



Palm Beach Connection

May 2011

Step Five is about Integrity

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Every one who took the fourth and fifth steps lived to tell about it

For Today . P 299

I did not deliberately choose my faults, but neither do I have to be afraid of letting them go. I can establish what they are (I have many more faults than I am aware of) by taking steps four and five, and I can abandon them in steps six and seven. What would any thinking person give for such a simple, direct therapy? And it doesn't cost a dime.....I need not be afraid to admit anything to God and to another person under God's guidance. For Today . P 308

Tradition Five is about Purpose

Each group has but one primary purpose--to carry its message to the compulsive overeater who still suffers.

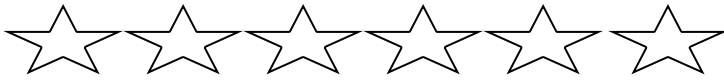
OUR RECOVERY

Tradition five ...tells us to look beyond our own group, to compulsive overeaters who have never yet attended a meeting. Our primary purpose includes a responsibility to reach out to these people in whatever ways we can. This is the reason each OA group spends a part of its funds supporting intergroups, regional groups, and the World Service. These service bodies extend the hand and heart of OA into the world around us in ways that individual groups often cannot, by maintaining OA offices and phone answering services, ...by staging special events, conventions and marathons.....OA 12/12, p149

Tradition five reminds us that our recovery doesn't come from simply discussing our problems with each other. It is in the OA message--in our steps and traditions--that we find solutions to our problems. Living by these principles has saved our lives. Honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service, unity, trust, open-mindedness, responsibility, acceptance, equality and fellowship. OA 12/12, p. 146-7

Make peace with the past so it won't spoil the present

Anon. Reprinted from the Arizona Serenity in the Desert Intergroup, June 2010



Newcomer's Corner

Getting Something You've Never Had Requires Doing Something You've Never Done.....

I was not a 30 day wonder when as a newcomer I made the decision to stay in the OA rooms. When I really got desperate enough to get abstinent I had to do all the things I didn't want to do. I didn't have to like it; I just had to DO it – like making those phone calls, like reading the Big Book, like writing assignments, like praying to a Higher Power I doubted existed, like doing service, like getting up early to call my sponsor at the agreed upon time or like writing when something was upsetting me. In short, I had to surrender, give up my way and do it the Program's way, the way I'd never done it before.

We accept you in OA.
May we offer you a home?

Later on, in the same way, when I wanted to be freed of some of my worst character defects like impatience, criticizing, self-justification, impulsiveness, and fear, I had to do what the Program suggested I do – take a daily inventory, pray to my Higher Power to guide me in reducing or putting those character traits into remission and then to meditate – not just to say “God please help me.” I had to take Steps 10 & 11 seriously enough to own these in my face ugly character flaws which are preventing me from being the person I wanted to be. In time real self-respect and a higher self-esteem took their place as I did what I had to do – really working Steps 10 & 11 exactly as the Big Book says, with help from my sponsor.

When I did these things I had never done before, the spiritual connection to my Creator and to my fellows took a giant leap forward, for I had found an Inner Power which empowered me to maintain my abstinence and to become the person I always wanted to be.

God is not finished with me yet. I still have much more to learn and I'm still peeling the onion. I'm still a work in progress and always will be. I am grateful to have found that Inner Power which guides and directs me to do the things I've never done before. *Submitted by Ellen C.*

In OA, the only requirement for membership is the desire to stop eating compulsively—no dues or fees are required... We promise that if you work the Twelve Steps to the best of your ability, regularly attend meetings and use OA's tools...You will experience the miracle of recovery from compulsive overeating. "To the Newcomer", p.3

The History and Meaning of our Logo



On January 28, 1978, the trustees unanimously adopted the new design and the delegates added their approval the following May. Our new logo was very different from the one we'd been using. The interesting rectangular pattern plus the words “Overeaters Anonymous” formed the total trademark.

It was a contemporary symbol to represent our fast growing Fellowship. The March/April, WSO *Notebook* gives this artistic description:

The letters “O” and “A” are rendered in abstract letterform. The centrally positioned “O” overlaps the “A” which is formed by the second and third portions of the three background sections of the symbol.

These three sections represent the three aspect of the program of Overeaters Anonymous: physical, emotional and spiritual (the latter is represented by the lighter toned left-hand portion).

The two parallel diagonal lines have two distinct symbolic interpretations in addition to their basic function of delineating the letter “A”.

1. The diagonals form a triangle at each end of the trademark, thus the symbol of Alcoholics Anonymous is contained within the OA logo, as AA's principles are incorporated within the OA program.

2. The diagonal lines slashing through the design represent the internationally recognized symbol for abstinence, or desisting.

Our new design made its official debut on the cover of the April 1978, *OA Lifeline*.

“Beyond our Wildest Dreams”, p 195



MEETING LIST

TOWN	TIME	FORMAT	LOCATION	GRP #	CONTACT	PHONE
SUNDAY						
Boynton	10:00 AM	BB/L	JCC/Ross - 8500 Jog Road, 2nd Fl Boardroom, left of elev.	46092	Janice	740-0777
Delray	10:15 AM	BB/L	Crossroads Club - 1700 Lake Ida Road	38884	Lois K.	499-0278
PBG	11:00 AM	VR	450 Northlake Blvd, Suite 9, enter bldg at door with ramp	34780	Kat	844-3165
Delray	11:30 AM	FT	Crossroads Club - 1700 Lake Ida Road	35759	John E.	929-6591
Delray	6:00 PM	S	Crossroads Club - 1700 Lake Ida Rd. Meeting Room "E"	50840	Lynn	713-0673
WPB	7:00 PM	FT/D	St. Christophers - NW corner Haverhill & Belvedere-Lounge	18718	Ed	502-4426
MONDAY						
PBG	7:30 AM	A/L	Trinity Methodist Church - Military Trail @ Gardenia Drv, #3440008		Marc	687-3000
Delray	10:00 AM	FT	Crossroads Club - 1700 Lake Ida Road	49655	Ester	732-7263
WPB	6:30 PM	BB	St. Christophers - NW corner Haverhill & Belvedere-Lounge	19704	Ed	502-4426
Boca	7:30 PM	B/D	Regents Park Nursing Home - 6363 Verde Trail @ Powerline	27229	Bobbie	477-7914
WPB	7:30 PM	B	St. Christophers - NW corner Haverhill & Belvedere-Lounge	02199	Ed	502-4426
TUESDAY						
PBG	7:00 PM	S	St. Marks School - 3395 Burns Road, Room 308-Music Room	16767	Sue	627-7286
WPB	7:00 PM	S	St. Anns Church, 301 N. Olive Ave, Parish Office off Courtyard	40365	Leslie	386-7613
WEDNESDAY						
PBG	7:30 AM	BB	Trinity Methodist Church - Military Trail @Gardenia Drv, #34	47274	Roberta	776-6371
Boca	10:00 AM	SP/D	Science of the Mind, 2 SW 12th Avenue	30002	Karen F.	706-1743
THURSDAY						
Delray	10:00 AM	OA	Crossroads Club - 1700 Lake Ida Road	12761	Sondra	865-9220
Boca	6:30 PM	MS/S	Regents Park Nursing Home-6363 Verde Trail@Powerline	49620	Stanley	954-426-8046
Juno	7:00 PM	BB	Ocean View Methodist Church, Rm 56, downstairs	50685	Sari	389-6960
Boca	7:30 PM	DA	Our Lady of Lourdes Church - 22094 Lyons Road, Room 118	00903	Evelyn	361-4359
FRIDAY						
PBG	7:30 AM	S	Trinity Methodist Church - Military Trail @ Gardenia Drv, #3445513		Georgeann	753-9126
Delray	10:00 AM	VR	Emmanuel Catholic Church - 15700 S. Military Trail	48439	Sondra	865-9220
Delray	11:15 AM	S	Emmanuel Catholic Church - 15700 S. Military Trail	50607	Elaine R.	715-1535
SATURDAY						
WPB	9:15 AM	SAM	St. Christophers - NW corner Haverhill & Belvedere-Cottage	22005	Isabelle	667-2871
Delray	9:30 AM	B/SP	Crossroads Club - 1700 Lake Ida Road	21364	Doris	499-9025
WPB	10:30 AM	B/SP	St. Christophers - NW corner Haverhill & Belvedere-Cottage	17646	Isabelle	667-2871

Please email meeting changes and corrections to Eric G. at eginpa@gmail.com

**A=OA Abstinence Book, B=Beginners, BB=Big Book, D=Discussion/Topic, DA=Abstinence Discussion, OA=Overeaters Anonymous Book 2nd Edition
 FT=For Today Book, L=Literature, MS=Men's Support, S=Step, SAM=Support a Member, SP=Speaker, V=Varies, VR=Voices of Recovery Book**

<p style="text-align: center;"><u>OA Network</u> <u>Phone Numbers</u> --- <u>Call before</u> <u>you take that</u> <u>first bite!</u></p>	7:30-9 AM	Karen	561-7061743	10 PM- 1 AM	Sid	561-4956710
	6-9 AM	Laura	9544152044	9 - 11 PM	Susan	561-4999025
	9 AM- 9 PM	Roberta	561-7766371	10 - 11 PM	Doris	561-4999025
	9 AM- 9 PM	Elaine	561-715-1535	11PM- 2 AM	Diane	561-7398611
	5 - 10 PM	Lynn	561-5096092	12 - 2 AM	Mike	561-3051462

The telephone helps us avoid the isolation which is so common among us, and provides an immediate outlet for the hard-to-handle highs & lows we all experience. Below are members willing to take calls @ indicated times.

Palm Beach County (561) 820-9233
 Overeaters Anonymous Intergroup

P.O. Box 31512
 Palm Beach Gardens, FL 33420
 (561) 820-9242 or
 (800) 273-1696

Your Trusted Servants...

Chair: Kat 8443165
 Chair@OAPalmBeachFL.org
 ViceChair: Barbara T4712825
 Vicechair@OAPalmBeachFL.org
 Treasurer: Sheila 9544191616
 Treasurer@OAPalmBeachFL.org
 Secretary: Bonnie 4774950
 Secretary@OAPalmBeachFL.org