

### *Step Seven: Humbly asked God to remove our shortcomings*

In OA, we have discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be. Genuine humility brings an end to the feelings of inadequacy, the self-absorption, and the status-seeking

(The Twelve Steps & Twelve Traditions of Overeaters Anonymous Second Edition, p. 52)



### *Thoughts on the Seventh Step Prayer:*

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.  
Grant me strength, as I go out from here, to do your bidding. Amen.

This is a prayer we say to our higher power to surrender the old thoughts and behaviors that cause us problems so they can be replaced with better reactions to life's ups and downs — identifying these problem areas and turning them over are the essence of the sixth and seventh step. It reminds us that our goal is not to be superior to others but to be of service to others.

### *Step 7 Principle: Humility*

### *Tradition 7 Principle: Responsibility*

In step seven we began to understand the meaning of humility. We practice this principle today by continuing to let go of status-seeking and of thoughts and actions by which we belittled ourselves and others, and to humbly trust God for the removal of our shortcomings

**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 7: Humbly asked him to remove our shortcomings.

At first I was perplexed about humility because I equated it with humiliation. As I've worked the Steps, I've come to realize true humility is ego puncturing but is also the avenue to true freedom. From this vulnerable space I can watch Higher Power transform weakness into strength. I move one step closer to the Promises. I must be willing to outreach, share, and kvetch about my self-centered fears which activate my massive character defects. I must admit that these character defects have pay-offs, and I must be willing to change my attitude and move out of self-centered selfishness towards a greater partnership with Higher Power.

*Tessa Q.*, GCIC Chair

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### 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 July 26, 2020 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

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### Your Gold Coast Intergroup Trusted Servants

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

For more information and meeting updates, please check out:

**[www.OABroward.org](http://www.OABroward.org)**

## 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.



## Wisdom from our Fellows:

I believe people do the best they can do.  
Do I believe that about myself?  
Am I too harsh with myself?  
Do I give myself credit?  
I believe that I need to treat myself as well as I treat others.  
The 7th step has taught me about humility.  
I don't look up,  
I don't look down,  
I look straight at you.  
If I judge others, I judge myself  
I'm a needy person, yet today I affirm that  
God meets all my needs and wants.  
When I get to the end of the book,  
I discover there's another chapter and I can begin anew.  
Repetition is the mother of change.  
Today, I am being changed.

- Linda R

**Miguel de Cervantes:** *Honesty is the best policy.*

"Our Invitation to You" in its third paragraph states: "Can we guarantee you this recovery? The answer is up to you. ***If you will honestly face the truth about yourself and the illness;*** if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover." (Underlined bold italicization is mine, for emphasis.)

This is one of the first things we hear in every meeting, and it's not an accident. It's not the ONLY principle of our program, but it's an essential one. For, if I can't identify the truth about my behavior and my defects of character, then how can I possibly request Divine help to eliminate them, and how can I do my part in the process?

The answer is, I can't. Through all the years of practicing my disease, I wanted help to get rid of the obesity consequences of compulsive overeating, but I never attempted to stop compulsive overeating, because I was lying to myself about doing it. I had myself convinced that I ate exactly like my normal-eater wife, who was less than half my size, but I wasn't counting what I was eating when away from the house and out of her sight. So whom was I fooling, other than myself? No one! Not a single person who saw my 300 pounds had any doubt I was a compulsive overeater.

For today, I face up to my behaviors that still need changing, and I ask for help to change them. Honesty has really been the best policy for me, as I am abstinent for today, and recovering. With love and gratitude. - 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.

*Facing Criticism in Recovery: What helped you stay in the solution when you were judged for belonging to OA? Or for weighing and measuring your food? How have you handled criticism from other members for oversharing at a meeting, the way you gave service, or something else?*

# Upcoming Events:



## ZOOM on to MDKIG's



# Annual ROAD Trip to the Keys!!!

*Sponsored by Miami-Dade and The Keys Intergroup*

Please join us on this virtual road trip to the Keys where we gather to support our OA meetings in the beautiful Keys.

Our program will be filled with speakers, interactive activity and humor!

**WHEN:** Saturday - July 18, 2020

**TIME:** 2:00 PM – 4:00 PM

**ZOOM INFO:** <https://us02web.zoom.us/j/8797416426?pwd=ejU5ZlAyY3o1eUdjT0tzdXEzUVBvQT09>  
Meeting ID: 879 741 6426  
Password: 305305  
Dial-in: +1 929 205 6099

**THEME:**



**DONATION:** A suggested donation of \$7 can be made through our venmo account - [treasurer@oamiami.org](mailto:treasurer@oamiami.org)

**CONTACTS:** Mary D. (305) 294-6931  
or Lonna C. (305) 338-0423



# 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/](http://oavirtualregion.org/events/workshops/)

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

Suggested workshop contribution \$5 [oavirtualregion.org/region/seventh-tradition/](http://oavirtualregion.org/region/seventh-tradition/)



31<sup>st</sup> 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](http://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](http://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](https://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](https://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](https://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](https://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](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

## Tuesday (cont.)

### **6:30 PM** Rebels' Drop-In Center

Zoom link:

[zoom.us/j/808573978?pwd=RzNtZCtEUEdOVnR5SG1oemkzVFlwQT09](https://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](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: Karen (561) 706-1743

### **10:00 AM** TY Park

Zoom link:

[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=NWhQWjg2UUdKT0ZxYW1CSElwbDVodz09](https://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](https://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](https://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](https://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](https://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](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 Sober Today Club

Zoom link:

[zoom.us/j/474548263?pwd=Z1Y2WUFvWFM1NTVIMX RmeDVINmx3QT09](https://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](https://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](https://zoom.us/j/172125099?pwd=NmhBRkRhYSttK3hmeFZKUIM0eGxPUT09)

Zoom ID: 172 125 099

Meeting Type: Steps/Traditions

Meeting Number: 57054

Contact: Gary (305) 510-5150

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

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**2pm-3pm**

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Meeting ID: 481 963 181

Password: 954954