



PALM BEACH CONNECTION

"Welcome to Overeaters Anonymous. Welcome Home"

oapalmbeachfl.org

We Did It!!!

**Full Business Assembly and
Recovery Convention report on
Page 2**



Give Thanks Together...

**ANNUAL THANKSGIVING DAY
GRATITUDE MEETING**

**Thursday, November 28
9:30 a.m.-10:30 a.m.**

**The Crossroads Club
Room D
1700 Lake Ida Rd,
Delray Beach, FL 33445**

A Note From The Chair...

Dear Fellow OAers,

Welcome back to our snowbirds who have rejoined us, and newcomers who have found their home with OA.

It was a busy summer for Palm Beach and Broward County intergroups. Under the leadership of Mark J and Andi S., our Event Chairs, we cohosted the second Business Assembly/Recovery Convention of 2024. Our Committee Leaders and their talented volunteers put together inspirational speakers and workshops, a boutique, dinner, and dancing. The event brought together people who had not seen each other for 15 years, who hugged each other and vowed to stay in touch in and out of meetings.

This is what works for us, supporting each other. I heard this over and over again in the halls of the Doubletree Hilton. Thank you HP. I'm so happy I came. That is why we do this. To keep spreading the message of hope. Thank you to all participants.

Till next time, wishing you all abstinence and peace one day at a time. Blessings.

Carol Sch.
Intergroup Chair





Business Assembly and Recovery Convention Highlights...

Convention Convention!!! Face To Face...

What is a Convention and why should I attend? Conventions provide a weekend of self-care and self-reflection. It enables you to interact with fellows from across the very vast areas of Region 8, and beyond. It enables you to strengthen your program of recovery and regain your program if you've been faltering. **Mark J.**

Region 8 Assembly Snapshot...

The Assembly opened with the Serenity Prayer said in three different languages. There were 42 voting intergroup reps at the assembly. The Region 8 committees reported on their work which includes:

- Ways and Means Committee, chaired by Georgette—Creating Journal in Spanish
 - Bylaws Committee chaired by Dora will focus on taking out jargon and colloquialisms
 - Assembly and Convention Hosting Committee will work on updating the Hosting Manual
 - The International Committee chaired by Pablo will focus on overcoming language barriers. Our literature is being translated into Spanish and Portuguese. **Carol Sch.**
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The Program Committee...

With over 40 speakers participating in our Soar 8 Assembly and Convention, choosing, vetting and assigning people took a team effort from Ronni, myself and our wonderful Program committee headed by Wu. We began with our Program committee choosing the workshops we thought would be most interesting related to our theme of Be Protected—Stay Connected. Most workshops required speakers to have a minimum of 3 months back to back abstinence. Our featured speakers were required to have a minimum of 1 year and our Keynote speaker was required to have 3. Potential speakers were fully informed of their topic but were free to discuss or conduct the workshop however they saw fit. Through the efforts and commitment by our speakers, our weekend was a wonderful success! **Jody S.**

A Guided Meditation Workshop...

I rise in the forelight, before dawn, to align myself with the power behind the rising sun on the horizon. Through a combination prayer, meditation, reading and writing, I put on people, places and things on the horizon. Then I sit quietly absorbing the procession of colors from dark to dawn as the light frees my soul and soothes my emotions. *VOR Nov. 30*

Eva W.



Intergroup Update...

We elected two new people to the Palm Beach County Board effective October 1. Joe K. is our new Vice Chairman. He already has many ideas for activities for our county for all of us to stay connected. He is also a big part of the PIPO working together with Patricia. Joe has a lot of energy and will be involved. Lulu B is our new Treasurer. She has a wide array of experiences in her professional life as well as being very creative. She has plunged right in doing service in many areas for us during her first two years as a member.

Please join us at our Intergroup Meetings on Zoom id 81688628727 passcode 561561 dial up 929-205-6099, The 2nd Saturday of each month

SAVE THE DATE...



OA BOOKSTORE...

Save on shipping fees for OA literature!
Contact our Intergroup Literature Chair
Jody S. who keeps a stock of the most
popular OA titles, jmamadukes@aol.com





REGION 8 PIPO UPDATE...



ONE DAY AT A TIME, 2024 TO ALL REGION 8 INTERGROUP PIPO REPS

- Central Florida Intergroup
- Gold Coast Intergroup
- Highlands Ridge Intergroup
- Manasota Intergroup
- Palm Beach Intergroup
- Pinellas Traditions Intergroup
- SeaRenity Pensacola Intergroup
- Southwest Florida Intergroup
- Spacecoast Intergroup
- Suncoast Intergroup
- Miami Dade & The Keys Intergroup
- New Freedom Intergroup

CALL FOR SERVICE...

Our Intergroup's Public Information/ Professional Outreach (PIPO) Committee is looking for volunteers to carry the OA message to Healthcare professionals and the local community. If you want to help reach out to, Joe K. and Patricia A. at oapbcigpipo@gmail.com.

"Progress not Perfection!" Overeaters Anonymous is a community of people who support each other in order to recover from compulsive eating and compulsive behaviors. You might ask, "What is the message we want to instill in the minds of those still suffering?" WE ARE THE MESSAGE = MESSENGERS!

There are several ways to get the OA message out into the local and virtual community. Here are only a few. It is well within the Traditions for OA members to speak at non-OA gatherings. Posting flyers of OA meetings and special events on community bulletin boards in shopping malls, grocery stores, libraries, schools, waiting rooms, hospitals and other public places (after obtaining permission). We could purchase current PIPO posters at bookstore.oa.org and download past posters from the Document Library at oa.org. Some posters have easy tear perforated tabs, guiding interested people to OA's Fifteen Questions via oaquiz.org. Advertising in local newspapers, magazines and websites, gets our word out. We could ask local cable and radio stations to play OA public service announcements (PSAs) for free. Health care providers are a good outreach... leaving downloadable pocket guides of "What to Remember When You See Your Doctor or Other Health Care Professionals found in the Document Library at oa.org.

Who do we get to do service to all the above? Volunteers! Each face to face and virtual group has qualified members who would excel in sharing the message on a service body level, via committees. Depending on group conscience – committee qualifications should be decided upon and once done the word needs to go out for volunteers, at service body meetings through delegates, service body newsletters and special flyers distributed at meetings and should be included in secretary announcements.

Bill W and his team members went to hospitals and homes to share the miracle, our OA message can be taken into Correctional Facilities on Military Bases. Perhaps far in the future, but doable. There is no brass ring we need to claim to be successful. On professional levels, health and human services = Alcohol and Drug Counselors, Case managers, Chiropractors, Dentists, Dietitians, Doctors, Eating disorder counselors, Family Counselors, Hospital Administrators, Medical Students, Nurses, Nurse Practitioners, Nursing Students, Pharmacists, Psychiatrists, Social Workers and Welfare Case Workers and so many other possible targets: Clergy, Educators, the Business Community, the Judiciary.

OA has meetings in more than 75 countries worldwide. There are no dues or fees. All that is required is a desire to stop eating compulsively and once in recovery to spread the message of physical, mental and spiritual recovery. Our outreach could save lives. Let us take up the torch and lead others to the miracle.

Sincerely,

Avalon M
 Spacecoast Intergroup PIPO
 Region 8



MEETINGS ...

Palm Beach County hosts 30 in-person and ZOOM meetings. For a full meeting list and ZOOM meeting credentials visit our website at oapalmbeachfl.org. It is a good idea to reach out to the contact person to confirm meeting details to make sure there is someone there to welcome you.



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 PIPPO events. Send your meeting's 7th Tradition donations by check made payable to **Palm Beach Intergroup** to our new PO Box address:
PO Box 741114, Boynton Beach, FL 33474

Palm Beach County Intergroup 7th Tradition Donations		
	Oct 2 - Nov 5	Jan 1-Nov 5
00903 Boca Our Lady of Lourdes 700pm Tues	\$ 1,000.00	\$ 1,200.00
16767 PBG St. Marks School 7pm Tuesday	\$ -	\$ 150.00
17646 WPB Holy Name of Jesus 1030am Sat	\$ -	\$ 102.00
21364 Delray Crossroads 930am Sat	\$ -	\$ 441.50
27229 Boca Regents Park 700 pm Monday	\$ -	\$ 70.00
30002 (CtrSpiritual Living)nowZoom10a Wed	\$ -	\$ 240.00
34780 LakePark 1408 N Killian 11am Sunday	\$ 300.00	\$ 960.04
35759 Delray Crossroads 1030am Sunday	\$ 112.00	\$ 1,062.15
48439 Delray Crossroads 10am Friday	\$ -	\$ 120.00
52298 Delray Crossroads 10am Monday	\$ -	\$ 60.00
53289 Delray The Senior Center 6pm Tues	\$ -	\$ 671.50
53679 Boca Good Shepherd 1pm Thursday	\$ 200.00	\$ 1,755.00
54776 Delray Crossroads 7 pm Tues	\$ 5.00	\$ 305.00
56655/was 56665 Good Shepherd Thurs 930	\$ -	\$ 208.00
57241 Senior Cen Delray Beach Thur 1030am	\$ -	\$ 755.00
58050 Mens Stag Crossroads Mon 930 am	\$ -	\$ 125.00
800108 Zoom Delray Crossroads Friday 10am	\$ 10.00	\$ 360.00
800124 Zoom Delray Crossroads Monday 10am	\$ 80.00	\$ 441.00
800276 Zoom Holy Name Sat 930	\$ 10.00	\$ 640.00
800311 Zoom CtSpiritual/ScienceM Wed 10am	\$ 25.00	\$ 829.50
800527 Zoom Regents Park Monday 7pm	\$ 165.00	\$ 600.00
800573 Zoom 12&12 Step/Workbook Wed 7pm	\$ 20.00	\$ 215.00
801441	\$ -	\$ 312.50
Tuesday 4pm	\$ 20.00	\$ 20.00
FL 100/bari 4pm sun	\$ 20.00	\$ 20.00
801471	\$ 5.00	\$ 5.00
Meeting Donations	\$ 70.00	\$ 571.00
TOTALS	\$ 2,042.00	\$ 12,239.19

PALM BEACH COUNTY INTERGROUP



BOARD MEMBERS & VOLUNTEERS

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

Vice Chair: Joe K. 323-804-8249, thejoekramer@gmail.com

Secretary: Ellen M. 917-327-8002, emeltzerzahn18@gmail.com

Treasurer: Lulu. 561-358-0020, abiellebee@gmail.com

Newsletter: Rebecca W. 561-445-4442, rebeccajc3349@gmail.com

Literature Chairperson: Jody S., 561-212-7366, jmamadukes@aol.com

PIPO Chair: Patricia A., oapbcigpipo@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
I.G. #09233

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