



# Palm Beach Connection

November 2011

Get connected - Stay protected

## STEP 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.*



**"...there is no one right way to do Step Eleven. 'Keep it simple.' is a good slogan to apply here. Remembering that our goal is to develop a closer conscious contact with God, prayer is simply what we do when we talk with our Higher Power..."**

*The Twelve Steps and Twelve Traditions of Overeater's Anonymous, Pg. 93*

**T**here is no *one right way* but I have found a wrong way to do this step. In 1991 I was searching for the perfect "God Box." My first sponsor told me that writing her problems and/or concerns on paper and putting the slips of paper in her 'God Box' was very freeing for her. She had a beautiful God box that she had purchased at a religious articles store years earlier. I wanted a beautiful box like that. I put off writing my notes and prayers to God because I did not have a suitable place to put them. I did look for a box but never found the 'right' one. I put it off long enough that I relapsed and then I was in such denial that I was deep into my relapse and had gained 80+ pounds before I even realized I did not have a reason for the box. I no longer had a program.

**W**hen I came back to OA 15 years later I was thinking "This time, I have to find the right box quickly." Then someone said "Our very best thinking got us to where we are now." I asked myself "What does my Higher Power want from me?" The answer I received was willingness and acceptance. So this time I committed to a program of action.

**I** stopped looking for 'the right box' for my notes to God and then I stopped looking for 'the right notebook' in which to write my 4th step. I just started writing. I stopped looking for 'the right person' to share my 4th step with and I shared it with my sponsor without fear. I stopped searching for 'the right abstinence' and accepted that one that God gives me each day is so much better than what I was searching for.

**I** have notebooks and journals in my home, my office and my pocketbook. I can meditate anywhere and I write my thoughts and concerns to God as I have them. For today, God has given me the knowledge of His will for me and the power to carry it out because today I have the willingness and I accept that HP's will for me is so much better than my own.

Jane C., reprinted from Central Florida Intergroup, "New Beginnings" Nov. 2008, p. 1

*Take what you want and leave the rest...so it will be there when you are ready for it!!*



## Newcomer's Corner

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

### 23 Pounds and counting....

I reached the point of being unable to stop compulsively overeating a long time ago. Otherwise, I would not have been 5 feet tall and 270 pounds. In fact, I tried to stop 3 or 4 times on my own over the past year before joining OA. The reason I tried stopping on my own wasn't because I thought I wasn't a food addict; I knew that I was. But I was already doing two other 12 step programs and thought I could "carry my sobriety" over from one program to the next. Not a chance!!!

I am a full blown compulsive overeater who has the "disease of food addiction". That means my will power is useless and I need a regimented program of recovery, which is what I am doing now. And since, I have lost 23 pounds in 2 months. I would say so far the program is working. Submitted by Mike

### Be strong enough to be weak !

Teresita, Miami-Dade Convention 2011

### Unconditional Acceptance

Emotional growth often begins the moment we walk in the OA door. Given the eroded self-regard of many compulsive overeaters, it is a deeply affecting experience to find unconditional acceptance in the OA meeting rooms.

From that beginning come self-acceptance and the ability to accept and love others without condition or expectation.

As on OA speaker said, "I love you; whether you love me is beside the point.

For Today, p. 45

### 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 and films.



# God's Way

God's Way

**GOD'S WAY** is a path of spiritual principles that make my life work under any conditions. I know that, but once I have good abstinence and weight loss, it is tempting to rest on my laurels and ignore the suggestion to continue seeking spiritual recovery. Like others before me, sooner or later I discover that **GOD'S WAY** does not end with abstinence and weight loss or even with regular attendance at meetings. The recovering compulsive overeaters who have what I want are, without exception, working the twelve-step program on a continuing basis and practicing its spiritual principles in everything they do.

For Today, p155

### Signs I am Starting to Recover from the Disease of Compulsive Overeating

I am more open to others and less judgmental.

I am more intensely moved by music, literature, poetry, art, etc.

I am more interested in the physical world around me....

The healthy, natural food on my food plan tastes incredible and is satisfying and I have lost 50 lbs because of this plan of eating...

Anon., reprinted from WUIG, "The Road to Recovery" 10/11, 2008, p. 4

### The OA Promise

*I put my hand in yours,...and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.*

Myra at Miami-Dade Convention 2011

# Don't try harder. try differently

# Chair's Share

Hello OA friends

I want to thank all of you for giving me the opportunity to give service at the Soar 8 Region Business and Recovery Convention in Medellin, Colombia. We worked hard at the Business Assembly, discussing, voting on motions and electing a new treasurer and Chair. We also brought the message of recovery to the Colombian OA members. We shared our experience, strength and hope.

They had an incredible interpreter who did a fabulous job of sharing our pain and despair of our disease of compulsive eating. She also interpreted our words of joy and the freedom abstinence brings to the 162 registered at the convention.

We cried, laughed, danced, sang, prayed and held hands together even if we spoke a different language. Our smiles and hugs united us with our South American brothers and sisters. Together we can do y j c v " y g " e c p ø v " f q " c n q p g 0

I wish each and every one of you a joyous, serene, and c d u v k p g p v " V j c p m u i k x k p i 0 Thanksgiving weekend four years ago which got me into the rooms, December 5, 2007. I have a lot to be grateful for and by living the 12 Steps I am enjoying each day to the fullest.

Your trusted servant,  
Roberta

# Thank You

"The Fundraising Committee thanks walkers and non-walkers for their support in making the 1st OA Walkathon a great success. We raised \$345.00. Be on the look out for upcoming events."

## Spanish Telephone Meeting Tuesday, 9:00 pm Eastern time



The dial-in number is 1-415-400-0300 and the participant code is 629561#.

El número telefónico para conectarse a la reunión es (1) (415) 400-0300. Una vez que la llamada está conectada, hay que ingresar el código para participar: 629561#.

### PALM BEACH COUNTY INTERGROUP Oct. 2011



	Beginning Balance		4675.48
Fri 10 A.M.	Emmanuel Church-48439	\$75.00	
Fri 11:15 A.M.	Emmanuel Church-50607	\$20.00	
Sat 9:30 A.M.	Crossroads Club-21364	\$35.00	
Wed 10 A.M.	Science of Mind-30002	\$100.00	
Sun 11 A.M.	Northlake Blvd.-34780	\$20.00	
Thurs 7:30 P.M.	Regent Park-49620	\$50.00	
Thurs 10 A.M.	Crossroads Club-12761	\$100.00	
Mon 7:30 P.M.	Regent Park-27229	\$125.00	
Mon 7:30 A.M.	Met Com. Church-40008	\$50.00	
Fri 7:30 A.M.	Met Com. Church-45513	\$50.00	
7th tradition	Intergroup	\$9.00	
Thurs 7:30 P.M.	Our Lady of Lourdes-00903	\$41.00	
Sun 11:30 A.M.	Crossroads Club-35759	\$45.00	
Total Donations Oct.2011			\$720.00

### Expenses

Crossroads Club	Rent-3 months	\$45.00	
At&t	Telephone=2 lines	\$50.74	
World Service	Donation	\$606.00	
Region 8	Donation	\$202.00	
Georganne C.	Fl. State Convention expense	\$252.76	
Roberta L	P.O. Box rental-1 year	\$76.00	
Susan Z	Copies	\$12.61	
Bank Charge	Reversed	(\$3.00)	
Total Expenses Oct 2011			(\$1,242.11)
Bank Bal End Oct 2011			\$4,153.37

The donation to World Service included contributions from the following groups: 30002, 34780, 49620, 12761, 27229, 40008, 45513, 00903, 26364, 35759, 388884, 50804, 40365

We have retreat funds in the amount of \$6280. The balance does not reflect this as it is to be spent in its entirety. A deposit of \$300 was sent on 9/21/11.

# Calendar of Events



**Dec. 2 -4, 2011** **Spirituality Retreat**  
Our Lady of Florida Spiritual Center  
North Palm Beach

**Dec 10, 2011** **Intergroup Meeting**  
Saturday, 11:15 AM  
Crossroads Club, Delray Beach

**Jan 15, 2012** **OA's Birthday**  
Saturday,  
Third Saturday of January

**Feb 24-6, 2012** **Florida State Convention**  
Cocoa Beach, Florida

**Feb. 26, 2012** **Unity Day**  
11:30 AM, PST  
This day recognizes the strength of the Fellowship worldwide

To get your events listed here email Eric at [eginpa@gmail.com](mailto:eginpa@gmail.com) or call 561-292-3874

**Editorial Policy:** This is your newsletter. We are always interested in your contributions, comments & experience in the OA way of life. Publication of any contributions or editorial opinions does not imply endorsement by OA as a whole, but by the individuals who wrote them. Materials submitted cannot be returned. We reserve the right to edit & it is understood that other OA groups, may reprint all copy. Submissions not included in the newsletter may be used in a later issue. Please email submissions to [eginpa@gmail.com](mailto:eginpa@gmail.com). Contact: Eric G. (561) 292-3874

MEETING LIST

TOWN	TIME	FORMAT	LOCATION	GRP #	CONTACT	PHONE
<b>SUNDAY</b>						
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
NPB	11:00 AM	VR	450 Northlake Blvd, Suite 8	34780	Kat	844-3165
Delray	11:30 AM	FT	Crossroads Club - 1700 Lake Ida Road	35759	Elaine R.	715-1535
Delray	6:00 PM	S	Crossroads Club - 1700 Lake Ida Rd. Meeting Room "E"	50840	I.J.	271-8367
WPB	<b>CANCELLED</b> 7:00 PM	<b>CANCELLED</b>	<b>CANCELLED</b> St. Christopher's - NW corner Haverhill & Belvedere-Lounge	<b>CANCELLED</b> 18718	<b>CANCELLED</b>	<b>CANCELLED</b> 471-2825
<b>MONDAY</b>						
PBG	7:30 AM	A - L	Metropolitan Community Church - 4857 Northlake Blvd	40008	Marc	687-3000
Delray	<b>CANCELLED</b> 10:00 AM	<b>CANCELLED</b>	<b>CANCELLED</b> Crossroads Club - 1700 Lake Ida Road	<b>CANCELLED</b> 49655	<b>CANCELLED</b>	<b>CANCELLED</b> 740-0777
WPB	6:30 PM	BB	St. Christophers - NW corner Haverhill & Belvedere-Lounge	19704	Larry	676-2903
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	Larry	676-2903
<b>TUESDAY</b>						
PBG	7:00 PM	S - YF	St. Marks School - 3395 Burns Road, Youth Room - Upstairs	16767	Sue	627-7286
WPB	7:00 PM	S	St. Anns Church, 301 N. Olive Ave, Parish Office off Courtyard	40365	Pati	651-5692
<b>WEDNESDAY</b>						
PBG	7:30 AM	BB	Metropolitan Community Church - 4857 Northlake Blvd	47274	Roberta	776-6371
Boca	10:00 AM	B - SP - D	Science of the Mind, 2 SW 12th Avenue	30002	Karen F.	706-1743
<b>THURSDAY</b>						
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 11	800903	Evelyn	361-4359
<b>FRIDAY</b>						
PBG	7:30 AM	S	Metropolitan Community Church - 4857 Northlake Blvd	45513	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
<b>SATURDAY</b>						
WPB	9:15 AM	SAM	St. Christophers - NW corner Haverhill & Belvedere-Cottage	22005	Leenie	205-427-5695
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](mailto: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, L=Literature, MS=Men's Support, S=Step, SAM=Support a Member, SP=Speaker, V=Varies, VR=Voices of Recovery, YF=Youth Friendly**

<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	5 - 10 PM	Lynn	561-5096092
	7:30-9 AM	Marcella	561-451-8758	9 - 11 PM	Susan Z	561-7341575
	6-9 AM	Laura	9544152044	10 - 11 PM	Doris	561-4999025
	9 AM- 9 PM	Roberta	561-7766371	11PM- 2 AM	Diane	561-7398611
	9 AM- 9 PM	Elaine	561-715-1535	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 those hard-to-handle highs & lows we all experience. Below are members willing to take calls @ indicated times.

Palm Beach County  
Overeaters Anonymous Intergroup

P.O. Box 31512  
Palm Beach Gardens, FL 33420  
(561) 820-9242 or  
(800) 273-1696  
(I.G. #09233) www.OAPalmBeachFL.org

*Your Trusted Servants...*

Chair: [Roberta7766371](mailto:Roberta7766371@OAPalmBeachFL.org) Chair@OAPalmBeachFL.org  
ViceChair: [Barbara\\_T4712825](mailto:Barbara_T4712825Vicechair@OAPalmBeachFL.org) Vicechair@OAPalmBeachFL.org  
Treasurer: [Sheila\\_9544191616](mailto:Sheila_9544191616@OAPalmBeachFL.org) Treasurer@OAPalmBeachFL.org  
Secretary: [Elaine R. 7151535](mailto:Elaine_R_7151535@OAPalmBeachFL.org) Secretary@OAPalmBeachFL.org