



the **Palm Beach Connection**

June 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**

SOLIDARITY

Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.

Martin Luther King

I sometimes meet people, even in OA, who in their eagerness to help, offer suggestions that are not right for me. But I no longer need to act on questionable advice merely to avoid offending someone. I am not in this program to play the old game of people-pleasing. I know, above all else, that my recovery comes before anything and anyone; that this is a right and necessary concern.

I listen graciously to all who offer help, but I follow the simple instructions of the twelve-step program and I keep my eyes and ears open for a sponsor whose primary concern will be to help me find what works for me.

For today: Do the strengths of those OA's who have what I want correspond with my needs?

For Today, page 107



Were entirely ready to have God remove all these defects of character.

Step Six

Step Six is about change. It reminds me of a broken arm that has been set improperly, still defective and practically useless. A good surgeon could carefully re-break that arm and reset it so it would function perfectly. However, such an operation would be quite painful and could require many months to heal.

Step Six suggests removing old, destructive habits. One of my old habits was eating food that would "stick to my ribs." I also experienced dramatic emotional swings.

It has taken many years to change old eating habits and emotional reactions. But my Higher Power was the very skilled surgeon, and He was helped by the members of Overeaters Anonymous. Though the process was often painful, it resulted in a useful, happy life. I have learned that when the pain of where I am is worse than the fear of where I'm going, I welcome change.

Voices of Recovery, page 217

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Tradition of the Month

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

“In OA we have discovered that humility is simple an awareness of who we really are today and a willingness to become all that we can be.”

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 60

OA has given me a newfound freedom, the freedom that comes as a result of practicing unconditional love and acceptance of the person I am today.

In my Fourth and Fifth Steps I realized what character traits and behaviors had outlived their usefulness to my life. I saw that my old ways of reaching out to the world kept me from reaching my full potential. In Step Six I became willing to let go of whatever stood in the way of my being present to life.

I am powerless over fixing myself, but I am not helpless. I can pray for the willingness to be willing to surrender and allow the natural progression of change to unfold in God's time. I can even enjoy myself in the process.

OA has given me back my power. Today I choose to practice unconditional self-acceptance while I relish in the mystery of change.

Voices of Recovery, page 15

“A willingness to change is the essence of Step Six. Change is always frightening...”

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 57

Growing and changing is what OA is about. Miracles and spiritual awakenings have come as a result of my slow growth. I wanted to live in the insanity of doing the same things over and over, expecting different results. It was too scary to change. Thank God I stayed around until the miracle happened. Step Six was my guide to a willingness to change. I'm grateful that I became willing to surrender to the process.

I welcome opportunities for growth and recovery - to do things differently. That is change. My program allows me to take care of myself, to grow, improve, work with others, get out of myself, and make a difference in my world. I open myself each day to God's will for my life. I am willing to go to any length to keep my recovery. Each day I work the Steps and use the tools. I live life to its fullest in recovery and refuse to give my life away to my disease. I will always be a compulsive overeater, but with my Higher Power I have the ability to change.

Voices of Recovery, page 263

Is It Time for Action?

Life is never easy. Sometimes you find that things are not as you thought and you are troubled. At this moment you are faced with a decision and for all its complexity and enormity, the decision boils down to two choices:

Take action or take no action.

Beyond that, the list of options appears, to increase at an infinite rate but in actuality it is a black and white choice of one thing at a time.

We either take this action or we do not take this action.

You never move on to your next apparent choice without first deciding not to take the prior option.

It is very simple, but it is very hard.

And we try to make it complicated so we may excuse ourselves rather than be wrong and forgive ourselves.

Higher Power,

Help me for today to do Your will. Help me to keep my recovery black and white so that I may deal wisely with the infinite array of single decisions in life which create the seductive illusion of gray.

A – Any

C – Change

T – To

I – Improve

O – Our

N – Nature

*-Paul K. Special Mini-Convention Edition -
Greater Cincinnati Intergroup of OA Summer 2013*

Chair's Share

Hello Fellow Travelers,

The Theme of the 2014 World Service Business Conference was "**Our Primary Purpose**". Although this is the sixth month, it reminded me to read and reread Tradition Five - "Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers." It tells us, "We who have found a sane way of eating and living have a responsibility to make sure OA doesn't become sidetracked. ... "When we focus our discussions on the principles embodied in the twelve steps and twelve traditions, when we share how we've found the solution to our eating problems through practicing these principles, we discover that we carry the message to those who still suffer and to ourselves as well."

The questions at the end of Tradition Five help us focus our decisions on carrying the message of hope and recovery to others. I have found reviewing them very worthwhile. For example, "Does our group concentrate sufficiently on OA's primary purpose? Do we focus our discussions on the twelve steps, the twelve tradition, the tools, and recovery from compulsive eating?" How do we treat newcomers? How do we welcome back members who are returning to OA? Can members find sponsors? "In what ways do we support our intergroup, region, and World Service in their efforts to reach out?"... "For OA groups and individuals alike, the fifth tradition helps us keep it simple."

Thank you for continuing to do service work individually and as an Intergroup to ensure Our Primary Purpose. Pass it On, In Service

Barbara

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

June 14th, 2014

Intergroup Meeting

Saturday, 11:15 AM

Crossroads Club, 1700 Lake Ida Road, Delray Beach

June 14th, 2014

"Keep It In Your Pocket"

"Workshop On Just For Today" &

"Pocket Reference"

Saturday, 1:00 PM - 3:00 PM

Crossroads Club, 1700 Lake Ida Road, Delray Beach

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

Retreat Writing Dec. 13-15

This is the first spiritual musing I ever wrote.

What is my capacity for awe?

I often am filled with awe when I look at a beautiful cloud formation. I feel the heaviness of the moment lift and joy of spirit invade my heart. What is this power to change despair into happiness? It must be my higher power and I am so thankful that I can feel the warmth of life and the good fortune that smiles down on me. My love of life exceeds no bounds and I am ever so grateful.

Rita B

How shall we expect charity toward others, when we are uncharitable to ourselves?

Sir Thomas Browne

The injustice we do ourselves was aptly expressed by a member who said, "If someone treated me the way I treat myself, I'd sue."

While it may be true that I tend to be harder on myself than I am on others, in a larger sense, if I do not feel kindly toward myself, I cannot extend kindness to others.

I am allowed to make mistakes, and so are other people. Errors can be pointed out and corrected without harsh measures or cruel words, without venomous self-recrimination.

For Today: Steps four through nine are a highly effective way to deal with my inability to accept imperfections - my own and others'.

For Today, page 290

Palm Beach County Overeaters Anonymous Intergroup

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

TOWN	TIME	FORMAT	LOCATION	GRP #	CONTACT	PHONE
SUNDAY						
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
MONDAY						
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 - 4735 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
TUESDAY						
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	Earl	906-7032
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 - Youth Center on Gardens East Drive	16767	Sue	627-7286
DB	7:00 PM	S	The Senior Center - 7091 W. Atlantic Ave.DB	53289	Sheila O	954-296-9329
WEDNESDAY						
PBG	7:30 AM	L	Metropolitan Community Church - 4857 Northlake Blvd	47274	Georgeann	753-9126
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
THURSDAY						
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
FRIDAY						
Delray	10:00 AM	VR	Crossroads Club - 1700 Lake Ida Road	48439	Lois	702-3232
PBG	10:00 AM	NEW -	St. Patrick's Catholic 13591 Prosperity Farm Rd.	53402	Geraldine D.	315-9750
Delray	11:15 AM	S	Crossroads Club - 1700 Lake Ida Road	50607	Elaine R.	715-1535
SATURDAY						
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 - annex at the back -345 S. Military Trail	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

For Meetings in Broward County go to: goldcoast.oagroups.org • For Meetings in Miami-Dade go to: oamiami.org

OA Network Phone Numbers							
Call before you take that 1st bite!	7:30 - 9 AM	Karen	561-706-1743	Noon - 1am	Angel	772-692-5769	
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.	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	6 - 10 PM	Lois	5610702-3232	
	10AM - 8PM	Rosie	301-509-4160	11PM - 2 AM	Diane	561-739-8611	
				12 - 2 AM	Mike	561-305-1462	

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Your Trusted Servants...

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