



SEE PAGE 2 FOR DETAILS

CALL FOR SERVICE...

If you can lend a hand in setting-up or would be willing to be a speaker at our Stayin Alive event call **Jody S. at 561-212-7366**



FROM OUR CHAIR...

As the official hurricane season comes to a close on November 30th, our own "Hurricane Season" begins!

From Halloween and Thanksgiving through Christmas, Chanukah, and New Year's, and continuing into Easter and Passover, the holidays can be a challenging time for compulsive overeaters. This is when we need to work our Program even more diligently!

We are fortunate to have so many face-to-face meetings in our area, as well as Zoom meetings. It is so important that we stay connected with one another throughout the holidays so that we don't allow the season to take hold of us and jeopardize our abstinence.

The holidays are a time for celebration, gratitude, and joy. Let's concentrate on the meaning and symbols of each holiday rather than focusing on the food. By maintaining good orderly direction and staying committed to our Program, we can better navigate whatever situations we may encounter.

One Day at a Time, we can maintain our recovery! Wishing everyone a Happy, Healthy, and Abstinent Holiday Season...

***In Loving Service
Mark J.***

presents

Stayin' Alive

*(and abstinent)
during the holidays*



Sun. Nov. 15th

12:00 - 1:30

Crossroads

1700 Lake Ida Rd.
Delray Beach, FL. 33445



★ **7th Tradition**
Greatly Appreciated ★

★ Come in your favorite
80's garb ★
— if you like! ★



TEXT RSVP TO 561-212-7366

AROUND OA



BEHIND THE SCENES...

Hello Fellow Travelers,

We are very excited for our first face to face workshop of the season, "Stayin Alive...and Abstinent" during the holidays! This will be held on Sunday, Nov. 15 at the Cross Roads Club in Delray Beach from 12-1:30 p.m. We will focus on tips and tools to help us enjoy the holidays without jeopardizing our abstinence.

We will have speakers share their experience in dealing with the holidays as well as a writing exercise that will give you something to take with you as you leave.

Let's PLAN, PREPARE and PARTY!!!

In Service. Jody S.

Intergroup Vice Chair and Event Committee Chair



NEW FROM WORLD SERVICE...

New
E-BOOK!

Members of OA who have been more than 100 pounds (45 kg) overweight share unique experiences, and this all-new set of stories illuminates how members like you experience incredible life changes by working our OA program.

"No matter where you begin, recovery is yours for the taking."

DOWNLOAD* NOW >

BRAND-NEW STORIES

*Available as an ebook for US\$3.25 and audiobook for \$3.99 on our digital platforms; see product page #222 on bookstore.oa.org

OUR 100 LB WINNERS MEETING...

"It's never Too Late!"

Wednesday 7:30 p.m.

Temple Sinai
2475 W. Atlantic Ave.
Delray Beach

For details call
Carol Sch.
561-703-8896

AROUND OA



REGION 8 BUSINESS ASSEMBLY REPORT...

Thank you for the privilege of serving Palm Beach County Intergroup at this Region 8 Business Assembly and Recovery Convention in Little Rock, Arkansas September 25 -27, 2026. The theme was **Keep It Simple: A Path to Recovery**.

This was a hybrid Assembly, both in person and online. These assemblies vote on OA business, elect our trusted servants, and make decisions for the good of our Region. This service commitment not only strengthens your own recovery but allows our Palm Beach voice to be heard above the group level. It is an opportunity to see parliamentary procedure, group conscience, our Traditions, and the 12 Concepts of OA Service in action.

Our voice and vote counts.

This Assembly voted on 6 motions which all passed by Consent Agenda. They included motions which clearly spelled out the responsibilities of the Ways and Means Committee and the Region Treasurer regarding Financial Policies. There were updates to the Policy and Procedure Manual to better reflect the work of the International Committee since Region 8 includes the international membership of South American, Central America, and the Caribbean Islands. One motion clarified the length of service and the filling of vacancies for Region 8 Board members.

We had a lesson from the Parliamentarian on How to Be an Effective Trusted Servant. When we take service responsibility beyond the group level, there are principles that enhance this experience which connect us with the Traditions and the Concepts. I have a handout that I would be happy to share upon request.

I welcome anyone who wants more details to call me at 561-308-6444 or email btenzer@gmail.com for a copy of my full report.

***In Service,
Barbara T., Alternate Representative***



MEETING LIST



OA PALM BEACH INTERGROUP MEETING LIST - OCTOBER 2026

TOWN	TIME	FOCUS		GROUP NO.	CONTACT	PHONE NO.
SATURDAY						
Delray Beach	9:30 AM	SP & LIT	Crossroads Club - 1700 Lake Ida Road, Delray Beach Beach	21364	Mark J.	917-687-3060
ZOOM	9:30 AM	FT	ZOOM Meeting	800108	Carole Sh.	561-704-9536
Boca Raton	9:30 AM	TOPIC	Good Shepherd Lutheran Church - 6301 SW 18th St., Boca Raton Raton	57655	Fred	561-716-4455
Vero Beach	10:00 AM	LIT	Unity Center - 950 43rd Ave., Vero Beach. Twelve & Twelve and Big Book	12999	Adrienne N.	561-596-7764
ZOOM	12:00 PM	INTERGROUP	Second Saturday of the month. ZOOM Meeting I.D: 81688628727. Passcode: 561561		Mark J.	917-687-3060
SUNDAY						
ZOOM	8:00 AM	SPIRITUAL	Spirituality Through the 12 Steps	801468	Roz	561-695-3421
Delray Beach	10:30 AM	BB	Crossroads Club - 1700 Lake Ida Road, Delray Beach Beach	35759	Carol Sch.	561-703-8896
PB Gardens	11:00 AM	VR	Tropical Sands Christian Church - 2726 Burns Rd. Palm Beach Gardens, FL 33410	34780	Nancy N.	206-499-0091
Stuart	2:00 p.m.	LIT	St. Mary's Smith Hall - 623 SE Ocean Blvd. Stuart. Between Thrift and Book Stores	801151	Lori B.	772-380-3191
MONDAY						
ZOOM	8:00 AM	SPIRITUAL	Spirituality Through the 12 Steps	801469	Roz	561-695-3421
ZOOM	10:00 AM	ST	ZOOM Meeting	800124	Janet	561-654-9936
Delray Beach	6:00 PM	ST	Hagen Ranch Library - 14350 Hagen Ranch Rd, Delray Beach. Call to confirm	53289	Sheila O.	954-296-9329
ZOOM	7:00 PM	B-D-SP-ST	ZOOM Meeting - Step Meeting first Monday of the Month	27229	Tricia	561-405-1949
TUESDAY						
ZOOM	8:00 AM	SPIRITUAL	Spirituality Through the 12 Steps	801470	Roz	561-695-3421
Boca Raton	7:00 PM	LIT	Our Lady of Lourdes Church - 22094 Lyons Rd., Rm 201, Boca Raton Raton	903	Ron	561-483-0500
WEDNESDAY						
ZOOM	8:00 AM	SPIRITUAL	Spirituality Through the 12 Steps	801471	Roz	561-695-3421
ZOOM	10:00 AM	B-SP-D	ZOOM Meeting - formerly Science of Mind in person meeting	30002	Sherry S.	818-398-4160
Port St. Lucie	10:00 AM	BB/SP	St. Andrews Lutheran - 295 NW Prima Vista Blvd. Conference Room Nr. Office	36812	Sandra	772-301-1031
Delray Beach	11:00 AM	BB	Crossroads Club - 1700 Lake Ida Road, Delray Beach Beach	57922	Sharon	914-3916293
Delray Beach	6:00 PM	B & ST	Temple Sinai - 2475 W. Atlantic Ave., Delray Beach Beach	9233	Sheila O.	954-296-9329
ZOOM	7:00 PM	ST	ZOOM Meeting, Step and Workbook	800573	Sue F.	561-889-2733
Delray Beach	7:30 PM	It's Never Too Late**	Temple Sinai -2475 W. Atlantic Ave., Delray Beach Beach	58409	Carol Sch.	561-703-8896
THURSDAY						
ZOOM	8:00 AM	SPIRITUAL	Spirituality Through the 12 Steps	801472	Roz	561-695-3421
ZOOM	9:30 AM	SPIRITUAL	ZOOM Meeting	56655	Jody S.	561-212-7366
Delray Beach	10:00 AM	SP & LIT*	Crossroads Club - 1700 Lake Ida Road, Delray Beach Beach, Room D	57241	Sharon	949-939-2276
Boca Raton	1:00 PM	BB***	Good Shepherd Lutheran Church - 6301 SW 18th St., Boca Raton	53679	Bobbi E.	954-415-6005
FRIDAY						
ZOOM	8:00 AM	SPIRITUAL	Spirituality Through the 12 Steps	801473	Roz	561-695-3421
KEY						
*Formerly 10:30 AM Delray Beach Medical Center West Atlantic Ave., ** Focus on 100lb winners, *** Gold Coast IG Meeting						
For ZOOM meeting links visit, oapalmbeachfl.org						
B=Beginners, BB=Big Book, D=Discussion, FT=For Today, OA=Overeaters Anonymous Book, LIT=Literature						
SP=Speaker, ST=Step, VR=Voices of Recovery						

INTERGROUP MEETINGS...

Send a voting representative
from your meeting to get
your voice heard

**Second Saturday
of the month
12:00 -1:00 p.m.**

**Meeting I.D: 81688628727
Passcode: 561561**



SAVE ON SHIPPING...

email Intergroup Literature Chair,
Tricia Mc., who keeps a stock of the
most most popular publications:
pamccarthy413@gmail.com



INTERGROUP



BOARD MEMBERS & VOLUNTEERS

Chair: Mark J.

917-687-3060, markkjacoby@gmail.com

Vice Chair: Jody S.

561-212-7366, jmamadukes@aol.com

Secretary: Emily C.

eestarr41@gmail.com

Treasurer: Ellen M.

917-327-8002, emeltzerzahn18@gmail.com

Literature Chair: Tricia Mc.

561-405-1949, pamccarthy413@gmail.com

Newsletter & Website Editor: Rebecca W.

561-445-4442, rebecca@eurekaworldwide.com

ZOOM Meetings Coordinator, Marcia L.

917-693-4729, marcialorilevine@gmail.com

OA HELPLINE

Call before you take that first compulsive bite!

Any time: Marcia L., 917-693-4729

9 a.m-9 p.m. Elaine, 561-715-1535

Any time Adrienne N. 561-596-7764

CONTACT US

Overeaters Anonymous

Palm Beach County Intergroup

PO BOX 741114

Boynton Beach, FL 33474

561-820-9242 or 800-273-1696

oapalmbeachfl.org