



## UPCOMING EVENTS

### April

Body Image Workshop

### April/May

In-person Intergroup meeting

Everyone invited!

**Details to follow**

**Click Here** for a full Meeting List  
and future event details  
on our website

## 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**

 zoom

## An OA'er Shares...

***"The best way is always through."***

Robert Frost

Jan. 18-For Today

It can be painful but it's more rewarding to go through a hard situation than to avoid, avoid, avoid, only to have to go through the tough stuff anyway which have been made worse because of the delay. Thank you, God for that lesson! I am grateful to learn it as many times as I need to, to finally get it! Just for today, I will walk through the dark, chaotic world I live in, confident God will walk beside me, always.

**Susan F.**  
**Boynton Beach, FL**



## Save on Shipping...

Save on shipping fees for OA literature! Contact Intergroup Literature Chair, Tricia Mc., who keeps a stock of the most most popular publications:

**pamccarthy413  
@gmail.com**



## 7<sup>th</sup> Tradition Donations Mailing Address

Overeaters Anonymous  
PB County Intergroup  
PO BOX 741114  
Boynton Beach, FL 33474

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# YOUR INTERGROUP

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## 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

**Literature Chair: Tricia Mc.**

561-405-1949, pamccarthy413@gmail.com

**Newsletter & Website Editor: 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

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**561-820-9242 or 800-273-1696**

**[oapalmbeachfl.org](http://oapalmbeachfl.org)**

