



# *the* **Palm Beach Connection**

March 2014

## *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**

### **Identity**

*The profoundest affinities are those most readily felt.*  
*George Santayana*

How well I know that feeling of being “at home” in an OA meeting! No matter how far I may be from my own home group, the warm welcome, the nods of understanding tell me I am in the company of people with whom I have more in common than many friends and associates.

Being a compulsive overeater who is recovering in OA means that I never need to feel alone with my disease. I have only to pick up a telephone, go to a meeting and reach out to someone who shares the same illness, the same physical, emotional and spiritual symptoms. Only another OA member knows what it took to get us here.

**For today:** My joy in recovery is multiplied in direct proportion to the extent to which I share it with other compulsive overeaters.

*For Today pg 141*

## **Get Connected - Stay Connected**



*Made a decision to turn  
our will and our lives over  
to the care of God as  
we understood Him.*

*Step Three*

*And do not say, regarding anything, I am going to do  
that tomorrow,” but only, “if God will.”*

*The Koran*

It is not easy to put down that insistent self-will. Am I not the captain of my soul, the master of my fate? Yes, certainly; that is one view of it. I “captained” myself right into an obsession with food that wrecked most of my hopes and plans.

Having surrendered that obsession to God, I became free to live as I had hoped and dreamed. That is what “God’s will, not mine” means to me. God’s will frees me from my self-destructive willfulness; it takes nothing good away from me.

**For today:** I gladly seek God’s will for me, in place of that blind self-will which can so easily lead me to the brink of disaster.

*For Today, page 120*

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***Tradition of the Month***  
***The only requirement for OA membership  
is a desire to stop eating compulsively.***

*The strength of man consists in finding out the way in which God is going, and going in that way too.*

*Henry Ward Beecher*

*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:** *Am I confused or undecided? I can find direction by taking steps three and eleven.*

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### **A Spiritual Connection**

*After all that's said and done, you said we'd be as one and darlings, that is true.*

*For this retreat has blessed me with the wonderful gift, of sharing myself with all of you.*

*I reached out to G-d for peace, I got down on my knees and this retreat came to light, when I paused between each and every bite.*

*As others came behind me, as I sat in my chair to eat, they touched my shoulders with gentleness, a tender touch, so sweet.*

*My eyes grew full with tears as I looked from face to face, such a beautiful quiet ... we were in A State of Grace.*

*And then the dance of emotion, mine and my partner. In complete devotion. Filled up to the core, as we danced, our souls did belong .. with the music of the song ..*

*Saturday Night Live, as teams put on their skits, laughter and clapping ... they were all great hits.*

*That beautiful painted sign of Gratitude, Stop and Smell the Roses, the workshop, were filled with love with a touch of Moses.*

*So here I am at this Spiritual Retreat.*

*doing a meditation and swept off my feet..*

*The tears sprang forth as G-d lifted me up*

*He whispered "I'm taking care of you, you're My precious gift".*

*As I entered the chapel for peace to come forth, I asked G-d to put before me*

*a soul I could reach.*

*And there arrived a sister of love*

*and once again, from G-d up above,*

*both our tears ceased.*

*We were one, we comforted each other*

*and out came the sun.*

*The sunlight of our souls were bathed in peace and at that moment, our tears did cease..*

*The promises of these rooms*

*come true all the time*

*and the gratitude and peace*

*are absolutely sublime..*

*I choose to put beautiful thoughts in my mind and*

*I rest as peacefully as a baby in it's mothers arms.*

Karen F. - Palm Beach Member

## **PRINCIPLE OF FAITH-**

**TAKEN FROM PAGE 139**

**VOICES OF RECOVERY**

*"How good it is to be free of fear of yourself."*

*Before You Take That Compulsive Bite, Remember.....*

*Wow — fear used to be my middle name — but no longer. Fear used to paralyze me---but no longer. I used to eat compulsively because of fear — but no longer. What changed? Faith took over and miracles occurred ..... Once I accepted that I no longer have to depend on my own unsteady willpower, I started to really live. Once I had a spiritual awakening, the fear I had lived with all my life took a back seat. It's still there and nudges me once in a while, but as my faith increases, the fear diminishes. As my relationship with my Higher Power gets stronger and I trust that I'm not alone, I can surrender my food, my life, and do G-d's will one day at a time. Just for today, I will not live in fear, but trust that G-d is doing for me what I can't do for myself.*

*Higher Power, thank You for showing me how to live with faith and not fear.*

*Thank you for letting me share.*

*"Do what you fear most and you control fear." Tom Hopkins*

Roberta - Palm Beach Member

## Chair's Share

Dear Fellow Travelers,

On January 16 our beloved Founder, Rozanne S. passed away at the age of 84. On behalf of Palm Beach County Intergroup I would like to extend a heartfelt "thank you" for her tireless service, dedication and perseverance. Her vision to see OA become an International Fellowship was realized during her lifetime. In her memory, let us continue to serve and make footprints for others to follow. I am committed to doing my share to ensure that OA will be there for the next suffering compulsive eater.

"A life of sane and happy usefulness" is what we are promised as the result of working the Twelve Steps." Service helps us fulfill that promise.

Thank you for the opportunity to serve.

*Barbara*

## What's your talent?

*Get together with others and show us your stuff..*

*Fun, laughter, poems, piano, etc*

**Sunday April 27th from 2pm -5pm**

at the Science of Mind Center

Call Karen F. 561-706-1743 or

Co- Chair: Lois K. 914-548-0054

**To Sign Up To Be Part Of The Show!!!!**

## 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.*

## Calendar of Events

March 8th, 2014

### Intergroup Meeting

Saturday, 11:15 AM

Crossroads Club, 1700 Lake Ida Road, Delray Beach

March 21st -23rd

### Recovery in The Rock!

### Soar 8 Recovery Convention & Business Assembly

Little Rock, AZ 72204

March 29th, 2014

### Gold Coast Ingroup Fun Fest

Saturday, 12 Noon

Broward Hospital North - 201 Sample Road

**(We Are Not A Glum Lot)**

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

## Third Step Prayer

God, I offer myself to thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always!

*(Alcoholics Anonymous, p. 63)*

## NEW MEETINGS

**Wednesday Night at 7 P.M. to 8 P.M.**

**Compass GLBT Community Center**

**201 N. Dixie Highway, Lake Worth, FL 33460**

**Tuesday Night at 7 P.M. to 8 P.M.**

**Step Study Meeting**

**Shirley & Barton Weisman**

**Delray Community Center**

**7091 W. Atlantic Ave., Delray Beach, FL 33446**

**This is known as "The Senior Center"**

# 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	Teresa D	772-342-7329
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
DB	7:00 PM	S	The Senior Center - 7091 W. Atlantic Ave.DB	53289	Sheila O	954-296-9329
<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
Lake Worth	7:00 PM	Lifeline	Compass GLBT Community Center - 201 N. Dixie Highway	53277	Cici	396-7803
<b>THURSDAY</b>						
Delray	10:00 AM	OA	Crossroads Club - 1700 Lake Ida Road	12761	Janet	375-9803
Stuart	12:30 PM	L	St Marys Church - 623 S.E. Ocean Blvd. Lge rm left of thrift shop	46923	Angel P	772-692-5769
Boca	6:15 PM	S	Regents Park Nursing Home - 6363 Verde Trail small conf. rm.	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>						
WPB	9:15 AM	SAM - C	Holy Name of Jesus - <i>annex at the back -345 S. Military Trail</i>	22005	Nancy	793-3149
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
WPB	10:30 AM	L	Holy Name of Jesus - <i>annex at the back -345 S. Military Trail</i>	17646	Nancy	793-3149
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 Meetings in Broward County go to: [goldcoast.oagroups.org](http://goldcoast.oagroups.org) • For Meetings in Miami-Dade Intergroup 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)

### 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

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	Elaine	561-715-1535	11PM - 2 AM	Diane	561-739-8611
			12 - 2 AM	Mike	561-305-1462