

NEWSPAGES

Pinellas Traditions Intergroup (PTI)
P O Box 56765
St. Pete, FL 33732

July / August 2006

Step 7 – Humbly asked Him to remove our shortcomings.

Step 8 – Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 7 – Every OA group ought to be fully self-supporting, declining outside contributions.

Tradition 8 – Overeaters Anonymous should remain forever nonprofessional, but our services centers may employ special workers.

Concept Seven of OA Service – Balance– The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by tradition and by OA Bylaws, Subpart B.

Concept Eight of OA Service – The Board of Trustees has delegated to its Executive Committee the responsibility to administer the World Service Office.

“Humbly asked him to remove our shortcomings.”

This, to me, was the true “action” Step. It required asking the power outside of myself to change me, to make me something alien to myself. It required more trust than anything else I was asked to do and still demands trust as I continue to evolve into a new, unknown creation. This Step taught me humility, that state of being humble. Humble, according to the dictionary, is “the state of reflecting, expressing, or offering in a spirit of deference..” Before this Step, it was all about me – my powerlessness, my beliefs, my shortcomings, and my plans to resolve them. This Step changed all of that. The deference – “respect or esteem due to a superior” – clarified who was in power, who I should believe in, and the reason for giving over my shortcomings. It is all about becoming the person that my Higher Power needs me to be in order to carry put His will. That is what my program is about. With this Step I have surrendered my roll as principal and joined the chorus of the Fellowship.

Voices of Recovery

Step Seven – Some thoughts to ponder

Read Step Seven. What is your concept of humility? What is your self-image? How does your self-image keep you from finding humility? What have you learned about humility? Why do you want your Higher Power to remove your shortcomings? How can you let go of old attitudes? What is my list of character defects? What do you do when you make a mistake? To what length are you willing to go to be rid of your shortcomings? Repeated practice this step, checking for your motives and defects.

Acceptance is the key to change. In recovery, we need to accept ourselves just as we are. If we’re preoccupied with criticizing and finding fault with ourselves, we’ll probably stay stuck in our old patterns. When we “humbly” ask in Step Seven, we are practicing self-acceptance and we surrender. We open ourselves to change and let our Higher Power do the rest. From OA Twelve Step Workbook & A Guide to Twelve Steps For You and Your Sponsor

Step Eight

Making a list of those we have harmed and remembering to put ourselves on that list. What effect have we had on our family and friends? How have I harmed others? How do I become willing to make amends? Am I willing to give away what I have written and to pray for those who have wronged me so I can be free of resentments and unforgiveness? Sometimes it is helpful to burn or otherwise destroy the list and by watching the flames brings to many the feeling of full release from the past and full willingness to move forward, free of the burden of negative emotions they have carried for years. From OA Twelve Step Workbook & A Guide to Twelve Steps For You and Your Sponsor

From the pamphlet “Compulsive Overeating – An Inside View”

When we look with complete honesty at our lives, we see that where eating is concerned we have acted in an extremely irrational and self-destructive manner. Under the compulsion to overeat, many of us have done things no sane person would think of doing. We have driven miles in the dead of night to satisfy a craving for food. We have eaten food that was frozen, burnt, stale, or even dangerously spoiled. We have eaten off of other people’s plates, of the floor, off the ground. We have dug food out of the garbage and eaten it.

We have frequently lied about what we have eaten – lied to others because we didn’t want to face the truth about ourselves. We have stolen food from our friends, family, and employers, as well as from the grocery store. We have also stolen money to buy to buy food. We have eaten beyond the point of being full, beyond the point of being sick of eating. We have continued to overeat, knowing all the while we were disfiguring and maiming our bodies. We have isolated ourselves to eat, damaging our relationship and denying ourselves a full social life. For the sake of our compulsive eating, we have turned ourselves into objects of ridicule and we have destroyed our health.

Then, horrified by what we were doing to ourselves with food, we became obsessed with diets. We spent hundreds of dollars on weight loss schemes, we bought all sorts of appetite control drugs, we joined diet clubs and spas, we had ourselves hypnotized and analyzed, we had major surgery on our digestive systems, we had our ear stapled or our jaws wired shut. All of this we did willingly, hoping we could someday “have our cake and eat it too.”

Some of us went from doctor to doctor looking for a cure. The doctors gave us diets, but we had no better success with those than with the other diets we’d been on. The doctors gave us shot and pills. Those worked for a while, but we inevitably lost control and overate again, putting back on the weight we had worked so hard to lose.

Many of us tried fasting, with and without a doctor’s supervision. Usually we lost weight, but as soon as we started eating again, the compulsive eating behavior returned, along with the weight. Some of us learned to purge ourselves with vomiting, laxatives, or excessive exercise. We’d stuff food in our mouth until we were in physical pain, then we’d “get rid of it.” We damaged our digestive systems and our teeth while we starved our bodies of nutrients needed to live.

Those of us who were overweight got plenty of advice from others about how to get to our “ideal” size, but nothing permanently solved our problem.

We found that no matter what we did to ease our turmoil, our compulsive eating eventually returned. Over the long haul, our weight went up and our self esteem went down. After a while we became battle-weary and discouraged. Still, we could never accept our powerlessness. The prospect of being obese, sick, and out of control for the rest of our lives led some of us to conclude that life was simply not worth living. Many of us thought about suicide. Some of us tried it.

Most of us, however, never reached suicidal desperation. Instead we took comfort in a feeling that everything was all right as long as we got enough to eat. The only trouble was that as our compulsive eating progressed it became harder for us to get enough. Instead of bringing comfort, the overeating backfired. The more we ate, the more we suffered, yet we continued to overeat. Our true insanity could be seen in the fact that we kept right on trying to find comfort in excess food, long after it began to cause us misery.

Once we honestly looked at our lives, it became easy for us to admit we had acted insanely where food and weight are concerned. Many of us, however, were able to confine our compulsive eating to the hours when we were alone and to carry on with relatively normal lives. We worked hard during the day and ate hard at night. Surely we were sane in most respects.

More self-examination revealed many areas in which our lives were out of balance. We had to admit that we had not acted sanely when we responded to our children’s needs for attention by yelling at them, or when we were jealously possessive of our mates. Too much of the time we had lived in fear and anxiety. More comfortable with food than people, we sometimes limited our social lives. We drew the drapes, disconnected the telephone and hid in the house.

When we were around other people, we smiled and agreed when we really wanted to say no. Some of us were unable to stand up for ourselves in abusive relationships; we felt we deserved the abuse. Or we focused on others’ faults and thought for hours about what they should do to solve their problems, while our own problems went unsolved.

Compulsive overeaters are often people of extremes. We overreacted to slight provocations while ignoring the real issues in our lives.

We were obsessively busy, then we were “wiped out” and unable to act. We were wildly excited then deeply depressed. We saw the whole world in black and white. If we couldn’t have it all, we didn’t want any; if we couldn’t be the best, we didn’t want to play the game.

Little by little, we saw how much pain our way of living was causing us. Gradually, we came to believe we needed to change.

There is help.....

If you can identify with the description here, we will welcome you. If you know of someone who might benefit from this program, suggest that he or she contact Overeater's Anonymous.

OA Calendar of Events

November 3,4,5- 2006 – SOAR 8 Region Assembly & Recovery Convention, Orlando, FL – Cheryl S 407-221-5928 or Barb J 407 312-5428

November 5, 6, 7, 8 & 9, 2006 – A Voyage of Recovery, 4 Night Cruise on Carnival Cruise, “Fantasy” - Judy P. 407-339-7164 or Twila 706-650-7333

July 13-15, '07 SOAR8 Conv/Business Assembly, Dolphin Bch Resort, St. Pete Beach, FL, Vicki 239-0098
(This is OUR convention and we need every OA to join in to help with service and abstinence! The whole Region is invited here.)

August 30th – September 2, 2007 – OA – WSO – World Convention, Philadelphia, PA

2010 - OA's 50th Birthday, World Service Convention, Los Angeles, CA

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding. AA Big Book

Next month, I will be looking for comments on “Step Nine” , anyone liking to contribute to the “Newspages” please email me at russelljo1@earthlink.net by the 5th of the month. October will be on “Step Ten”.

Sponsor List:

Ann V. – 787-7652;

Beth P. (anorexia/bulimia only) – 894-4090

Joanne (early morning only) – 669-5168

Please let me know if you'd like to add your name to the list.

Addie S. – 327-4555/email-ernietoss@hotmail.com

Maryl email-mmraon1@tampabay.rr.com

Help Wanted

F/M, Thurs 11AM-Noon

Meeting needs support

First Presb Church

Dun 797-7728

Help Wanted

F/M, Friday 6-7PM

Meeting needs support

Morton Plant Hospital

Clw 530-9576

This meeting will be closing if attendance doesn't pick up. So please consider attending.

Help Wanted

M/F, Tuesday 7:30PM

Step meeting

Meeting needs support

Karen..384-3303

Help Wanted

F/M, Tuesday 7:00PM

Meeting needs support

St. Marks Church

Dun 773-9863

<http://www.oapinellas.org/index>

Election results.....

Chair.....Donna D

Co-chair.....Vickie H

Secretary....Ellen

Treasurer....Karen C

Thank you all for your service and thanks to those departing souls, Joann P and Mary S for all they have done!

One of the members of our fellowship has a relative who suggested to a staff member of an institution that Overeaters Anonymous just might offer the solution for those incapacitated by the devastating effects of our insidious disease. After several months in the planning stage, OA Pinellas will be beginning its first institution meeting at Long Term Care in St.Pete on August 4th with our primary purpose being to carry the message of our experience, strength and hope to morbidly obese patients. It will be a Step Study Meeting using the Twelve Steps & Twelve Traditions of Overeaters Anonymous along with the 12&12 Workbook that will meet on Friday mornings at 10:00am. The meeting is in need of copies of these books and Newcomer Packets. If your meeting can donate 1 or more of these to carry the message, it would be greatly appreciated. Please contact Vickie H. @ 239-0098 or the Institutions Chair, Lori @ 545-5004 if you would like to do service in this opportunity for Twelfth Step work.

Pinellas Traditions Intergroup
Treasurer Report
June 2006

Beginning Balance:		\$1,276.39
7 th Tradition Meeting Donation	0.00	
Miscellaneous Income		
WSO Donation for rep	\$ 606.00	
WSO Reserves not paid/checks not cashes	1,263.06	
SOAR 8 Reserves not paid/not cashed	421.03	
	<hr/>	
Subtotal Misc. Income	2,290.09	
Ending Balance		3,566.48
Disbursements	0.00	
Reserves		
SOAR 8 Rep Travel to WSO	441.31	
WSO	1,263.06	
SOAR 8	421.03	
Hotline	150.00	
	<hr/>	
Subtotal Reserves	2,275.40	
Total Usable Balance		1,291.08
		400.00 State Convention
		<hr/>
		1,691.08

Respectfully submitted June 16, 2006 by Mary S

Did you know that we, Pinellas County OA, have our own website? Just go to <http://www.oapinellas.org/>
It is up and running thanks to Caleb (SOS homegroup). Thank you Caleb for all your service.....
Each individual meeting has a chance to add or change their own meeting page by sending information
to Caleb through the website.

Here are some topics you might use to let others know about your meeting:

1. A statement of your group purpose
2. What people will find when they come to your meeting: what you are like
(At Monday night SOS meeting, we passed a paper around for anyone to add a comment or two responding
to these questions)
3. Possible topics for the discussions

Does your meeting have a person willing to receive email from OA?

Keep Informed! Call Addie @ 327-4555 with your email address to make sure you get all the latest information
from OAPinellas.

THANKS SO MUCH for your commitment! Vickie H. Clwtr

**Please put on your thinking cap and help us decide on a new title for the Newspages. I know there are
lots of creative people out there and we need to update the title as it is also the name of our on line
issue.....Please send thoughts to russelljo1@earthlink.net.....It would be wonderful service and
greatly appreciated.....Thanks.....**

OA meetings began on Friday night when the entire group, both the “recovery” members and the “business” representatives, attended the same meeting. We listened as each committee sent a rep to the mic to encourage members to attend the committee meetings scheduled the next morning. Incidentally, the next Region 8 convention and business conf is the first weekend in Nov right nearby in Orlando and I hope everyone from Pinellas county attends and participates in one or more of these committee meetings. Check the schedule when you register and see when and where the committees meet.

For entertainment on Friday, opening night, a young OA from Nashville sang a smashing recovery type song accompanying herself on the keyboard. It was great to see such talent and confidence from one of our own. I purchased a CD of one of the main speakers and will donate it to the PTI Lending Library if we get someone to chair this committee.

Saturday morning the business meeting started at 8:30 am sharp. Attendance was taken and business meetings went on all day. When we broke up into committee meetings, I attended the Youth in OA meeting and took notes for our absent PTI Young People Committee Chair, Vicki.

I also attended both extra meetings for Intergroup Chairs in the Region.

Since I was the elected Region8 delegate to the World Service Business Conference in Albuquerque, NM, the Region8 funded me to attend the Nashville Conference and give an aural report the Business Assembly.

My printed report will be added to our oapinellas.org website. Thanks you for allowing me to represent our area. I hope I have carried the message of abstinence and recovery back and forth.

In service, Donna D. , PTI Chair and SOAR8 Representative.