the power of group meditation!



 **OVEREATERS
ANONYMOUS®**
Miami-Dade and The Keys Intergroup



MIAMI DADE AND THE KEYS INTERGROUP PRESENTS
OUR ANNUAL RECOVERY CONVENTION

Zooming into the Fourth Dimension

Save the Date!
October 23-25th, 2020

If you are available for service to support this convention,
please contact Stephanie W - 913-706-1553

"We have found much of heaven and we have been rocketed in to a fourth
dimension of existence of which we had not even dreamed"-

P. 25, Big Book

Come dream with us!





e-WORKSHOP series

Every "2nd Sunday of the Month" 3-4:30pm

EDT until Nov 1 (UTC/ GMT -4)

EST Nov 1 to December (UTC/ GMT-5)

UPCOMING TOPICS

- 4/12 Spring Cleaning: Inventory & Appraisal
- 5/10 Utilizing an OA Toolkit in a Virtual World
- 6/14 Recovery through Grief and Traumatic Times
- 7/12 ACCEPTANCE is the answer to all my problems today
- 8/9 New Sponsor Workshop
- 9/13 19 Symptoms to Relapse
- 10/11 Demystifying the OA Service Structure
What is the inverted Pyramid?
- 11/8 Abstinence and Keeping It - the difference between abstinence and a plan of eating
- 12/13 Young persons in OA



VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207>

One tap mobile:

+17207072699,, 557696207# US or
+16465588656,, 557696207# US (NY)

(Meeting ID: 557696207)

FOR MORE INFORMATION:

oavirtualregion.org/events/workshops/

email: (BJ) workshop@oavirtualregion.org (Carolyn) vicechair@oavirtualregion.org

Suggested workshop contribution \$5 oavirtualregion.org/region/seventh-tradition/



31st Annual Florida State
Convention of Overeaters
Anonymous



“Celebrate Recovery”



JAN 15-17, 2021

Hilton Cocoa Beach Oceanfront
1550 N Atlantic Avenue
Cocoa Beach, FL 32931
(Reservations) 1-866-580-7402
(Hotel Direct) 321-799-0003
cocoabeach.hilton.com

Responsibility Pledge:

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

A Vision 4 You

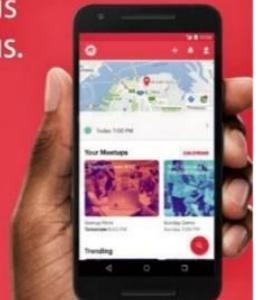
Live Big Book Study - Monday - Friday:
Time: 7am - 9am ET (first 50 mins recorded)
Time: 10am - 11am ET (first 50 mins recorded)
Live Sunday Special Edition: Time: 8:30 am ET

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

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



2020 World Service Convention



**POSTPONED UNTIL
2021**

ORLANDO
FLORIDA, USA

Early-Bird Registration Deadline: June 15, 2020

More Info at: <https://oa.org/WORLD-SERVICE-CONVENTION/>

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=MEhrS2U2ajVzd2pvRkt6blI5RUx6dz09

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=VGhJQitFY1NLK0N1aXNGS1B5cTVQdz09

Zoom ID: 733 969 447

Meeting Type: 12 Steps & 12 Traditions

Contact: Sheila (786) 837-3093

6:45 PM Paso-A-Paso

Zoom link:

zoom.us/j/214340328?pwd=dGxHQ3A0L3ZZcmJkeHNPVlhhVWVUUT09

Zoom ID: 214 340 328

Meeting Type: Spanish language meeting: Paso a Paso [Step by Step]

Contact: Doris (305) 332-5832

7:00 PM Regents Park

Zoom link:

zoom.us/j/305659342?pwd=ckR1bVhRaHFzSIFVbVplK3FXRzlydz09

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

Zoom ID: 819 491 242

Meeting Type: OA/AA 12&12 Step Meeting

Contact: Nancy (561) 343-5587

Tuesday (cont.)

6:30 PM Rebels' Drop-In Center

Zoom link:

zoom.us/j/808573978?pwd=RzNtZCtEUEdOVnR5SG1oemkzVFlwQT09

Zoom ID: 808 573 978

Meeting Type: OA Steps & Traditions Study

Contact: Susan (954) 593-4232

7:00 PM Crossroads 100 lbs

Zoom link:

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

Zoom ID: 654 731 057

Meeting Type: Speaker

Contact: Karen (561) 706-1743

10:00 AM TY Park

Zoom link:

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=NWhQWjg2UUdKT0ZxYW1CSElwbDVodz09

Zoom ID: 337 815 181

Meeting Type: Beginner / Literature

Contact: Lois (954) 604-8490

Thursday

9:30 AM Good Shepherd Lutheran Church

Zoom link:

zoom.us/j/268739522?pwd=Z1BBTDBZK3ZyeDZwVXh3YjhSTmd5UT09

Zoom ID: 268 739 522

Meeting Type: 11th Step/Spirituality

Contact: Karen (561) 706-1743

10:00 AM St. Benedict's Episcopal Church

Zoom link:

zoom.us/j/750162024?pwd=MEhrS2U2ajVzd2pvRkt6blI5RUx6dz09

Zoom ID: 750 162 024

Meeting Type: OA Steps / Abstinence / Literature Study

Contact: Brenda (954) 609-7393

7:00 PM Sober Today Club

Zoom link:

zoom.us/j/608264524?pwd=aWozcEZjVTIMQzlxY01pMmpKR0hmZz09

Zoom ID: 608 264 524

Meeting Type: Speaker; Discussion

Contact: Andrea (786) 210-7977

Saturday

9:30 AM Good Shepherd Lutheran Church

Zoom link:

zoom.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYvNG1nVFN5QT09

Zoom ID: 669 862 116

Meeting Type: 90 Day Speaker (Special Interest)

Contact: Ronnie (914) 217-0001

10:00 AM St. Benedict's Episcopal Church

Zoom link:

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 Sober Today Club

Zoom link:

zoom.us/j/474548263?pwd=Z1Y2WUFvWFM1NTVIMX RmeDVINmx3QT09

Zoom ID: 474 548 263

Meeting Type: Big Book / Discussion

Contact: Ellie (248) 342-8822

Sunday

12:15 PM Pride Center

Zoom link:

zoom.us/j/150175349?pwd=bFIFU28rWG9IRGxIRGVPVHhEWFZCQT09

Zoom ID: 150 175 349

Meeting Type: Newcomer / Speaker

Meeting Number: #46694

Contact: Darlene (954) 299-8038

7:30 PM Miami Shores Community Church

Zoom link:

zoom.us/j/172125099?pwd=NmhBRkRhYSttK3hmeFZKUIM0eGxPUT09

Zoom ID: 172 125 099

Meeting Type: Steps/Traditions

Meeting Number: 57054

Contact: Gary (305) 510-5150

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 August 23, 2020
2pm-3pm

Zoom Link:

<https://us02web.zoom.us/j/481963181?pwd=UjIISk8yYTUrTm0vem9MYkY4WGNqQT09>

Dial In: 1-646-558-8656

Meeting ID: 481 963 181

Password: 954954