



# *the* **Palm Beach Connection**

January 2014

## **Get Connected - Stay Connected**

### *Twelve Traditions*

are the means by which OA remains unified in a common cause. These Twelve Traditions are to the groups what the Twelve Steps are to the individual.

A spiritual principle is associated with each of the Twelve Traditions.

*The Principles in the Twelve Traditions (as listed in the Service, Traditions and Concepts Workshop Manual)*

- 1. UNITY**
- 2. TRUST**
- 3. IDENTITY**
- 4. AUTONOMY**
- 5. PURPOSE**
- 6. SOLIDARITY**
- 7. RESPONSIBILITY**
- 8. FELLOWSHIP**
- 9. STRUCTURE**
- 10. NEUTRALITY**
- 11. ANONYMITY**
- 12. SPIRITUALITY**

### **Unity**

Our common welfare should come first; personal recovery depends upon OA unity.  
*- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pg 98*

OA members come from many different backgrounds. We are a diverse cross section of the world with differences financially, ethnically, geographically, religiously and generationally. Each member comes to OA with their own opinions, beliefs, and ways of doing things. How than are we able to come together in unity? This tradition asks us to put our own personal opinions aside for the sake of the group as a whole. Many of us would not be alive today if weren't for our OA groups. If we wish to continue having this support, we often must put our personal desires aside, and keep the needs of the whole group in mind at all times.

*Unity Gold Coast NL January, 2011*



*We admitted we were powerless over food - that our lives had become unmanageable.*  
**Step One**

“I put my hand in yours and together ...”  
*- Beyond Our Wildest Dreams, p. 207*  
I was alone, and I knew it. I was and am an odd duck - intelligent, yet lacking common sense and tact. I was angry at God. I felt cursed. I ate and ate and ate.

Then came the miracle of program. There my weaknesses were assets. They made me a member. Amazing! I felt understood for the first time. That was the beginning. With fellow compulsive eaters, I daily put down the food and walked the walk of recovery. I reached out my hand, knowing that together we could do what we could never do alone.

In the rooms of OA, I learned the lesson of the AA pioneers: There is a God, and I am not God. In those rooms, I gradually experienced all the promises the Big Book describes. In those rooms, I am home. Today and every day, I am grateful to the God of my understanding that I was desperate enough to reach out and blessed enough to find the hand of OA reaching back.

*Voices of Recovery page 19*  
© 2011 Overeaters Anonymous, Inc. All rights reserved.

***Tradition of the Month***  
***Our common welfare should come first; personal recovery depends upon OA unity.***

## **STEP 1** – Step 1: We admitted we were powerless over food- that our lives had become unmanageable.

*Powerless, we have lost the power of choice in food. Not only after, but BEFORE that first compulsive bite. By taking a look at our eating histories, many of us can see how we have an abnormal reaction to certain foods or certain food behaviors. Once we begin eating in a specific way, or specific foods, it becomes virtually impossible for us to stop. This fact, however, would be a mute point if we never took that first compulsive bite. Here then, lies the main problem for the compulsive eater. Because of a strange mental obsession, we are unable, at certain times, to stay away from the first bite that sets in motion this terrible cycle. No matter how determined we are to “eat better” or “stay away from our trigger foods,” the day seems to always come when our resolutions are forgotten, and the mental obsession forces us to eat in this destructive manner once more. Those of us who have experienced the obsession associated with the illness of compulsive eating, know all too well that it can not be broken by willpower alone, no matter how hard we try, leaving us completely powerless and slaves to the food and food obsession. Are we then doomed to live like this forever?? NO. There is a way out. We have found a solution in OA. A line from the OA 12&12 sums it up well: “This mental obsession was something we couldn’t be rid of by our unaided human will. Another power, stronger than ourselves, had to be found to relieve us of it, if we were to stop eating compulsively and stay stopped.” Thus leading us to step 2.....the unmanageability in our lives can be seen pretty easily as we take a look at our performance on the job, in the home and with our personal relationships. As our obsession with food increases, our attention to the other aspects of our lives decreases. Some of us have lost all interest in anything other than food and weight. For those of us still appearing to function, an honest appraisal will show that our involvement in life is beginning to fade and our lives are becoming increasingly more chaotic. In efforts to block out these truths, we are often driven even deeper into the food, hoping to find a comfort that has long been forgotten.*

Unity Gold Coast NL January, 2011

*Extreme remedies are very appropriate for extreme diseases.*

*Hippocrates*

Go to meetings. Read the Big Book. Get a sponsor. Go to any lengths.

All that? When will I have time for my life?

Make time. Compulsive overeating is a killing disease.

But I’m not that bad.

No, not yet. But this illness is progressive; it gets worse, never better. Abstinence is a new life, not in theory, but in practice. It means following suggestions, listening to someone who knows more than I do about living abstinely. It means reading: “Rarely have we seen a person fail who has thoroughly followed our path.”

If I want abstinence, and a better life, I have come to the right place.

**For today:** *I have taken the first step. God help me to stay on this new path toward physical, mental and spiritual recovery.*

*OA For Today page 203*

***Year’s end is neither an end nor a beginning, but a going on with all the wisdom that experience can instill in us.***

*Hal Borland*

Whether it is the beginning of a new year or a new month, week or day, its tempting to make resolutions, to swear off, to promise to reform. Before OA I did not know that these pledges were misguided attempts to be in control, to try yet again to make a normal eater out of myself.

Do I want abstinence with peace of mind? Have I been able to achieve it on my own? I can admit my powerlessness now or I can wait for another calendar “beginning”. But the best time to give up my will, my old ideas, my defects, is any time I am ready to grow.

**For today:** *Instead of resolutions, promises and vows, I mark this day as I do all others: by surrendering my will and my life to God. I give up trying to handle my food and my weight.*

*OA For Today page 1*

## **FOR TODAY - PRINCIPLE ONE - HONESTY**

*“As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality.” 12&12 of OA, p. 81*

*As I communicate with my Higher Power, I get to see and know the real me. Through this spiritual awakening, I have learned to trust my instincts, and have gotten closer to others, as well as to myself. My relationships have changed for the better, and my relationship with myself has improved as well. Being intimate with others has restored my faith that if I am in touch with my feelings, others will share honestly too. I have gotten to know the real me and am comfortable letting others in. Only when I’m abstinent can this happen. Only when I’m abstinent, can HONESTY play out here. When I’m honest about my food, I see a correlation with being honest with others, and therefore, the relationships are better, no, they are GREAT. Miracles DO happen. I’m learning to accept and forgive others and not use the ‘silent treatment’ as a tool. DUH.....WOW---I surely have learned a lot of lessons, and am willing to be teachable some more.*

*OK, Higher Power, what other lessons are you going to teach me? What other lessons am I ready and willing to learn? THANK YOU.*

*Roberta L - Palm Beach Member*

*Thank you for letting me share.*

*“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”*

*Lao Tzu*

## Chair's Share

Hello Fellow Travelers,

Happy New Year! One day at a time, may 2014 be a year of joyous recovery for all. As we begin the New Year, let us remember and focus on our first tradition of Unity. In the Twelve Steps and Twelve Traditions on page 115 of tradition one it states, "How well do we practice the principle of unity? We might ask ourselves a few questions about how we act in our OA groups" Reading over this list of questions has been a wonderful reminder for me about our common welfare.

This year promises to be an exciting year for Palm Beach County Intergroup. We have many activities in the works and will be hosting or supporting a variety of workshops, health fairs, and a retreat, as well as sending our representation to Region and World Service. In December we will be hosting another spectacular Spiritual Retreat. Thank you to all who have been giving service to make it happen. Our neighboring Intergroup, Gold Coast, will be hosting the first workshop of the year on Saturday January 18 in honor of OA's 54th birthday. Keep alert for flyers with details. February will be the Florida State Convention along with Unity Day.

There are many Intergroups that are unable to send representatives to Region and World Service. We, in Palm Beach County, have been very supportive continuing to send our representatives so we all can be heard and counted. At our last Region Assembly in Jacksonville, we had three representatives voting for the good of OA. You may not think one persons vote makes a difference, but we did have a motion that was so close, that one vote made all the difference!

Come as a representative for your local meeting or as a visitor to our next Intergroup meeting on February 8th at Crossroads Club in Delray. All are welcome. "Together we can do what we could never do alone."

In service,

*Barbara*

## DO YOU KNOW?

Region 7 is hosting an OA Cruise leaving from Miami - April 2014

## Calendar of Events

January 11, 2014

### Intergroup Meeting

Saturday, 11:15 AM

Crossroads Club, 1700 Lake Ida Road, Delray Beach

January 18, 2014 **OA's 54th Birthday**

Saturday, Noon to 4pm *hosted by Gold Coast Intergroup*

North Broward Hospital - Conference Center

**January 19 - OA's 54th Birthday**

**Feb. 22 11:30 a.m. PST - Unity Day**

*This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 2:30 a.m. eastern standard time, OA members pause to reaffirm the strength inherent in OA's unity.*

February 21 - 23, 2014

### Florida State Convention

To get your events listed here email  
Bonniesoa@yahoo.com

## First Step Prayer

Dear Lord, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction. *Anonymous Member*

## 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.*

The year 2013 has been designated as  
"The Year of Abstinence Awareness."

**Suggestion:**

*Why not help to enhance this theme and your recovery by writing an article for this Newsletter regarding Abstinence?*



# Palm Beach County Overeaters Anonymous Intergroup

PO 31512, Palm Beach Gardens, FL 33420 (561) 820-9242 or (800) 273-1696 [www.OAPalmBeachFL.org](http://www.OAPalmBeachFL.org)

TOWN	TIME	FORMAT	LOCATION	GRP #	CONTACT	PHONE
<b>SUNDAY</b>						
Boynton	10:00 AM	BB - L	JCC/Ross - 8500 Jog Rd, Across From The Elevator On 2nd Flr	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	Carol	908-400-2232
<b>MONDAY</b>						
PBG	7:30 AM	A - L	Metropolitan Community Church - 4857 Northlake Blvd	40008	Barbara	541-4812
Delray	10:00 AM	OA - S	Crossroads Club - 1700 Lake Ida Road	52298	Joyce	496-7679
Palm City	6:00 PM	S	Palm City Presbyterian Church	52504	Pam P	772-486-3606
Boynton	7:00 PM	BB-S-D	Newport Place - 4733 NW 7th Court off Hypoluxo & I-95- Activites Rm	52342	Adrienne	333-7764
Boca	7:30 PM	B - D	Regents Park Nursing Home - 6363 Verde Trail @ Powerline	27229	Bobbie	477-7914
<b>TUESDAY</b>						
Boca	10:00 AM	S	Good Sheppard Lutheran Church - 6301 SW 18th Street	02797	Laura	954-415-2044
Loxahatchee	12:00 Noon	B	Billy Bob Club - 14755 Southern Blvd.	52700	Darlene	791-3419
Stuart	6:00 PM	OA-L	St Marys Church - 623 S.E. Ocean Blvd. Lge rm left of thrift shop	46924	Angel P	772-692-5769
PBG	7:00 PM	S - YF	St. Marks School - <b>Youth Center on Gardens East Drive</b>	16767	Sue	627-7286
<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	Janet	375-9803
Stuart	12:30 PM	BB	St Marys Church - 623 S.E. Ocean Blvd. Lge rm left of thrift shop	46923	Angel P	772-692-5769
<b>Boca</b>	<b>6:15 PM</b>	<b>S</b>	<b>Regents Park Nursing Home - 6363 Verde Trail small conf. rm.</b>	50190	Charles	372-9922
Juno	7:30 PM	BB	Ocean View Methodist Church, Rm 56, downstairs	50685	Sari	389-6960
Boca	7:30 PM	L	Our Lady of Lourdes Church - 22094 Lyons Road, Room 118	00903	Bonnie P.	477-4950
<b>FRIDAY</b>						
PBG	7:30 AM	S	Metropolitan Community Church - 4857 Northlake Blvd	45513	Georgeann	753-9126
Delray	10:00 AM	VR	Crossroads Club - 1700 Lake Ida Road	48439	Lois	702-3232
Delray	11:15 AM	S	Crossroads Club - 1700 Lake Ida Road	50607	Elaine R.	715-1535
<b>SATURDAY</b>						
<b>WPB</b>	<b>9:15 AM</b>	<b>SAM - C</b>	<b>Holy Name of Jesus - annex at the back -345 S. Military Trail</b>	<b>22005</b>	<b>Nancy</b>	<b>793-3149</b>
Delray	9:30 AM	B - SP	Crossroads Club - 1700 Lake Ida Road	21364	Doris	499-9025
Boca	9:30 AM	B - SP	Good Sheppard Lutheran Church - 6301 SW 18th Street	39822	Phyllis	994-8664
<b>WPB</b>	<b>10:30 AM</b>	<b>L</b>	<b>Holy Name of Jesus - annex at the back -345 S. Military Trail</b>	<b>17646</b>	<b>Nancy</b>	<b>793-3149</b>
Stuart	11:00 AM	VR	Parkway Rehab Center - 800 Central Parkway	49707	Eva W	772-263-2109

A =OA Abstinence Book, B =Beginners, BB=Big Book, C = Open to those who wish to stop compulsively except on last Sat of the month open to everyone  
 D =Discussion/Topic, DA=Abstinence Discussion, OA=Overeaters Anonymous Book 2nd Edition

FT =For Today, L =Literature, S =Step, SAM =Support a Member, SP =Speaker, V =Varies, VR=Voices of Recovery, YF=Youth Friendly

**Please email meeting changes and corrections to Bonnie S. at [bonniesoa@yahoo.com](mailto:bonniesoa@yahoo.com)**

**For Meeting in Broward County go to: [goldcoast.oagroups.org](http://goldcoast.oagroups.org) • For Meetings in Miami County go to: [oamiami.org](http://oamiami.org)**

## OA Network Phone Numbers

### Call before you take that 1st bite!

The telephone helps us avoid the isolation which is so common among us, an immediate outlet for those hard-to-handle highs & lows we all experience. Here are members willing to take calls at 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](http://www.OAPalmBeachFL.org)

7:30 - 9 AM	Karen	561-706-1743	Noon - 1am	Angel	772-692-5769
7:30 - 9 AM	Marcella	561-451-8758	5 - 10 PM	Lynn	561-509-6092
8:00 - 8 PM	Bonnie P.	561-477-4950	9 - 11 PM	Susan Z	561-734-1575
9 AM - 7 PM	Adrienne	561-333-7764	10 - 11 PM	Doris	561-499-9025
9 AM - 9 PM	Roberta	561-776-6371	11PM - 2 AM	Diane	561-739-8611
9 AM - 9 PM	Elaine	561-715-1535	12 - 2 AM	Mike	561-305-1462

## Your Trusted Servants...

Chair: <b>Barbara T</b>	471-2825	Chair@OAPalmBeachFL.org
Vice-Chair: <b>Dolores</b>	265-5668	Vicechair@OAPalmBeachFL.org
Treasurer: <b>Terri F</b>	954-551-7827	Treasureroapbig@hotmail.com
Secretary: <b>Elaine R</b>	715-1535	Secretary@OAPalmBeachFL.org