

# Palm Beach Connection

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

*Get Connected - Stay Connected*

## STEP

*Faith*

Made a decision to turn our will  
and our lives over to the care of God  
as we understood Him.

## TRADITION

*Identity*

The only requirement for OA  
membership is a desire to stop eating  
compulsively.

## CONCEPT

*Trust*

The right of decision, based on trust,  
makes effective leadership possible.

*I can't, God can;  
I think I'll let God.*

— *The Twelve Steps and Twelve Traditions  
of Overeaters Anonymous, p 19*

Before I came to OA, God showed me that I hurt my relationship with him when I ate sweets. I was a glutton, and I couldn't eat junk food in moderation. I vowed that I would never eat these harmful substances again. Of course, I couldn't stick to my vow! I made the vow for the right reasons, knowing by then that my weight wasn't the issue, but I was trying to keep the vow through my own strength. Thank God for OA, which brought the reality of Steps One, Two, and Three into my life. I now trust God to do for me what I have never been able to do for myself. I am powerless over food and the rest of my life. By God's grace, I am able to stay abstinent and live in His will "one day at a time"!

— *Voices of Recovery p 6*

## Dates to Remember

February 23-25, 2019  
Florida State Convention  
Tampa, FL

OA members pause to reaffirm the  
strength inherent in OA's unity on  
February 24, 2018 @ 11:30 am PST

**Unity Day**  
This day recognizes the strength of the  
Fellowship worldwide.

**March 10, 2018 @ 11:45 am**  
**Intergroup Meeting**  
Delray Med Ctr, 5352 Linton Blvd  
Pinecrest Building - Rm 159  
(Behind hospital)

**March 18, 2018, 2:00-5:00 pm**  
**March Into Recovery**  
Holy Trinity Episcopal Church  
211 Trinity Place, West Palm Beach

**April 20-22, 2018**  
**SOAR8 Regional Assembly**  
Mobile, AL

## From the Vice Chair

On March 18<sup>th</sup> from 2-5 PM in West Palm Beach at the Holy Trinity Episcopal Church (\*\*details below\*\*) we will all have a chance to greet and support each other at our first Special Event of the year. I cannot think of a better way to spend the day, than to gather together for a day of abstinence, service, experience, strength, hope, and of course some good old-fashioned fun!

Together we will explore the OA Definition of Abstinence. Then we will hear from three speakers who will share their experience of the new definition, touching on the difference between "A Plan of Eating" and Abstinence, the usage of some fabulous WSBC tools, such as the Strong Abstinence Checklist and more!

We will then move into the second half of the program where we will hear from more speakers who will dive into the first three steps (I personally can't get enough of steps 1,2 & 3).

We will have OA Newcomer Ambassadors who will be on hand to answer questions. Everyone who attends will get a raffle ticket with their 7<sup>th</sup> Tradition donation, and will be eligible to win a fabulous OA book. (One of them is a super great book....and worth the price of admission.)

I speak for The Palm Beach County Intergroup's Special Committee when I say, we are super excited to host this event and we welcome everyone from across our Intergroup and from our

surrounding IG's, Gold Coast and Miami.

Please consider attending the event, please consider doing service at the event, and please consider joining this or any IG committee. Together we can do what we could never do alone, we can't do it without your participation. Feel free to reach out to me at [vicechair@oapalmbeachfl.org](mailto:vicechair@oapalmbeachfl.org)

In service,

*Marcia L*