



the

Palm Beach Connection

May 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**

Purpose

“Many of us find that the unconditional acceptance and trust that springs from the practice of anonymity open us to one another in ways we have never experienced before.”

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 202

“How can I share things I’ve never shared before? I’ve never told anyone that.” Those were my thoughts upon first learning about the Steps and tools of this program. Anonymity answered my question. It assured me that my sponsor or an OA friend would not repeat what I shared. I could trust, because trust is inherent in anonymity. When sharing my “deep, dark secrets,” I experience relief. I also experienced trust in another person and found that she trusted me as well. Because my sponsor shared some of her experiences, I knew that I was not alone or unique. She had to trust anonymity and trust me to share with me. That intimate sharing created friendships that last to this day. I can say anything to my trusted friend or my sponsor without fear. This unconditional acceptance, love, and trust allow me to open up and recover.

Voices of Recovery, pg 113

Get Connected - Stay Connected



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

Step Five

Better hazard once than always be in fear.

Thomas Fuller

My fears are just below the surface. I am not aware that much of my fear is of looking ridiculous or finding out I’m not too bright or that I’m narrow and small-minded underneath my civilized veneer.

But it’s better to jump in and examine my fears than to let them haunt me that rest of my life. I take a fourth-step inventory, skimming the surface at first, then digging deeper. The more honest I am, the more freely I breathe. *This* is what I feared? I want to shout to the world: Don’t be afraid!

For today: I am not afraid to take the next step. Everyone I know who took the fourth and fifth steps lived to tell about it.

For Today, page 299

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Tradition of the Month
***Each group has but one primary purpose —
to carry its message to the
compulsive overeater who still suffers.***

A friend is a person with whom I may be sincere. Before him I may think aloud.

Ralph Waldo Emerson

Talking about feelings is essential in Overeaters Anonymous. When I go to an OA meeting, the people there are like close friends — whether I know them or not. The more open and honest I can be when I share, the better I feel and the greater my chance of recovery.

One member gave away a fifth step and was stunned by an immediate lifting of the severe depression he has been suffering for months.

OAs are as different as any group of people anywhere. But we have one thing in common that bonds us instantly: We are compulsive overeaters.

For today: There is no one I can talk to who will understand me better than an OA member.

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When you have faults, do not fear to abandon them.

Confucius

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 simple, direct therapy? And it doesn't cost a dime.

Do my faults include any of these: sloth, bad temper, promiscuity, rudeness, dishonesty, child abuse, violence? God, who loves me and wants me to be free, will accept them all.

For today: I need not be afraid to admit anything to God and to another person, under God's guidance.

For Today, page 308

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Six Emotions That Lead to Compulsive Overeating

Anger

Fear

Dishonesty

Resentment - Expectations

Self-pity - Selfishness - Self-centeredness

Intolerance - Critical, Judgmental

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Seven Deadly Sins

Pride

Greed

Lust

Wrath

Gluttony

Anger

Envy

Sloth

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Excerpt from Tradition Five

For OA groups and OA individuals alike, the fifth tradition helps us keep it simple. We find that when we focus on our primary objective of service, we can begin to eliminate a host of unnecessary concerns.

As we concentrate on carrying a message of hope to others, we are empowered to use our unique talents in ways that are truly useful to others. The result is better than any outcome we could have planned for ourselves, for we find a deep satisfaction in service as we join forces to share recovery in OA.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 150-157.

Chair's Share

Hello Fellow Travelers,

As I prepare to go to the World Service Business Conference, I am reminded not only of the importance of the 12 Steps and 12 Traditions but also of the 12 Concepts of OA Service. The Fifth Concept of OA Service is "Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered."

"In Overeaters Anonymous, the Twelve Steps serve as the spiritual principles that support our personal recovery from compulsive overeating. The Twelve Traditions aid us, individually and collectively, in maintaining unity of purpose within the Fellowship. The Twelve Concepts of OA Service, adopted by the World Service Business Conference (WSBC) in 1994, help us apply the Steps and Traditions in our service work, which is an important part of the OA program. The Concepts define and guide the practices of the service structures that conduct the business of OA.

These Concepts depict the chain of delegated responsibility we use to provide service throughout the world. Although they focus on OA world services, the Concepts direct all OA's trusted servants to well-considered actions for group participation, decision making, voting and the expression of minority opinions. The Twelve Concepts support our primary purpose of carrying OA's message of recovery to the still-suffering compulsive overeater." **Reprinted from oa.org**

Thank you for the opportunity to learn and grow and be of service to our Fellowship.

In Service,

Barbara

Calendar of Events

May 12th, 2014

Intergroup Meeting

Saturday, 11:15 AM

Crossroads Club, 1700 Lake Ida Road, Delray Beach

June 14th, 2014

Workshop "On Just For Today" & Pocket Reference -

"Keep It In Your Pocket"

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

A 5th Step Prayer:

*God, I thank You from the bottom of my heart that
I may know you better.*

—page 75 Silicon Valley Intergroup

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.

**JOIN US AT A
NEW Meeting**
Fridays at 10:00 a.m.
St. Patrick's Catholic Church
Family Life Centre
13591 Prosperity Farm Rd.
Palm Beach Gardens, FL 33410
For more information:
Contact person, Geraldine D.
561-315-9750



Here is my Principle of Courage!

The theme of the OA Spiritual Retreat in December was "State of Grace" and all the workshops were about creating a garden where grace could grow. One of the workshops was about planting the seeds; and others were about tending, nurturing, weeding, watering and so forth. I planted my seeds and "Courage" grew giving me the much needed courage to live my abstinent life; and here it is:

Together we can, Anonymous

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>	<i>22005</i>	<i>Nancy</i>	<i>793-3149</i>
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 Intergroup go to: 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

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	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

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