

Love and tolerance of others is our code

Into Action, p.84



Step Two:

Came to believe that a power greater than ourselves could restore us to sanity.

Principle behind Step Two:

Hope

Tradition Two:

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Principle behind Tradition Two:

Trust

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:

When I was a kid, the days seemed to drag on and it felt like an eternity to me. Today, a month will go by in a blink of an eye. It's hard to believe that it's February 2021 already. How can it be nearly one year since the pandemic shut everything down? Yet the digital world saved our lives and our recovery with Zoom meetings, helping us to stay connected and faithful that we could overcome any challenge with enough trust in our Higher Power.

Step Two tells us that we will come to believe in a power greater than ourselves and that power will restore us to sanity. With this step, I choose to believe in my higher power (whatever that power is) and more importantly, I know this power can be trusted explicitly. This faith is the foundation of my recovery, and my proof is the simple fact that, one day at a time, I am restored to sanity. Hope is the OA principle behind Step Two. My faith in that power greater than myself gives me hope all will be OK for me today.



Step Two challenges me to find something I can believe in. Thankfully, the program does not demand a faith in any kind of religious belief system. Yes, I feel lucky I came into the rooms with my religious Gd. But what I really needed was to learn that I needed help from that Gd. I could not "do life" all by myself. My will doesn't work. For today, this concept around my higher power does work. Learning to believe I can't do it on my own has freed me from the bondage of self.

In Peace and Service, *Sherry A.*, 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, February 28th 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 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 **venmo**

Or via 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

Wisdom from our Fellows:

I was thinking about why we buy car insurance aside from the fact that it is required by law. Car insurance is basically protecting my asset in the event of an accident. The car I drive is valuable; therefore, I opt for full coverage. This means that no matter what happens, it can be restored (or replaced) if damaged.

I look at the disease of compulsive overeating as a potential car crash. This disease hopes I carry minimal insurance so that, if I relapse, the price to be restored will be too much and it will prevail. I have been in two major collisions with this disease in my decade of recovery. Both times, the relapse was catastrophic, and thinking in terms of insurance, I am curious about what policy I carried when the crashes occurred. I am really grateful that I was not an “uninsured motorist” because neither time did I leave the rooms of Overeaters Anonymous.

My last relapse basically totaled my body. A relationship ended, and I was convinced that I could not survive. I buried myself in huge amounts of food, and the food convinced me my life was beyond repair. Within six weeks I had gained 40 pounds (18 kg). I was eight years into recovery and let my insurance lapse. Thankfully, the people in this program were there, picking me up, encouraging me, and reminding me that food is a liar.

The people in the rooms who carried full insurance against this disease added me to their policy until I could once again see the value in my asset—my life. Full coverage looked like:

- people who prayed and meditated
- people who worked the Steps
- people who examined their behaviors and made repairs
- people who participated in meetings
- people who studied literature
- people who got outside help if needed
- people who trusted God

After a year in relapse, I decided to drive my way out of this wreck. Slowly I started making changes in my insurance policy. I dove into the Steps, worked with my sponsor, and prayed a lot. Interestingly enough, I stopped eating compulsively. Each day, I assessed if I needed to supplement my insurance policy in order to be protected from this disease.

No one is immune from a car crash, but if we maintain full coverage and keep our eyes on God, we will surely continue to “trudge the Road of Happy Destiny” (*Alcoholics Anonymous*, 4th ed., p. 164).
— Jill S., Pflugerville, Texas USA

Did you know OA offers a [Recovery Insurance Policy](#) document as a free download for you and a fellow member to sign? Find it at [oa.org/document-library](#) under category “Twelfth Step Within.”

RECOVERY INSURANCE POLICY

I, _____ on this day do hereby give _____ (a recovering OA member) permission to take me to a meeting if she/he does not receive a phone call from me within ___ days of our last conversation; or if she/he does not see me at an OA meeting within the last ___ weeks. She/he has the right to use all means of communication to contact me, including contacting _____ (a friend/relative) for assistance. This agreement may only be terminated after we have had contact and mutually agree to end this agreement.

Signed: _____ Date: _____

My address: _____

My phone numbers: _____

My email: _____

Friend/relative's phone no.: _____

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

Reprinted from *The Twelfth-Step-Within Handbook*.
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Throughout my entire spiritual journey through the [Twelve Steps](#), no Step guaranteed me freedom from the obsession to eat compulsively as much as the Twelfth Step did. Every Step I took brought me closer to my Higher Power, but I never felt true peace of mind until I began taking other compulsive eaters through the Steps. As the Big Book says, “Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics” (*Alcoholics Anonymous*, 4th ed., p. 89).

When I first entered the rooms of OA, I was looking for a solution. I found that solution with the help of another member who took me through the Steps as they are written in the Big Book. Now that I have had that vital spiritual experience, I come to meetings to bring the solution to others who suffer as I once did.

What once seemed like a chore has brought into my life joy, freedom, and friendships like I have never imagined.

— Mary I., Rockville, Maryland USA

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.

*Have you been “losing yourself” in the activities, pressures, and distractions of daily life?
What footwork do you do to avoid this or get back from it?*



Upcoming Events:

SATURDAY FEBRUARY 13

Club door opens at 6:30
Closes at 8:30

DJ "LIL MARSH" ARRIVES
7:00 PM



To celebrate our love for ourselves, our higher power, our program, our families and our significant others ... and our love of abstinence and service...



Is proud to present:

A *Lovely* SPECIAL EVENT

ABSTI-
DANCE

Meeting ID: 250 342 5328
Passcode: 845845
Dial in: (929) 205-6099
*6 to mute/unmute
*9 to raise/lower hand
Marcia L AKA: "lil marsh"
(917) 693-4729

Zoom Link:

<https://zoom.us/j/2503425328?pwd=aUtMaVE4bWJjRVVQbmZPT2VYTzM2dz09>





**OVEREATERS
ANONYMOUS®**
Miami-Dade and the Keys Intergroup
♥ *Sponsored by MDKIG* ♥



OA's 11th Step Workshop "Love & Meditation"

A Zoom Workshop Every Friday for 4 Weeks ...

MDKIG is offering an 11th step practice for everyone. With compassion and gratitude, we will sit with what is and what arises, inviting acceptance, courage and wisdom.



Dates: Fridays - February 5th, 12th, 19th, & 26th

Time: 12:00 P.M. - 1:00 P.M. EST

Contact: janey be / janejaneyom@gmail.com / (847) 721-6623

Join Zoom Meeting: <https://us02web.zoom.us/j/82640989344?pwd=NFdZNm5kN01jS0hPNThTUjJjMWZQQQT09>
Meeting ID: 826 4098 9344
Password: 305305
Dial-in: +1 646 558 8656 US (New York)

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

Come and experience the power of group meditation!

Zoom Link: <https://us02web.zoom.us/j/82640989344?pwd=NFdZNm5kN01jS0hPNThTUjJjMWZQQQT09>



FEBRUARY 20-21, 2021

2021 OA Virtual Region Convention

“There is a Solution”

**Registration is
now open!**

\$5, \$10, \$15 or \$20 USD

JOIN US FROM
SATURDAY,
FEBRUARY 20,
2021 5AM EST
UNTIL SUNDAY,
FEBRUARY 21,
2021 9:30PM EST

▶ **KEYNOTE SPEAKERS**

▶ **WORKSHOPS**

▶ **INTERACTIVE SESSIONS**

▶ **RELAY MARATHON**

INTERPRETED IN MANY LANGUAGES



To register go to: www.oavirtualconvention.org

ZOOM LINK & CALL-IN INFORMATION WILL BE EMAILED TO REGISTRANTS

Click here: <https://www.oavirtualconvention.org/>

Metrowest, Arizona Serenity in the Desert, and
Foothills Intergroups of OA present:

OA Young People's Retreat: Entire Psychic Change



March 6, 2021

10 a.m.-10 p.m. PST (1 p.m.-1 a.m. EST)

\$10 USD

Zoom details provided upon registration.

Learn more and register at [tinyurl.com/oayoungpeople](https://www.tinyurl.com/oayoungpeople)

Click here to register : <https://www.metrowestoa.org/ypretreat-2/>

**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

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

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: Sherry S. (818) 398-4160

10:00 AM TY Park

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=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: Jody S. (561) 212-7366

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

Saturday

9:30 AM Good Shepherd Lutheran Church

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 A Vision for You - Plantation

zoom.us/j/194605389?pwd=c0lDdnprbFVfFdStPUmVjd1RwK0pOQT09

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=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=M2taYVRzK1ZCMXVHbWhCdXFFenlIUT09>

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

