

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.



When we finish our amends most of us feel closer to our Higher Power than ever before. As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, p. 67)

Principle: Love

“Having worked the Twelve Steps, what did I learn about the Principles?...

...Self-discipline and love for others. Life is easier when I avoid doing things that make me owe amends and when I admit my part as soon as possible. The “my part” piece is a revelation – no matter what, I can act with a loving approach...

...I came to OA thinking I had a problem with food yet learned I had a problem with life. I’ve been blessed beyond anything I ever thought to wish for.”

*Lifeline **Blessed Beyond Anything**, April 2015*

Tradition Nine:

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Principle: Structure



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 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

The 12 & 12 reminds me that a tranquil mind is a prerequisite for good judgement. Before working the steps AND in relapse, I lacked serenity and my life was definitely showing signs of poor judgement. Good thing ya'll saved me a seat and I was able to get abstinent again, work the steps with a recovered sponsor, and get to this wonderful step! It's all in god's timing. And timing of amends is critical. I learned that courage is fear that has said its prayers. I took a chance on prudence and began my new amends process - starting by making an amends to myself.

I cannot buy my own tranquility at the expense of others and several of my amends required discretion! This time 'round I had to take responsibility for the wellbeing of not just myself but of my spouse, and my family, and as I realized, my co-workers. I'm grateful that I was able to complete this step with the well-being of others in mind.

I'm grateful to walk this journey in our wonderful fellowship. Stay safe. Be well.

- *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, September 27rd 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

Your Gold Coast Intergroup Trusted Servants

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

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

Wisdom from our Fellows:

Step 9: Honest Effort - In one of my meetings this week, we were asked to respond to a question from the [Twelve Step Workbook of Overeaters Anonymous](#) regarding Step Nine. I chose “What is the purpose of Step Nine?” (p. 65). I completed my first Step Nine amends the first year I joined OA, but I never fully answered all the questions in the workbook. So this time I began to look carefully at what the completion of Step Nine has meant and still means to me as I practice the Principles of the Twelve Steps in all my affairs.



Step Nine meant I could take action to finally make amends, apologize, and change my behavior toward those whom I had harmed or wronged in the past.

In Steps Four and Five, I looked very carefully at the wrongs I did to others and admitted those wrongs to myself, God, and my sponsor.

In the religious tradition of my youth, I learned that God only forgives wrongs, or sins, committed against him and that sins committed against my fellows could only be forgiven by the people whom I had wronged. However, [The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#) tells me that these people “don’t owe us forgiveness, and we don’t need it to complete step nine and recover from compulsive eating” (p. 77). It only matters that I make an honest effort to apologize for my wrongs and then amend, or change, my behavior toward others. Only then can my conscience be cleared of old guilt.

When I walked into the rooms, weighing 313 pounds (142 kg), I had no idea why I ate like I did. Then I learned in the rooms that I ate to hide from fears, guilt, and resentments. By truly apologizing and making amends to those I had harmed, I found I no longer needed to hide from shame and guilt by using food.

I believe now that if I make honest and thorough amends, God will forgive me for my wrongs. I will be washed clean and be ready to face life without old guilt haunting me and without the need for me to eat compulsively.

Did it work for me? Well, here I am, nearly five and a half years later, maintaining a weight loss of 145–150 pounds (66–68 kg) for more than three years. My life has completely changed, not only with respect to food, but in all areas. The promises in the Big Book have come true for me ([Alcoholics Anonymous](#), 4th ed., pp. 83–85). But I know they will continue to do so only if I continue working the Steps on a daily basis, one day at a time.

—Sander B., Marietta, Georgia, 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.

The Story of My Amends: What needed to happen before you could consider making amends? How did your amends play out? What was it like to make direct amends versus living amends, and why is each important?

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


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.

Commemorative T-shirt
2020 World Service Convention
the event that never happened!!

Celebrating 60 years of Recovery

Available in sizes Small-5X
Cost - \$ 20.00 each with free shipping
(no extra cost for larger sizes)



Wear it to
your next Zoom meeting!

Order by clicking the button below

Click to order
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Two options to pay

*** PayPal**

During checkout, please add note
that the money is for T-shirts.
Visit OARegion8.org homepage

or

*** Send check to**

SOAR8 Treasurer
PO Box 242522
Little Rock, AR 72223

Please put on the memo line of your check that
the money is for T-shirts, including size & quantity.

For questions contact:
Email : WaysandMeansChair@oaregion8.org
Phone: 615-202-5242
(text or call)
Name: Melissa H.

Upcoming Events:

A poster for a virtual comedy event. It features a red curtain background with a dark blue center. The text is in yellow and white. At the top left is the Overeaters Anonymous logo. The main title is 'VIRTUALLY FUNNY' in large yellow letters, with 'POKING FUN AT OURSELVES' below it. The date and time are 'FRIDAY, 18TH OF SEPTEMBER FROM 7-8 PM ON ZOOM'. Meeting details are 'MEETING ID: 879 741 6426' and 'PASSCODE: 305305'.

 **OVEREATERS ANONYMOUS**
Miami-Dade and the Keys Intergroup

MDKIG INTERGROUP PRESENTS

VIRTUALLY FUNNY

POKING FUN AT OURSELVES

FRIDAY, 18TH OF SEPTEMBER
FROM 7-8 PM
ON ZOOM

MEETING ID: 879 741 6426
PASSCODE: 305305

Check out

www.oamiami.org

for the direct Zoom link and more information about these awesome events!

A poster for a virtual event. It has a teal background with a white circle in the center. The circle contains the event details. The background is decorated with red circles and dots. At the top center is the Overeaters Anonymous logo. The text inside the circle reads: 'MDKIG INTERGROUP OF OVEREATERS ANONYMOUS PRESENTS', 'PREVENTING AND RECOVERING FROM RELAPSE', 'October 4th 2020 2PM-4:30PM EST', 'On Zoom', 'Meeting ID: 879 741 6426', and 'Passcode: 305305'.

 **OVEREATERS ANONYMOUS**
Miami-Dade and the Keys Intergroup

MDKIG INTERGROUP OF
OVEREATERS ANONYMOUS
PRESENTS

PREVENTING AND RECOVERING FROM RELAPSE

October 4th 2020 2PM-4:30PM EST
On Zoom
Meeting ID: 879 741 6426
Passcode: 305305

**MIAMI DADE & THE KEYS
INTERGROUP PRESENTS**

Zooming into the 4th Dimension

**Come enjoy workshops,
discussions, and a featured
Keynote speaker!**

October 23.24 & 25, 2020

Register using Eventbrite:

<https://www.eventbrite.com/e/115410368519>

\$15 Registration Fee

We never turn anyone away.

Please contact Trisha at

Trishad2@bellsouth.net



 **OVEREATERS
ANONYMOUS®**
Miami-Dade and the Keys Intergroup



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/



31st 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

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

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

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

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

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 link:

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

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

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

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=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 link:

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=bFIFU28rWG9lRGxIRGVPVHhEWFZCQT09

Zoom ID: 150 175 349

Meeting Type: Newcomer / Speaker

Meeting Number: #46694

6:00 PM Christ Church Pompano

Zoom link:

<https://us02web.zoom.us/j/87204351241?pwd=M2taYVRzK1ZCMXVHbWhCdXFFenlIUOT09>

Zoom ID: 872 0435 1241

Meeting Type: Literature: For Today/Voices of Recovery

Meeting Number: 51690

Contact: Betty (517) 303-2465

7:30 PM Miami Shores Community Church

Zoom link:

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:

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on the 4th Sunday of every month:

Sunday September 27, 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