



Step Eleven:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will and the power to carry that out.

Principle behind Step Eleven:
Spiritual Awareness

Tradition Eleven:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Principle behind Tradition Eleven:
Anonymity

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 Eleven - 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.

How I struggled to meditate after reaching Step 11. I just could not sit still. Somehow I never gave up on meditation and after a while, learned that there were matters affecting my ability to connect with my body. Tackling the connection to Higher Power turned out to be easy, tackling the connection to my body turned out to be PRICELESS! Step 11 offered me a gift of a deeper understanding of my Higher Power, who I choose to call "her/she". In meetings, I follow the group conscious by not changing the words of the literature we read, but silently, in my mind, Higher Power is expressed through a different gender and even a different ethnicity.

I remain grateful for the offer that this step makes in encouraging me to improve my conscious contact with her. It has created for me an unshakable foundation for my life and for my approach to my daily meals, which support a human body still powerless over food. Beyond emotional sobriety, I have also discovered an abundance of willingness to carry out her will throughout each 24 hours of abstinence.

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:

- Chair
- Vice Chair
- Treasurer
- Recording Secretary
- World Service Representative
- Corresponding Secretary
- 12 Step Within Chair
- Web Liaison
- Region 8 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, November 22nd 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:

Here is a simple question that has helped me numerous times: *how important is it?* Asking myself this helps me reframe how I think about problems and situations and spurs me to ask myself these follow-up questions:

Is it worth my sanity and my abstinence to keep obsessing over a problem? The answer is always “No, it is not.” Without spiritual, emotional, and physical recovery, I cannot maintain contact with my HP, who helps me live a happy, useful life. I need my Higher Power’s presence and power to stay sane and abstinent. Therefore, sustaining recovery is my most important priority. Worrying, catastrophizing, and ruminating over a problem or situation gets in the way of my recovery.

What is the worst-case scenario, and how likely is that to happen? Usually the worst-case scenario is not as bad as I initially make it out to be, nor does it often happen. I find comfort by reminding myself that even if it does, my Higher Power will be there to help me through it.

Is this a problem that I need to solve now? Problems always seem large and urgent when I’m in the middle of them, but they usually aren’t as big or as pressing as my mind makes them out to be. If I can’t let go of obsessing over one, then I write it down on a piece of paper and put it in my God box. This symbolizes turning it over to my Higher Power.

Is this even my problem to solve? Sometimes, it is actually someone else’s problem. My codependency has only convinced me that is my responsibility to solve it for them.

Asking these questions also helps me remember that what occupies my thoughts today will soon be a faint memory. Instead, I need to look at the big picture and reflect on what I have already overcome with my Higher Power’s help. A lot of those past problems seem small and unimportant now, so most likely what I’m dealing with now will seem the same way in the near future.

Whether large or small, important or unimportant, I can get through anything with my sanity and abstinence intact by working the Twelve Steps and relying on my Higher Power.

— Ginny F., Park City, Kansas USA

Dear God,

Your plan is severe. I want to have faith in this time of uncertainty. Your protection and guidance have seen us through harsh and dangerous times before. Why are we so far off track from the world you put us here to cultivate?

Each spring, I see and feel the renewal, and nature’s beauty moves my soul. Are all those who have passed on part of this? Atoms, energy, spirit in another form, carrying everywhere the lessons learned while in their mortal bodies?

Faith is going on midst the uncertainty of outcome. Family, friends, health, love, kindness, compassion—thank you for my blessings. Remove my fears and uneasiness. If you are in charge, then I need not worry. Just grant me strength to keep going, one day at a time.

— C.D.

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 are the signs that I am letting my program slip or am approaching a possible relapse? How important is weight gain or loss to me and why? What does weight gain or loss signify to me? How would I recognize if I relapsed or broke my abstinence?

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 GCIIG 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:



LET'S ZOOM AND CELEBRATE **I.D.E.A. DAY**

OA's Intl' Day of Experiencing Abstinence

Creating An "Attitude of Gratitude"!!!

Date: Saturday November 21, 2020

Time: 12-12:30 Fellowship / "Bring Your Lunch" (small breakout rooms!)

12:30-2:30 Gratitude/Sharing & a lot of fun!!!

ZOOM

<https://us02web.zoom.us/j/89209967146?pwd=dElrR0RQOTJRZUZRUdJJaDR2Sk5sQT09>



Meeting ID: 892 0996 7146

Passcode: 561954

Dial In: 1- (929) 205 6099

One Click Link:

<https://us02web.zoom.us/j/89209967146?pwd=dElrR0RQOTJRZUZRUdJJaDR2Sk5sQT09>

GOLD COAST INTERGROUP
PRESENTS

MY HOLIDAY SHOPPING LIST:

*Abstinence, Gratitude & Physical Fitness
Enjoy Panelists and an Interactive
Workshop*

NOVEMBER 15TH 1-3PM

JOIN ZOOM MEETING
[HTTPS://US02WEB.ZOOM.US/J
/87248990731?PWD=A2NYB251UM
S3A0FTC3VVK1ZNWVO2QT09](https://us02web.zoom.us/j/87248990731?pwd=A2NYB251UMS3A0FTC3VVK1ZNWVO2QT09)
MEETING ID: 872 4899 0731
PASSCODE: 954954
DIAL IN: +1 929 205 6099





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/

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=MEhrS2U2ajVzd2pvRkt6bl15RUx6dz09

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 link:

zoom.us/j/214340328?pwd=dGxHQ3A0L3ZZcmJkeHNP RVlhVWVUUT09

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.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=MEhrS2U2ajVzd2pvRkt6b1I5RUx6dz09

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=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=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=Z1Y2WUFvWFM1NTVIMX RmeDVINmx3QT09

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=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 November 22nd, 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