



*Some of us had already walked far over the Bridge of Reason toward the desired shore of faith.*

### *Step Three:*

Made a decision to turn our will and our lives over to the care of God as we understood Him

*Principle behind Step Three:*  
Faith

### *Tradition Three:*

The only requirement for OA membership is a desire to stop eating compulsively.

*Principle behind Tradition Three:*  
Identity

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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:

So now it's March 2021. It is almost one year since our lives were disrupted by the pandemic. We all went to zoom meetings. I honestly thought by June we would be back in the rooms once again, hugging each other, going out to fellowship, and our lives would be back to normal. Yet when June came and passed, I thought about Step Three and realized that I needed to continue to turn this over to the care of Gd as I understood him.

So how have I applied Step Three in my life since the beginning of the pandemic? I remember that the third step prayer asked me to offer myself to my higher power, to do with me and to build with me whatever my HP wilt. The prayer asked me to turn everything over - especially those things I could not control, like the toilet paper and paper towels shortage!

There were some many things I took for granted. Not having human contact with others this past year was especially difficult, not seeing the fellowship that I had grown to look forward to on a weekly basis made me sad. But I had to accept this - because even in the roughest times, I needed to believe that today's lessons were going to help me with tomorrow's problems.



Step Three for me is simple - just not easy. However, shelter in place has taught me patience and appreciation of what I have. I have the Tools, Zoom connections, and The Principles of the Program found in the 12 Steps, 12 Traditions, and 12 Concept of Service. These help me get through each day. My practice of the first three steps shows me how to be honest, have a hopeful heart, and grow in faith that, just for today, if I am willing to turn it over to the Gd of my understanding, I can be at peace with the results.

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

**P.s. The Gold Coast IG is still looking for a Vice 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, March 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](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 **venmo**

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

## Wisdom from our Fellows:

“If we want to live free of the killing disease of compulsive eating, we accept help without reservation from a Power greater than ourselves and begin taking the actions that will allow us to receive that help.” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, p. 17–18)

“Once we compulsive eaters truly take the Third Step, we cannot fail to recover ... We can confidently face any situation life brings, because we no longer have to face it alone. We have what we need any time we are willing to let go of self-will and humbly ask for help” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, p. 23)

### *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.

*How might my life be changed if I make the decision to “turn it over?”*

*Am I unwilling to do things in my recovery that are being suggested? If so, why?*

The reality of Overeaters Anonymous is simple: It’s a spiritual program for people who are medicating their spiritual sickness with food. That means we turn to a Higher Power that we can trust and rely upon to live one day at a time without abusing food.

Bing, bang, boom, we’re done!

Well, if it were that easy, we’d have fixed the problem long ago. In practice, finding an HP we can count on is one of the most difficult trials we face in recovery, and most people fall into one of a few basic categories:

1. **The religious:** We may belong to a religious organization already and have accepted its god figure as our own. Even so, religious knowledge isn’t enough, obviously, or those members wouldn’t need OA.
2. **The formerly religious:** Lapsed church members have trouble because even though they want to be free of dogma, they seem unable to shake their religious upbringing.
3. **Atheists and agnostics:** Those who believe there is no God or who are awaiting more evidence are immediately irritated by the necessity of a god in their life. As many others of us in OA can tell you, atheism and agnosticism are active stances in the same way that religiosity is.
4. **Those with no spiritual experience or inclination:** In some ways these folks have it easiest since they may have no prior experiences or thinking to block their path, but they may also be the most dogmatic do-it-yourselfers in the room.

No matter which person we identify with the most, we have to find a way into spirituality...or else. We have to choose between dying miserably of our disease or trying out the spiritual solution.

As we noted earlier, every person finds their own way to a Higher Power. The one common truth we hear about each person’s journey, however, echoes what the Big Book explains in the chapter title “To Agnostics”: ***We cannot know a Power greater than ourselves, we can only experience it.*** The human mind is limited. Were we able to comprehend powers greater than our own, we would already be a Higher Power. And, believe us, we learn in OA that we are not.

(Continued on next page)

So how do we get onto the spiritual path? Here's a few common reflections we've heard over the years that might be helpful. Most members find their experience relates to more than one of these.

### **Actively searching for God**

Some members begin their journey by using activities such as writing, discussion, reading OA (and non-OA) literature to seek a Higher Power. As they work, they gain insight about what they want and need from an HP and can then come to a conception that works for them.

### **Passively searching for God**

Those of us who aren't verbal processors might ask others in the program to talk about finding God, listening carefully for spiritual experiences that resonate with us. We attentively tune in during meetings to hear others' perspectives. As we listen, we take what we need to develop a spiritual path and leave the rest.

### **Get willing, then wait and see**

The Second Step only says that "we became willing" to believe in a Higher Power. The Third Step only says we make a decision about trusting and relying on God, but it doesn't say we are required to have nailed down our concept of an HP. So, some pragmatic members decide to adopt a stance of willingness, go through the Steps honestly and carefully, and see what happens to them spiritually as they go along. We have yet to hear about a person who assiduously went through with the Steps and did not have a spiritual experience.

### **If it worked for them...**

Closely related to the path above. In this model, we trust the spiritual experience of those whose stories of spiritual recovery we've heard. We forge ahead through the Steps, knowing that if those people got a spiritual awakening out of it, then we will too.

### **The God catalog**

If we already know what we want from a Higher Power, but we don't know of One in common circulation that fits the bill, then we can "order" One up. If we know that we want warmth, unconditional love, and support from an HP, we start right there. Those initial ideas may be enough. We might consider other properties of a god we could trust, and also of a god we would not trust, taking the former, declining the latter. We needn't add a beard, a robe, earrings, a gender, hair color, anything if it doesn't suit our purpose. And that purpose must always remain firmly in our mind. We are constructing a concept of a god that we will *want* to trust and rely on.

### **Prayer and meditation**

Not surprisingly, these well-worn paths to a Higher Power feel least intuitive to many of us. We're used to eschewing prayer, and we may only see meditation as a means of relaxation. These might feel to us like new-age mumbo jumbo or the long-rusted tools from a less scientific age. But after all, prayer is talking to God, and meditation is listening. We're trying to find a God we can work with, so we might as well just go right to the source. "A little spiritual help here? Can you give me some clues?" Or why not just relax, close our eyes, connect with the quiet inside of ourselves, and see if any spiritual insights arise. The worst that might happen is that we have a quiet few minutes or fall asleep.

Try any of these or all of them. Adopt a stance of honest curiosity, and experience shows us that nothing can stand in our way. It's been proven time and again among the ranks of Twelve-Step groups everywhere that we cannot fail to find a spiritual solution if we have honesty, open-mindedness, and willingness. We don't have to be perfect in all of this. We're just looking for a spiritual light to lead us out of the darkness and toward the life we've always wanted to lead. - Seacoast OA Archives

# Upcoming Events:

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/>

PLEASE EMAIL THIS ON

**SPEAKER SIGN UP**

PLEASE EMAIL THIS ON

# St. Patrick's Day OA 18 hour 16 Speakers-Zoom-A-thon

**Please consider offering one hour of your service. WE NEED YOU TO TELL YOUR STORY!**  
Help keep an OA member abstinent on this day. Maybe you. Maybe me.

Wednesday, March 17, 2021, 6 am til midnight, Eastern Time, USA

**PLEASE** just click this blue link:

[To volunteer to be a speaker/leader, Just click these blue letters](#)

Please just use your last initial instead of your whole last name when you sign up,

Contact Donna to **host** a 45 minute meeting. Please, please help us host please please

727-480-0865 or email me [callmeortext@gmail.com](mailto:callmeortext@gmail.com)



PLEASE EMAIL THIS ON ( to **Join the mailing list:** email me, [CallMeOrText@gmail.com](mailto:CallMeOrText@gmail.com) ) PLEASE EMAIL THIS ON  
PLEASE EMAIL THIS ON ( to **Join the mailing list:** email me, [CallMeOrText@gmail.com](mailto:CallMeOrText@gmail.com) ) PLEASE EMAIL THIS ON

All welcome! Please join us. This is for you!



# St. Patrick's Day OA 18 hour 16 Speakers-Zoom-A-thon

**STAYING ABSTINENT** thru the Hol-i-daze

Wednesday, March 17, 2021, 6 am til midnight, Eastern Time, USA

**18 HOURS** packed with meetings, fellowship, A Dance! hours of fun & Solid Abstinance!

Come join us and share your experience, strength and hope! **Together we can** get through these holi-daze abstinely! Invite your friends. Pass the word.

**Suggested donation of only \$5 at** [oapinellas.org](http://oapinellas.org)



**ALL EVENTS TO BE HELD VIRTUALLY ON ZOOM**

**Meeting ID: 959 959 1828**

**Passcode: 718863**



To phone in, Find your local phone number here: <https://us02web.zoom.us/j/9599591828?pwd=SlhCSGJmbjh1UEhrd0dmVWU3NENGZz09>

**OR JUST CLICK THESE BLUE LETTERS LINK:**

<https://us02web.zoom.us/j/9599591828?pwd=SlhCSGJmbjh1UEhrd0dmVWU3NENGZz09>

PLEASE EMAIL THIS ON

PLEASE EMAIL THIS ON

PLEASE EMAIL THIS ON

PLEASE EMAIL THIS ON

**Direct Zoom Link:** <https://us02web.zoom.us/j/9599591828?pwd=SlhCSGJmbjh1UEhrd0dmVWU3NENGZz09>

# THE ROAD OF HAPPY DESTINY

**MARCH 19-21, 2021  
NASHVILLE, TN**



## **SOAR8 RECOVERY CONVENTION**



## **CONVENTION HIGHLIGHTS**

### **Recovery – unfold the secret**

A long-term recovered compulsive eater from Arizona gives us the inside story and scoop on the Big Book 12 Steps. He travels all over the world sharing his recovery.

\*\*\* ALL TIMES LISTED ARE CENTRAL TIME \*\*\*

#### **FRIDAY MARCH 19**

6pm - 8 pm	Recovery Convention begins
8:30pm - 10pm	OA meeting

#### **SATURDAY MARCH 20**

8am - 11am	Recovery Convention continues
12 noon - 12:45pm	Speaker
12:45pm - 1:15pm	Shares
2pm - 5pm	Recovery Convention continues
7pm - 7:45pm	Speaker
7:45pm-8:15pm	Shares

#### **SUNDAY MARCH 21**

9am - 11am	Recovery Convention continues
11:30 am - 12 noon	Good of the Order / Notes for the Road
12 noon	Convention closes

**Register Online :**

<https://www.eventbrite.com/o/mti-of-overeaters-anonymous-32424756527>

**SAVE THE DATES!**

April 9–11, 2021

**SOAR8  
BUSINESS  
ASSEMBLY**

March 19–21, 2021

**RECOVERY  
CONVENTION**



more info at [oaregion8.org](http://oaregion8.org)  
and [oanashville.org](http://oanashville.org)



# 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=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=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=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

**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=NWhQWjg2UUdKT0ZxYW1CSElwbDV0dz09](https://zoom.us/j/337815181?pwd=NWhQWjg2UUdKT0ZxYW1CSElwbDV0dz09)

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=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

## 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=M2taYVRzK1ZCMXVHbWhCdXFFenlUT09>

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

