



PALM BEACH CONNECTION

"Welcome to Overeaters Anonymous. Welcome Home"

oapalmbeachfl.org

BIG NEWS!...

We're partnering with Gold Coast Intergroup to host the Region 8 Business Assembly and Recovery Convention in September at the DoubleTree by Hilton in Deerfield Beach.

Expect to meet fellow OA's from as far away as Central America, South America, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, and The U.S. Virgin Islands.



A Note From The Chair...

Hello Fellow OAers, Happy Spring,

Now is a very busy time for us. Some of you are packing up to go back to your summer homes. You will be missed in your seats in our face2face rooms, but we will see you on Zoom. Please remain abstinent on all 3 levels and come back to us in time for the SOAR 8 Business Assembly and Recovery Convention, September 20-22, 2024. Registration forms will be posted shortly on our website, OAPALMBEACHFL.ORG.

Our Convention Committee Leaders and their teams are working very hard to give you a wonderful experience of a weekend of recovery. Please show your support by registering early, indicating what kind of service you would like to do by checking it on the registration form. Service is slimming and the best way to meet new fellows.

Yours In Service,
Carol Sch
Intergroup Chair





SAVE THE DATE

SOAR 8 BUSINESS ASSEMBLY
& RECOVERY CONVENTION

September 20-22, 2024

DoubleTree by Hilton

Deerfield Beach/Boca Raton, FL 33441



*“Be Protected,
Stay Connected”*



Hosted By

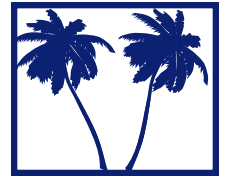


OVEREATERS
ANONYMOUS.

GOLD COAST INTERGROUP

PALM BEACH COUNTY INTERGROUP

PALM BEACH COUNTY INTERGROUP



CALL FOR SERVICE...

SOAR 8 Business Assembly and Recovery Convention September 20-22, 2024

We will need all hands-on deck for this major regional event. To give service please email the Committee Chair of your choice.

Convention Committee Chairs

Convention Chair: Mark J., markkjacoby@gmail.com

Co-Chair: Andi S., spiritmade351@gmail.com

Treasurer: Mike S., michaelsnow@att.net

Program Chair: Wu, wpalazolo@gmail.com

Boutique Chair: Annabelle, annabelle.kerwin@me.com

Speaker Seekers: Jody and Ronni, jmamadukes@aol.com

Entertainment & DJ: Carol and Marcia, carolnfla333@gmail.com

Registration: Sherry, sherryoa0519@gmail.com



NEW MEN'S MEETING...

From Bill B.

Hi all, there is a Men's Stag meeting every Monday from 10 a.m. to 11 a.m. at the Crossroads Club, 1700 Lake Ida Rd, Delray Beach. We have been meeting for about 3 months and we would like to welcome more members.

Please join us.

**Thanks,
Bill B.**

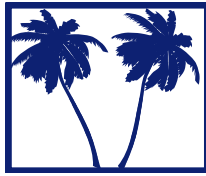
INTERGROUP NEEDS YOU!...

Get your meeting seen and heard by sending a representative to our monthly Intergroup Meetings.

Everyone is welcome to attend as a meeting representative or as a visitor.

Meetings are held on ZOOM the second Saturday of the month.

**The Meeting ID is: 816 8862 8727.
The Passcode is: 561561.**



AN OA'ER SHARES ...

As a practice, I read and write my reflections from an assortment of meditation books, several times a week. On one particular day, the theme was being attentive and appreciating everyday joys. As I wrote, my thoughts evolved, which is not unusual and I came upon a wonderful new awareness. It was one of those aha moments. What I'm about to share typifies one of the many miracles I have received during the 16 years I have been practicing the Steps.

Each day is a blessing and as the meditation stated, it contains many hidden treasures. I have come to believe that what I have to offer to others is precious. It is the real me, 100% attentive and genuine. It also represents another offering, my time and effort. This is a new phenomenon because I never focused on the value of myself. I've always offered it freely without reserve. As a result of this, my perspective has changed and now I am more selective to how I bring myself to the table.

This insightful awareness helped me realize that it is my choice and my responsibility to be thoughtful and not squander myself meaninglessly. Thanks to the OA program, I can better understand how to stay on my side of the street.

The hidden treasure of this meditation was the illumination of my own self-worth. It's no longer about me questioning what value I have to others, proving something or how they define me. My worth is an inside job emanating solely from within.

This mindset is unique for me and one that I still need to process. It's another level of freedom from the opinions of others, especially those that bring their stuff into that picture. I feel elevated by this discovery and will be exploring it more. I am also very excited because it is a revolutionary change that I anticipate will greatly impact my future wellness.

After sharing my writing with several friends, I can see the benefits of the tools, especially writing and sharing(service). This miraculous gift, is a deep important message that comes from continued commitment over the 16 years. We never know when this or any of the other promises will come true. For this, I am eternally grateful.

Boca Raton, FL

PALM BEACH COUNTY INTERGROUP



AROUND OA...



OA World Service has published a new all-in-one Sponsorship Kit. Available now for \$3.50. The kit includes:

- The Tools of Recovery #160
- A Guide for Sponsors #200
- Sponsoring Through the Twelve Steps #220
- Excerpts from Lifeline magazine featuring stories about sponsorship
- Strong Abstinence Checklist and Writing Exercise wallet card #415
- Twelve Stepping a Problem wallet card #420
- Abstinence Literature Resource Guide

**Thursday Night Online
Zoom Meeting | 7:00 PM EST**

Zoom ID: 816 9945 7827
Passcode: 395776
Or Phone In: 1-929-205-6099

Traditions Literature Meeting

- OA 12 & 12
- Traditions Workbook

NEW!

**OA Central Jersey
Intergroup**

**Meeting
#800478**

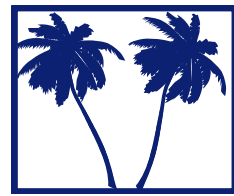
OVEREATERS ANONYMOUS
ALL WELCOME

*Recovery from
Relapse*

EVERY TUESDAY
2PM UK
6AM PST
8AM CST
9AM EST

ZOOM ID: 893 4509 3034
PASSWORD: 1212

PALM BEACH COUNTY INTERGROUP



7TH TRADITION CONTRIBUTIONS...

A big thank you to all the meetings who have sent in 7th Tradition contributions. Intergroup periodically sends 30% of monies collected to World Service, 10% to Region 8 (our OA Region) and retains 60% for meetings support and PIPO events.

Send your meeting's 7th Tradition donations by check made payable to Palm Beach Intergroup to PO BOX 11194, Riviera Beach, FL 33419.

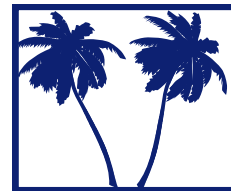
7th Tradition Donations Update	Mar 7 - Apr 3, 24	Jan 1 - Apr 3, 24
16767 PBG St. Marks School 7pm Tuesday	\$ -	\$ 150.00
17646 WPB Holy Name of Jesus 1030am Sat	\$ 3.00	\$ 102.00
21364 Delray Crossroads 930am Sat	\$ -	\$ 225.00
27229 Boca Regents Park 700 pm Monday	\$ 5.00	\$ 25.00
30002 (CtrSpiritual Living)nowZoom10a Wed	\$ 70.00	\$ 110.00
34780 LakePark 1408 N Killian 11am Sunday	\$ -	\$ 291.04
35759 Delray Crossroads 1030am Sunday	\$ -	\$ 204.00
48439 Delray Crossroads 10am Friday	\$ -	\$ 40.00
53289 Delray The Senior Center 6pm Tues	\$ -	\$ 250.00
54776 Delray Crossroads 7 pm Tues	\$ -	\$ 129.00
56655/was 56665 Good Shepherd Thurs 930	\$ -	\$ 95.00
58050 Mens Stag Crossroads Mon 930 am	\$ 50.00	\$ 50.00
800108 Zoom DelRay Crossroads Friday 10am	\$ 50.00	\$ 175.00
800124 Zoom DelRay Crossroads Monday 10am	\$ 41.00	\$ 156.00
800276 Zoom Holy Name Sat 930	\$ -	\$ 140.00
800311 Zoom CtSpiritual/ScienceM Wed 10am	\$ 51.00	\$ 183.00
800527 Zoom Regents Park Monday 7pm	\$ 135.00	\$ 295.00
800573 Zoom 12&12 Step/Workbook Wed 7pm	\$ -	\$ 45.00
Meeting Donations	\$ 40.00	\$ 264.00
TOTAL	\$ 445.00	\$ 2,929.04

OA LITERATURE SERVICE...

Need some new beach reading? Want to save on shipping fees for OA literature? Our Intergroup Literature Chair Jody S. keeps a stock of the most popular OA titles. Email jmamadukes@aol.com



PALM BEACH COUNTY INTERGROUP



BOARD MEMBERS & VOLUNTEERS

Chair: Carol Sch. 561-703-8896, carolnfla333@gmail.com

Vice Chair: Barbara Te. 561-308-6444, vicechair@oapalmbeachfl.org

Secretary: Ellen M. 917-327-8002, secretary@oapalmbeachfl.org

Treasurer: Nancy N. 206-499-0091, treasurer@oapalmbeachfl.org

Newsletter: Rebecca W. 561-445-4442, newsletter@oapalmbeachfl.org

Literature Chairperson: Jody S., jmamadukes@aol.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 11194, RIVIERA BEACH, FL 33419

(561)820-9242 OR (800)273-1696
I.G. #09233

**VISIT OAPALMBEACHFL.ORG FOR ALL THE
LATEST PALM BEACH COUNTY NEWS**
