



Step Twelve:

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.

Principle behind Step Twelve:
Service

Tradition Twelve:

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Principle behind Tradition Twelve:
Spirituality

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 12: Having had a spiritual awakening as the results of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Joy of living is the theme of the 12th step and I would argue the true intent behind our attempts to carry this message. Haven't I stumbled upon joy, laughter, and fellowship by working these steps? Who wouldn't want to shout it from the rooftop? The whole world could benefit from this message but only a few are ready to receive it, so I have carried the message to those that are. I've seen sponsees recover. It is a gift I have given without expectation of reward. In fact, I have been transported from a belief in scarcity and rocketed into a belief in abundance through this work. The more I give, the greater my own spiritual bank account.

Through 12 Step work and service, my instincts have been restored to their true purpose. As I rotate out of service as Chair of the Gold Coast Intergroup, I am grateful to each and every Intergroup member who has helped me continue to practice these principles in all my affairs and to those special few who helped expand my spiritual life.

Gold Coast Intergroup Service Needed for 2021

I'm also reaching out to you in order to make you aware of the importance of your service to intergroup over the next few months as we approach the new calendar year. The next few meetings are very important to the health and longevity of the Gold Coast Intergroup.

The following positions will need to be filled for 2021:

- Vice Chair
- PIPO
- Parliamentarian
- Twelve Steps Within
- World Service Representative

Some of these positions are currently filled. If you see your position listed, please let me know that you'd like to continue in your position.

The Gold Coast Intergroup needs leadership. I can share the serving as Chair has helped me learn and apply Principles before Personalities! I've gained more than I've given and most importantly, I'm **abstinent!** Finally, if fear causes hesitance (*fear of making a mistake for example*), I'll share with you that I've made dozens of mistakes in my two years in this position and no one has ever been anything other than supportive, encouraging, and kind!

Please take the time over the next few weeks to listen in at your meetings with a particular ear towards filling our board and continuing the important work of intergroup. In order to be elected, someone has to attend two intergroup meetings. If a position is open following elections, the new chair can then appoint someone to an open position.

Please pray and meditate on this. GCIG is too important to fold and no longer exist. Service is one of the greatest pathways to unwavering abstinence. I have faith in us all.

Tessa Q., GCIG Chair

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, December 27th 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

For more information and meeting updates, please check out: www.OABroward.org

Wisdom from our Fellows:

When I first came into Overeaters Anonymous, I quickly learned to respect anonymity: who I saw, who said what—none of that was mine to share with anyone. Basically, I learned not to gossip about who, what, where, or when. This made sense to me, especially because I didn't want anyone to know who I was or tell anyone what I had said or that I was attending OA. I valued my privacy and could understand others wanting their privacy too. At the time, *The Tools of Recovery* pamphlet clearly stated to me all there was to know about anonymity.

My Higher Power blessed me with a wonderful sponsor who encouraged me to study the Steps and Traditions. Each time through, I learned a little more and understood a little better. But I really had trouble with Tradition Twelve. How could anonymity be the foundation of my program? Surely the foundation was abstinence or the Steps, not anonymity. Not gossiping, not saying who I saw or who said what—how did that fit in?

In my personal and professional life, I knew stars and VIPs. They had specific personas, and I had certain expectations of them given that they were stars and VIPs. In my own world, I was a minor star and VIP as an instructor, coach, and manager. People had perceptions and expectations of me. Unfortunately, I felt I had to portray a certain persona and fill or exceed certain expectations, especially my own. This caused me to feel better than and less than everyone and to be filled with fear, doubt, and insecurity.

As I kept coming back and heard more about anonymity, I slowly learned that I could just be myself. True, I didn't know who I really was, but in the safety of anonymity, I learned I was one of many, neither better than nor less than. There were no expectations, either real or imagined, that I had to fulfill. My sponsor and my Higher Power loved me just the way I was, and by studying the Steps and the Traditions, I started to love myself! This allowed me to gain relief from "the bondage of self" (*Alcoholics Anonymous*, 4th ed., p. 63) and begin becoming another person. But how was this possible?

With each reading of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, I learned that each Step and Tradition has a Spiritual Principle: qualities such as honesty, hope, faith, courage, integrity, unity, trust, neutrality, identity, fellowship, responsibility, structure, and others—twelve and twelve altogether—that helped me become a better me to myself and others.

In reading and rereading page 168 of the *Twelve and Twelve*, I also learned, "As we recover in OA, we come to feel that anonymity is one of our most precious possessions. Anonymity is the spiritual foundation of our transformed lives. . . . We know that support for our recovery will always be here for us, as long as we remember 'to place principles before personalities,' (Tradition Twelve) respecting these vital Twelve Traditions that bind us together in the Fellowship of Overeaters Anonymous."
— *Anonymous*

Every December 12, OA groups and service boards around the world are encouraged to plan events for Twelfth Step Within Day, a day to support the still-suffering compulsive eater within our Fellowship.

If you or a group would like to get started with something simple, here are a few ideas to make it happen:

- Make outreach calls. How about twelve calls by noon?
- How about using December 12 as a day of reflection on the strength of your own recovery? Write down twelve actions that will support your recovery and the recovery of others and then share the list.
- Reach out to twelve members who no longer attend meetings.
- Write an article for your service body's newsletter.
- Call someone whose share caused you concern.
- Call any sponsee who is struggling with the physical, emotional, or spiritual part of recovery.

What support and encouragement can you offer a member who is struggling in program? On December 12, reach out! Offer your honesty and support.
— *Edited and reprinted from Out of the Cocoon newsletter, Milwaukee Area Intergroup*

Using the Tools: Writing

GCIG 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.

What spiritual awakening and new insights have I had as the result of working these Steps on a specific problem this year?

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

The Venmo logo is displayed in a bold, blue, lowercase sans-serif font.

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.

Upcoming Events:

You're invited to an Overeaters Anonymous Public Information Zoom Event, an event designed to offer information about OA to Newcomers, Medical and Psychological Professionals, Clergy and Media.

You're asked to:

- **Attend the event.** If you choose to share and identify as a member, be sure your video is turned off and you have renamed yourself to eliminate your last name, or you're wearing a face mask and sunglasses or baseball hat, some method of hiding your face and last name.
- **There are two flyers attached here and on OAMIAMI.Org.** Use the attached flyers to invite any professionals (doctors, nurses, therapists, clergy) or media persons you know or can reach.
- **Reach out and invite professionals and media in your area.** Send regularly repeated invitations leading up to the event date, Jan. 8th 2021.
- **Invite newcomers, family, friends, anyone you think might benefit from information on OA or might pass the message along.**

Meeting Info:

Friday, Jan 8th
1:30 PM-3:00 PM EST

Zoom Meeting ID: 878 9297 2209

Meeting Password: OAInfo



For info, please contact Gary at (305) 510-5150

<https://oamiامي.org/events/2021/01/Public-Info-Media.pdf>

<https://oamiامي.org/events/2021/01/Public-Info-Professionals.pdf>

**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

(Lisa) workshop@oavirtualregion.org (Lee) 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

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=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=VGhJQitFY1NLK0N1aXNGS1B5cTV0dz09

Zoom ID: 733 969 447

Meeting Type: 12 Steps & 12 Traditions

Contact: Sheila (786) 837-3093

6:45 PM Paso-A-Paso

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=ckR1bVhRaHFzSIFVbVpIK3FXRzlydz09

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 Meeting on Hiatus Until Further Notice <<

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.us/j/290923334?pwd=cjllcFVtbndGWjY5WE5pL1ZPciNOZz09

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=NWhQWjg2UUdKT0ZxYW1CSElwbDV0dz09

Zoom ID: 337 815 181

Meeting Type: Beginner / Literature

Contact: Lois (954) 604-8490

Thursday

9:30 AM Good Shepherd Lutheran Church
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=MEhrS2U2ajVzd2pvRkt6bl5RUx6dz09
Zoom ID: 750 162 024
Meeting Type: OA Steps / Abstinence / Literature Study
Contact: Brenda (954) 609-7393

7:00 PM Sober Today Club
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.us/j/669862116?pwd=Q3NhemkyYkVsZXhuZmYyNG1nVFN5QT09
Zoom ID: 669 862 116
Meeting Type: 90 Day Speaker (Special Interest)
Contact: Ronnie (914) 217-0001

10:00 AM A Vision for You - Plantation
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.us/j/474548263?pwd=Z1Y2WUFvWFM1NTVIMXRmeDVINmx3QT09
Zoom ID: 474 548 263
Meeting Type: Big Book / Discussion
Contact: Ellie (248) 342-8822

Sunday

12:15 PM Pride Center
zoom.us/j/150175349?pwd=bFIFU28rWG9lRGxIRGVPVHhEWFZCQT09
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=M2taYVRzK1ZCMXVHbWhCdXFFenlUT09>
Zoom ID: 872 0435 1241
Meeting Type: Literature: For Today/Voices of Recovery
Meeting Number: 51690
Contact: Roz (516) 851-0677

7:30 PM Miami Shores Community Church
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 December 27th, 2020
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