



Sunday, November 16th

SEE PAGE 2 FOR DETAILS

Don't feel alone on Thanksgiving!

Join fellow OAs at our
Annual Gratitude Meeting

Thanksgiving Day Morning
9:30 a.m. – 10 30 a.m.
Crossroads Club
1700 Lake Ida Road
Delray Beach

WELCOME NEW IG BOARD MEMBERS...

Mark J., Chair
Jody S., Vice Chair
Vanessa L., Secretary
Ellen M., Treasurer

A big thank you to our
past board members
for their dedicated
service.

INTERGROUP MEETINGS...

Make sure **your** meeting's
voice is heard by sending
a rep to the monthly
ZOOM meetings! Second
Saturday of the month
from 12 p.m.–1 p.m.

FALL INSPO...

"Recovery is a journey,
and the twelve Step
program road we travel
together in OA."

*Twelve Steps and Twelve
Traditions of Overeaters
Anonymous, 2nd ed., p. 108*



attitude of gratitude WORKSHOP



Sunday, November 16th

Please join us for an afternoon of speakers, sharing, and fellowship to help strengthen your abstinence while enjoying the upcoming holidays.

2:00pm-4pm | Constitution Park (Main Room)

2841 W. Hillsboro Blvd., Deerfield Beach, FL

DONATIONS APPRECIATED

Presented
By



To register, please email Elise @ goldcoastoa+vchair@gmail.com
To volunteer to help with the event, call or text Jody (561) 212-7366



World Service Business Conference

The OA Solution is for Life
April 20–25, 2026
Albuquerque, NM

Our Intergroup will be sending delegates to this important annual event. Watch this newsletter for their reports...

CONVENTION MEMORIES...

I am always deeply moved by hearing the serenity prayer recited in several different languages. We had people from Columbia, Israel, Greece USA etc.

We rocked the house on Saturday night with our very own DJ Little Marsh. Awesome music and fellowship. "We are not a glum lot".

For the first time at a World Service Convention ,I had the privilege of doing service by leading a workshop for Longtime Members. With gratitude and humility it was an awesome experience.

There were so many workshops going on simultaneously it was always hard to decide what room to go to. Topics ranged from Emotional Maturity, Big Book, Steps and Traditions, Self acceptance, Spiritual not religious, aging in OA, Young adults, diversity and more and more.

In Service.

Barbara Te.

West Palm Beach, FL



The OA Pledge

"To extend the hand and heart of OA to those who share my compulsion, for this I am responsible."

OA has given me a family who understands me at a cellular level. They know my struggle and they know my recovery. I can speak honestly from my heart about whatever problem I am having, and I will find someone who reminds me that "Acceptance is the answer to all my problems, today," or "This, too shall pass" and I know they aren't just brushing me off or being glib. They are sharing the program, without giving me advice or trying to fix me or my troubles.

And so, I do the same, because that is what being a part of OA is. It is in our Pledge for a reason. I was welcomed with open arms even when I didn't really think I belonged; when I was afraid I would be banned from the rooms because I didn't have all the same symptoms as other members did.

As weeks, months and years went by, I learned I belonged. I learned there is space for every person who has a problem with food, regardless of what kind it is. I do service by sponsoring and taking phone calls and texts. I try to be available for anyone at any time because the only way I recovered is because someone did that for me. I must "pay it forward" to stay abstinent.

Susan F.
Boynton Beach, FL



MEETING LIST



OA PALM BEACH INTERGROUP MEETING LIST - NOVEMBER 2025						
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.	561-595-7764
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
Lake Park	11:00 AM	VR	1408 Killian Dr. - Center Rm 105, behind Hobby Lobby, Lake Park	34780	Nancy N.	206-499-0091
Stuart	2:00 p.m.	LIT	St. Mary's Smith Hall, 623 SE Ocean Blvd, Stuart. Between the Thrift Store and Book Store	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	561-654-8936
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 (4th Wed, OA Brown Book)	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	100lb Winners	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	10:30 AM	SP & LIT	Delray Beach Medical Senior Center - 4765 West Atlantic Ave. Near Publix	57241	Jean	561-965-6068
Boca Raton	1:00 PM	BB	Good Shepherd Lutheran Church - 6301 SW 18th St., Boca Raton Raton*	53679	Bobbi E.	954-415-6005
FRIDAY						
ZOOM	8:00 AM	SPIRITUAL	Spirituality Through the 12 Steps	801473	Roz	561-695-3421
ZOOM	10:00 AM	VR	ZOOM Meeting	800108	Lois K.	914-548-0054
KEY						
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, 100lb Loss, * Gold Coast IG Meeting						

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**



INTERGROUP



BOARD MEMBERS & VOLUNTEERS

Chair: Mark J.

917-687-3060, markkjacoby@gmail.com

Vice Chair: Jody S.

561-212-7366, jmamadukes@aol.com

Secretary: Vanessa L.

954-934-5231, vlewisl628@gmail.com

Treasurer: Ellen M.

917-327-8002, emeltzerzahn18@gmail.com

Newsletter: Rebecca W.

561-445-4442, rebecca@eurekaworldwide.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