

Unity

October 2013

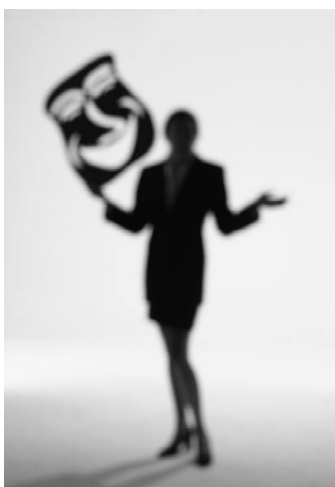


A publication of OA Gold Coast Intergroup. Please visit us online at www.goldcoast.oagroups.org

www.oa.org

Serenity, Not Drama

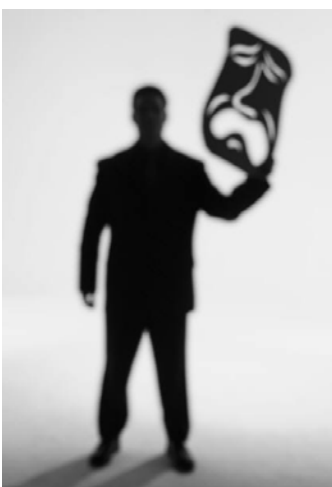
Drama! It's fascinating on stage or in a movie or novel. But what purpose does it serve in my personal life? The answer is none. That may be one of the changes we observe when we come into OA. As we clear away the wreckage of our past and learn to have honest, loving relationships with others, some of us find we no longer want or need drama. Just like food, it was effective for a time.



Drama or controversy can be thrilling. It can give me motivation to act in my life when I don't have the balance and grounding that comes from a relationship with a Higher Power. Some people are addicted to drama and don't feel alive unless they're struggling, fighting or striking back. Gossip gives some the same kick as _____ (you fill in the blank). Today, I get what I need from serenity, not drama.

To me, Tradition Ten says, "Check your weapons at the door." If an issue "out there" has got me going, it's personal and not part of OA. OA has no part in outside issues. One might expect OA to have an opinion on several issues: stomach sur-

gery, weight loss pills and programs, treatment centers, the First Lady's initiative to tackle childhood obesity. As an individual, I can have all the opinions I want, but Tradition Ten advises me to keep OA's nose out of others' business.



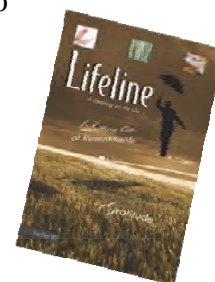
Why? Let's return to where I started: drama. It's distracting, and it's divisive. If OA gets drawn into public controversy, it dilutes what

we're doing in OA. We're here to recover from a deadly disease and be of service. It's not service for those who need it. How many times have I said to myself, "Gee, if they would only listen to my opinion." I need to be here for people who want OA, not out providing sound bites.

Let's leave the opinions on outside issues to those who don't have the responsibilities we have in OA or those who can successfully keep the two separate.

- ◆ Edited and reprinted from *Serenity Press* newsletter,
- ◆ *Arizona Serenity in the Desert Intergroup*, June 2010

September/October 2012 *Lifeline*
"Living Traditions", Page 19



Step, Tradition & Concept of the Month

10 Ten

• **Step Ten:**

Continued to take personal inventory and when we were wrong, promptly admitted it.

• **Tradition Ten:**

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

• **Concept Ten:**

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Voices of Recovery

“The Tenth Step begins with the word ‘continued,’ our first clue that perseverance is about to become a key aspect of our recovery program.”

— *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 84*

I have persevered in this program through recovery, slips, and relapses. When someone asks why I go to meetings when I’m slipping and sliding, I say, “Because there is no other way.” I have been mulishly stubborn many times in my life.

The OA Program has taught me that stubbornness is about ego. I want it my way. I want to be in control. I’ve heard the acronym EGO for Easing God Out. When I live in EGO, I live in fear. My attempts to control are an attempt to wrap up my fears into a tidy parcel.

Perseverance, however, is about surrendering to my Higher Power. I’ve heard the acronym GOD for Good Orderly Direction. When I surrender, I am still responsible for the effort, but I leave the results to my Higher Power.

Stubbornness is ego-driven and fear-based. Perseverance is surrender to my Higher Power and is faith-based.

Voices of Recovery, April 7th, Page #98



Chair’s Corner



My name is Eileen and I am an abstinent, compulsive eater living in recovery one day at a time.

I was planning on writing about the Unity topic – willingness – and discussed my thoughts with a few members before a meeting a couple of weeks ago. My thinking was somewhat different from the others and led us into a deeper discussion about trusting a Higher Power “no matter what”.

It was time to start writing the Unity article the next day and all I wanted to do was take the month off and put a note in this space saying GONE FISHING or DIDN’T HAVE TIME TO WRITE, BEEN IN DEEP MEDITATION. As you can tell, didn’t use either excuse because I was willing – followed by action – to write something.

To me willingness means nothing. I hear in meetings ‘willing to be willing’ and have no idea what that means. There are so many things I am willing to do that would never get done if I didn’t take an action and move forward trusting my HP as a guide.

The Gratitude Day & Lunch is November 9th and hope all of you are present to share in the fellowship; to hear gratitude in action. I pray you will go beyond willing; R.S.V.P. to gratitudeelunch@yahoo.com and show up. I look forward to sharing the day with you!

“We seek to examine our actions so we can learn from our mistakes and build on our successes.”

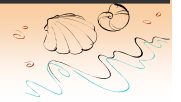
— *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 87*

Do I take a thorough look—an inventory of my conduct—when I do a Tenth Step? Or do I focus more on my feelings and thoughts? There’s a world of difference between self-examination and self-awareness. The first means scrutiny of my behavior; the second relates more to my state of being. For me to be successful with the three-fold process of self-examination, meditation, and prayer as described in Steps Ten and Eleven, I need to scrutinize my conduct. I ask myself where in my day I could have been more honest, willing, self-disciplined, and loving. How can I apply these principles to my daily life? Usually by more meditation, more prayer, more practice. Show me the way, Higher Power. Your will be done, not mine.

Voices of Recovery, May 28th, Page #149



Loop-O-Mania



These are excerpts from members' ongoing shares via email on the "For Today" (daily readings):

Step Ten Shares (Perseverance):

THE TOOL OF WRITING—Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.



Many strokes overthrow the tallest oaks.

Hi Friends:

The Principle of the 10th Step is Perseverance. This came to mind as I was reading our "for today" booklet. Yesterday with all its twists and turns is gone forever, all I have left of yesterday is the memory of what kind of a day it was.

Today, God and I have erased the slate clean for the start of a new day and a new chance at getting this thing right!

How grateful I am to have this second chance at life and of doing better than I did yesterday. I have come to the conclusion the more I persevere in working my Program, the less chance I have of slipping back into old behaviors.

By working the Steps and clearing up the debris of the past, I find my life becoming more manageable. I will always be powerless over people, places, and situations, including my abstinence, but it is by working the Steps in the order in which they were written that will bring me the peace and calm that I need in my life with the primary purpose of passing it on to others.....in or out of the Program.

There Is only One Perfect One, and it ain't me! Nor is it you! I love you, however, I must love you with all the same defects that I am asking the God of my understanding to lift from me. My humanness is what makes me still childish, overly sensitive, and grandiose.....all at the same time! "Whenever I am disturbed no matter what the cause, there is something wrong with me."

When I turn it all over to the God of my understanding, I find that abstinence is my reward, because He has empowered me to let it all gooooooooooooooooooooo!

Then was then , and now is now.

Love, and God bless, HelenGK xoxox

In response to the "For Today" reading in page 13

Everything intercepts us from ourselves.

Alan-OAer,

For me, if I don't give myself time in the early morning , I missed my opportunity to have "me time" the early morning is when it's most quiet and I have a spiritual connection with God. I can look with in and apply the 12 step program in my life. Then it's off to meditation . I must make time for me, I'm worth it..... Today I will choose to have an abstinent day.

Love to all, Alan

In response to the "For Today" reading in page 138

Everything intercepts us from ourselves.

I, too, am preoccupied with so many things every day. And, yet, early on, my sponsor suggested I take just a few minutes each night before bed to do a tenth step inventory, each and every day.

Although I have occasionally not gotten around to my Loop writing, occasionally not followed my food plan, occasionally missed doing other tools on one day or another, I cannot remember missing this daily Step Ten inventory, which my sponsor thought was so important. He just called it his four questions, and explained that he had learned them from his sponsor, and that he had found it useful to write on them daily. That was all I needed to hear, and I started right away. I was actually doing it before I had even read what Step Ten was about, which was even before I had read about Step Four.

I continue to write on these questions, even now, after losing over 100 lbs, and even with my weight very close to medical recommendations for good health. I find, just as today's commentator writes, that "allotting time to the subject of myself gives me a clearer understanding of God's will for me. Hard to explain, but it seems to be working.

With love and gratitude, Paul C.

In response to the "For Today" reading in page 138

Topic: "Willingness"

These personal stories express the experience of individual OA members and not of OA as a whole.

The number on the scale, the way my clothes fit, the body parts I cannot see when I look downward are all reality. The perceptions in my mind, however are an entirely different matter. This is where the "stinkin thinkin" comes in play. Until I am **willing** to realize and admit I am 100% powerless over this disease/obsession, I cannot move forward with our 12-step program. "It" will always be a diet, etc., unless I accept the TRUTH. Thanks for letting me share.

Cathy

Willingness needs to come from me in order to work my Program yet I could not do it alone and don't want to.

With the Fellowship and a Higher Power, I can have the gift of Abstinence on a daily basis if I am willing to do the footwork. Some days it comes easier than others and I have to watch out for complacency. Yet, as the prayer goes, we can do together what we could never do alone.

The reading states that my HP's will for me is to do the best I can. With all of you sharing and caring, I can keep going on this road. Connecting thru meetings, phone calls, writing on our Loop, sponsoring, all propel me to go another day to keep what I have and be ready for what is to come.

Thanks for all your support, Lauren

Honesty, open-mindedness, and **WILLINGNESS!**: the three pillars of 12-step recovery, without which my disease just couldn't be controlled.

Willingness to give up control (as if I ever had any in the first place).

Willingness to live "as if" I had a Higher Power who would look after me and relief me of obsession, even before I really believed I did.

Willingness to attend meetings,
 ...to ask a member to be my sponsor
 ...to say yes when asked to sponsor
 ...to do assorted service
 ...to read program literature & write about it
 ...to have a plan of eating, and to live by it

Willingness to put down the fork!

With love and gratitude, Paul C.

In order to recover and change, I needed to face some deep, dark fears that I did not even know I had. But as the reading states, the **willingness** to change my life is now stronger than my fears; after hitting my third bottom, I had nowhere to look but up and I was ready for a change. Do I still use old ways of thinking and acting? Do I still react from childhood pain? It takes courage to look deep within, but it is worth it!

Blessings, Tammy

I was in so much pain and miserable that I was **willing** to go to any lengths to stop eating compulsively. That was back in December 2007. Since then I have learned to not eat, no matter what!!! Once the sugar fog left me, and I was accustomed to eating a healthy plan, the cravings diminished and it has become a little easier. By writing down my food each day, weighing and measuring, and calling my sponsor to talk over feelings I can arrest my disease one day at a time. Reading the literature each day, writing on this loop, calling other fellows, and giving service help me stay abstinent which I am very grateful for. By the grace of g-d, I commit to abstinence just for the next 24 hours. The miracle has happened for me by using the Steps and welcoming my Higher Power into my life. Yesterday I was feeling a little out of sorts, and before program I would have filled up the hole with extra food. I was able to talk it over with a program 'angel' and pray and mediate, and I got through the day abstintently. Higher Power, thank you helping me make it happen, one day at a time.

Rob

WANTED!

Your thoughts Wanted! Every Month we will ask for your thoughts on a new topic.

November's Topic will be...

"Attitude of Gratitude!"

We would love to hear from you. Share your Experience, Strength, Hope...and Recovery.

Email your thoughts to Cathy at:

cchristos@att.net

OA *Happenings, Coming Up*

OCTOBER 2013

Su	Mo	Tu	We	Th	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 Intergroup
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER 2013

Su	Mo	Tu	We	Th	Fri	Sat
					1	2
3	4	5	6	7	8	9 Gratitude Luncheon
10	11	12	13	14	15	16 Intergroup
17	18	19	20	21	22	23
24	25	26	27	28	29	30

PALM BEACH OA PRESENTS
OA's 4th Annual Spiritual Retreat
"A State of Grace"

When: December 13 - 15, 2013

Where: Our Lady of Florida



1300 US 1, North Palm Beach, FL

Additional Information contact:
 Karen 561-706-1743 - Ronni R. 561-544-1148



OA Calendar

◆ **Saturday October 19, 2013 @ 10 am**

Gold Coast Intergroup Meeting

North Broward Medical Center, Classroom 7-8
 201 E. Sample Road, Pompano Beach, Florida 33064
www.GoldCoast.OAGroups.org

◆ **Saturday November 16, 2013 @ 10 am**

Gold Coast Intergroup Meeting

North Broward Medical Center, Classroom 7-8
 201 E. Sample Road, Pompano Beach, Florida 33064
www.GoldCoast.OAGroups.org

GOLD COAST OA PRESENTS

Gratitude Day & Luncheon

When: Saturday,

November 9, 2013 @ 10:30 am

Where:

North Broward Medical Center
 201 E. Sample Road, Pompano Beach
 (Conference Center across from Main Entrance)

Bring:

A protein for six that will go along with salad (serving utensil if needed)
 Include a note with ingredients listed (no sugar) if your item is mixed

RSVP:

In order to provide enough salad for everyone, please RSVP your attendance before October 30th to:

gratitudelunch@yahoo.com

Suggested Donation: \$5.00

No one will ever be turned away from an OA meeting

There will be a drawing to win a free spirituality retreat weekend.

(Hosted by Palm Beach Intergroup)



OA *Important Information*



24-Hour OA Telephone Support Line

TIMES	NAME	PHONE #
7-9 am	- Open -	
9 am-1pm	Andi	(954) 295-1123
1-3 pm	Dorothy	(954) 429-3576
3-5 pm	Paul	(954) 593-3881
5-7 pm	Terri	(954) 551-7827
7-9pm	Roberta	(954) 429-0734
9-11pm	Steve	(954) 552-5923
11pm-1am	Camille	(954) 739-2148
1-3am	Keisha	(754) 224-8835
3-5 am	Doree	(305) 323-9670
5-7am	Keith	(954) 270-6548

Gold Coast Intergroup's Telephone Support Line is for members who may be struggling in their recovery. Often, especially as newcomers, we are hesitant to reach out to each other for help. The individuals on this list have volunteered to be available at specific times to provide a safe and supportive space.

**THIS IS A PUBLICATION OF
OA GOLD COAST INTERGROUP.**

Gold Coast Intergroup of Overeaters Anonymous

PLEASE VISIT US ONLINE AT:

www.goldcoast.oagroups.org

For the most current updated information on new meetings, meeting changes and other Gold Coast Intergroup Events

... and together we can do what we could never do alone!

Gold Coast Intergroup Officers



Gold Coast Intergroup of Overeaters Anonymous

Position:	Name:	Phone:
Chair	Eileen	(214) 789-0609
Vice Chair	Andi	(954) 295-1123
Recording Secretary	- Open -	
Corresp. Secretary	Vicki	(954) 584-9845
Treasurer	Bonnie	(954) 303-9440
Parliamentarian	Mike	(954) 675-7382
Past Chair	Keith	(954) 270-6548
12 th Step Within	- Open -	
Public Information	- Open -	
Professional Outreach	Lonna	(305) 338-0423
Professional Outreach	Lonnie	(954) 610-0373
OA Literature	Mike	(954) 675-7382
OA Literature	Vicki	(954) 584-9845
Ways and Means	Darlene	(954) 299-8038
Youth	Andi	(954) 295-1123
Youth	LeAnn	(954) 812-5906
Unity Chair	Steve	(954) 552-5923
Unity Editor	Cathy	(954) 978-0863
Unity Editor	Val	(954) 616-9800
Contributor	Lois	(954) 604-8490
Contributor	Ronny	(617) 694-4108

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OA Meeting List for Palm Beach

www.OAPalmBeachFL.org

Remember to call the contact prior to attending meeting for the first time.

City	Time	Meeting Type	Location	Contact	Meeting #
Sunday					
Boynton Beach	10:00 AM	Big Book / Literature	JCC/Ross - 8500 Jog Road, 2nd Fl Boardroom, left of elev.	Janice (561) 740-0777	#46092
Delray Beach	10:15 AM	Big Book / Literature	Crossroads Club - 1700 Lake Ida Road	Lois K. (561) 499-0278	#38884
NPB	11:00 AM	Voices of Recovery	450 Northlake Blvd, Suite 8	Kat (561) 844-3165	#34780
Delray Beach	11:30 AM	For Today	Crossroads Club - 1700 Lake Ida Road	Elaine R. (561) 715-1535	#35759
Delray Beach	6:00 PM	Steps Study	Crossroads Club - 1700 Lake Ida Road, Meeting Room "E"	Carol (908) 400-2232	#50840
Monday					
PB Gardens	7:30 AM	OA Abstinence Book, Literature	Metropolitan Community Church - 4857 Northlake Blvd	Barbara (561) 541-4812	#40008
Delray Beach	10:00 AM	OA Book 2nd Edition / Steps	Crossroads Club - 1700 Lake Ida Road	Joyce (561) 469-7679	#52298
Palm City	6:00 PM	OA Steps / Traditions Study	Palm City Presbyterian Church - 2700 Martin Highway	Pam P. (772) 486-3606	#52504
Boynton Beach	7:00 PM	Big Book / Steps / Discussion	Newport Place - 4733 NW 7th Court off Hypoluxo & I-95 (Activities Room)	Adrienne (561) 333-7764	#52342
Boca Raton	7:30 PM	Newcomer / Discussion	Regents Park Nursing Home - 6363 Verde Trail @ Powerline	Bobbie (561) 477-7914	#27229
Tuesday					
Boca Raton	10:00 AM	Steps	Good Sheppard Lutheran Church - 6301 SW 18th Street	Laura (954) 415-2044	#02797
Loxahatchee	12:00 PM	Big Book	Billy Bob Club - 14755 Southern Boulevard Club is in the Palms West Plaza, West of Palms West Hospital	Darlene (561) 791-3419	#52700
Stuart	6:00 PM	OA Book 2nd Edition / Literature	St. Marys Church - 623 S.E. Ocean Blvd. (Large Room left of Thrift Shop)	Angel P. (772) 692-5759	#46924
PB Gardens	7:00 PM	Steps/Traditions Study	St. Mark's Church - 3395 Burns Road, Youth Room - Upstairs	Sue (561) 627-7286	#16767
Wednesday					
PB Gardens	7:30 AM	Big Book	Metropolitan Community Church - 4857 Northlake Blvd.	Roberta (561) 776-6371	#47274
Boca Raton	10:00 AM	Newcomer, Speaker, Discussion	Science of the Mind Church - 2 SW 12th Ave.	Karen F. (561) 706-1743	#30002
Thursday					
Delray Beach	10:00 AM	OA Second Edition	Crossroads Club - 1700 Lake Ida Road	Sondra (561) 865-9220	#12761
Stuart	12:30 PM	OA Second Edition	St. Marys Church - 623 S.E. Ocean Blvd. (Large Room left of Thrift Shop)	Angel P. (772) 692-5759	#46923
Boca Raton	6:15 PM	(Men's) Steps Meeting	Regents Park Nursing Home - 6363 Verde Trail @ Powerline	Eric (561) 292-3874	#50190
Juno Beach	7:30 PM	Big Book	Ocean View United Methodist Church - 701 Ocean Drive, 1/4 mile south of Donald Ross Rd. off US1 (Rm 56, Downstairs)	Sari (561) 389-6960	#50685
Boca Raton	7:30 PM	Abstinence Discussion	Our Lady of Lourdes Church - 22094 Lyons Road, SE corner of Lyons & Palmetto Pk. Roads (Room 118)	Evelyn (561) 361-4359	#00903
Friday					
PB Gardens	7:30 AM	Steps Study	Metropolitan Community Church - 4857 Northlake Blvd.	Georgeann (561) 753-9126	#45513
Delray Beach	10:00 AM	Voices of Recovery	Crossroads Club - 1700 Lake Ida Road	Lois (561) 702-3232	#48439
Delray Beach	11:15 AM	Steps Study	Crossroads Club - 1700 Lake Ida Road	Elaine R. (561) 715-1535	#50607
Saturday					
West Palm Bch.	9:15 AM	Support a Member	Holy Name of Jesus - 345 S. Military Trail - Annex at the back	Nancy M. (561) 793-3149	#22005
Delray Beach	9:30 AM	Newcomer, Speaker	Crossroads Club - 1700 Lake Ida Road	Doris (561) 499-9025	#21364
Boca Raton	9:30 AM	Newcomer, Speaker	Good Sheppard Lutheran Church - 6301 SW 18th Street	Phyllis (561) 994-8664	#39822
West Palm Bch.	10:30 AM	Literature	Holy Name of Jesus - 345 S. Military Trail - Annex at the back	Isabelle (561) 667-2871	#17646
Stuart	11:00 AM	Voices of Recovery	Parkway Rehab Center - 800 Central Parkway	Eva (772) 262-2109	#49707

City	Time	Meeting Type	Location	Contact	Meeting #
Sunday					
Wilton Manors	12:15 PM	Newcomer / Speaker	Pride Center - 2040 North Dixie Hwy. first bldg. on left	Steve (954) 552-5923	#46694
Pompano Beach	6:00 PM	Voices of Recovery / For Today	Christ Church - 255 NE 3rd Avenue Classroom 6 (Across from Play Ground)	Martha (954) 971-3932	#51690
Monday					
Plantation	10:00 AM	Newcomers	St. Benedict's Episcopal Church - 7801 NW 5th Street	Charles (954) 563-3453	#21830
Plantation	7:30 PM	Newcomer / Speaker / Step 1-3	St. Benedict's Episcopal Church - 7801 NW 5th Street	Leigh (954) 682-2653	#50467
Hollywood	8:15 PM	Newcomer / Speaker	Sober Today Club - 1633 South 21st Ave, Hollywood, FL 33021	Keith (954) 270-6548	#40323
Tuesday					
Boca Raton	10:00 AM	AA 12/12 Step Meeting	Good Sheppard Lutheran Church - 6301 SW 18th Street	Robin (561) 338-9636	#02797
Hollywood	6:30 PM	OA Steps & Traditions Study	Rebel's Drop-In Center - Behav. Health OP building of Memorial Regional Hospital - 3400 North 29th Avenue	Cynthia (954) 826-8012	#00304
Pompano Beach	7:00 PM	Literature Study	First Presbyterian Church (Pink Church) - 2331 NE 26th Ave. Breezeway 2nd Door on Left (Choir Room)	Martha (954) 971-3932	#45893
Wednesday					
Hollywood	10:00 AM	Big Book / Feelings (1st, 3rd, 5th) Steps & Traditions / Feelings (2nd, 4th)	Oasis at TY Park - Park entrance at Atlanta Street (off of N. Park Rd. Keep right and follow sign to the Pavilion 2)	Ellen (305) 682-1569	#27545
Coconut Creek	6:30 PM	OA Literature / Discussion	Calvary Presbyterian Church - 3950 Coconut Creek Pkwy. (Classroom at east end)	Lois (954) 604-8490	#00880
Thursday					
Pembroke Pines	10:00 AM	OA Literature	Pines Baptist Church (in rear trailer) - 800 NW 102 Avenue (Palm & Johnson)	Jeanette (954) 430-0928	#31812
Plantation	10:00 AM	OA Steps / Abstinence Literature Study	St. Benedict's Episcopal Church - 7801 NW 5th Street	Brenda (954) 609-7393	#40172
Boca Raton	6:15 PM	(Men's) Step Meeting	Regents Park Nursing & Rehab Center - 6363 Verde Trail (Powerline and Jog) Conference Room D	Eric (561) 292-3874	#50190
Fort Lauderdale	7:00 PM	Big Book (Leader's Choice)	Christ Church - 4845 NE 25 Ave Fort Lauderdale, FL 33308	Jo-Anne (954) 600-4270	#46364
Friday					
Tamarac	10:00 AM	Big Book / Discussion	Faith United Church of Christ - 6201 NW 57 Street Church Office	Camille (954) 739-2148	#41197
Margate	6:30 PM	Big Book	Prince of Peace Lutheran Church - 6012 NW 9 Court	Mort & Mike (954) 815-2058 & (954) 675-7382	#52805
Saturday					
Boca Raton	9:30 AM	90 Day Speaker (Special Interest)	Good Sheppard Lutheran Church - 6301 SW 18th Street	Bobbie (561) 477-7914	#39822
Coral Springs	10:00 AM	Big Book / Discussion	Coral Springs Medical Center - 3000 Coral Hills Drive	Helen GK (954) 968-6131	#48428
Plantation	10:00 AM	Big Book / Topic Discussion	St. Benedict's Episcopal Church - 7801 NW 5th Street	Lonnie (954) 610-0373	#41217
Hollywood	10:30 AM	Big Book / Discussion	Sober Today Club 1633 South 21st Ave, Hollywood, FL 33021	Sherri & Drew (954) 612-1250 & (954) 612-1251	#20653
Coconut Creek	6:30 PM	Step Meeting	Calvary Presbyterian Church - 3950 Coconut Creek Pkwy. (Classroom at east end)	Sara (954) 979-9026	#00879