



OA pinellas newspapers

traditions intergroup

December 2007

Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Tradition 12 - Anonymity is the spiritual foundation of all these traditions ever reminding us to place principles before personalities.

Pinellas Traditions Intergroup

Friday, December 21, 2007
7:00PM - til

Morton Plant Hospital
1st Floor - Tuttle D Auditorium
300 Pinellas Street
Clearwater, FL

PINELLAS TRADITIONS INTERGROUP COMMITTEE MEMBERS

Chair:	Donna D.	526-4082	hooha@mac.com
Vice Chair:	OPEN		
Treasurer:	Karen C.	533-8403	kcornacchia@tampabay.rr.com
Secretary:	OPEN		



Recipe For Happiness

2 Heaping cups of patience
1 Heart full of love
2 Hands full of generosity
Dash of laughter
1 Head full of understanding
Sprinkle generously with kindness
Add plenty of faith and mix well
Spread over a period of a lifetime
And serve to everyone you meet

12th Step Prayer

Dear God,

My spiritual awakening continues to unfold.

The help I have received I shall pass on and give to others both in and out of the fellowship.

For this opportunity I am grateful.

I pray most humbly to continue walking day by day on the road of spiritual progress.

I need You, my friends, and the program every hour of every day.

This is a better way to live.

Amen.

~Anonymous



CALENDAR OF EVENTS

Go to www.oapinellas.org/events to print flyers!



MARK YOUR CALENDARS!

- December 8, 2007** - **Abstinent Holidays / 10AM-3PM** (*Outta Town Speakers*)
Friendship United Methodist Church
2039 E. Druid Rd., Clearwater (Between Belcher & Hercules) – Bring your lunch
For more info, call (727) 442-9855 Water available
- February 22-24, 2008** - **18th Annual Florida State Convention** – “Sing and Celebrate”
Hilton Cocoa Beach Oceanfront, Cocoa Beach, FL
Susan (321) 752-0908 or suru1950@aol.com
Judy (407) 339-7164 or b4oai8@aol.com
- March 7-9, 2008** - **OA Region 8 Recovery Convention and Business Assembly**
Hosted by Central Mississippi Intergroup
Edison Walthall Hotel, Jackson, MS
Marie A. (601) 942-4744
- August 26-29, 2010** - **World Service Convention (OA's 50 Year Birthday Celebration)**
Hilton Los Angeles Airport, Los Angeles, CA
Los Angeles, CA – Call Donna D. for roommates (727) 526-4082



"Abstinence [from compulsive eating] has become an exciting way of life. I define my abstinence as eating healthy food in healthy amounts at healthy times. Maintaining a healthy weight seems effortless with this approach." (Daily Meditation, p. 8)

If the elevator
is broken
take the
steps!

OA Web Sites

www.oapinellas.org
www.oaregion8.org
www.oa.org

Editor: Mary Jane W. / 459-8468
kismaryjane@gmail.com

Failing to plan is
planning to fail!

PTI MEETING MINUTES FOR OCTOBER 19, 2007

The meeting was called to order at 7:15 PM and an agenda distributed.

Minutes from September 21, 2007 were read. Marion made the motion to accept the minutes as read and Claudia seconded.

Ellen is picking up the mail and sending to Karen. Linda Mc was the timer for the meeting-limiting speakers to 3 minutes. Newsletters were distributed to all IG reps. Each meeting group received 5 copies.

Patti H. is acting as Recording Secretary until a permanent replacement is found.

Treasurer's Report:

Karen gave the Treasures Report. Wendy made a motion to accept as presented and Linda H. seconded it. Monies are deposited once a month and recorded and any monies received towards the end of the month are listed on the following months report. A list of each meeting group and the monies donated to IG will be included on the treasurer's report and a report of all monies donated to IG will be made for 2006 thru 2007 for each group.

Events:

Workshop - "Abstinent Holidays" -What works!!! Practical Experience – Out of Town Speakers

December 8th, 2007 from 10 AM to 3 PM

Mini Holiday Boutique – Book covers, Key Rings, Book Bags etc.

Our First Public Outreach was held at the Friendship UMC October 14th where Flyers were distributed along with Meeting Lists. It was very successful.

Traditions Workshop possible in January

Health Fair at the Friendship UMC is being planned.

Linda Mc will attend The Florida State Convention in lieu of Mardie. This meeting is important because of the voting on how to split monies received for jobs done at the convention. It is our group conscience that no group receives more than another as each group has to perform each job anyway and the money received should be equal.

Newsletter:

Mary Jane Newsletter Chair - requested that she needed input for the newsletter. Online meetings could be found on the website: <http://www.oa.org>.

Mary Jane wants to personalize every meeting for the website by saying more on what the type of meeting it is. Each contact person requested to give update to Mary Jane. 5 copies of the newsletter were distributed to IG reps to take back to their meetings. Every meeting received Newspages.

Public Information:

Gerry reported that the Beacon Newspaper would allow 3 paragraphs for ads about meetings. It was suggested to get the verbage from the PI book. She is also working on getting a TV and Radio spot and finding out what a billboard ad would cost. A committee is being formed to help the Professional Outreach Chairperson. Anyone is welcome to work on this worthwhile project. It is an opportunity for you to do service. Please ask for volunteers at your meeting.

Lifeline:

Linda H. is the Pinellas representative for Lifeline. If you want to subscribe or want to donate to another person or group, please contact Linda at 727-647-8280. Each group needs a Lifeline representative at their meeting promoting this wonderful piece of literature. Lifeline is a wonderful tool to take with you on your vacations. It has great stories to read while you are traveling. Lifeline is a major source of income for WSO. Please promote this booklet at your meeting.

12 Step Within:

No report

12 Step Within Road Show:

Karen reported she was working on a new skit. It was based on the TV show "Deal or No Deal". It is possible that this skit will be used for the Dec. 8th Workshop.

Announcements:

We need someone to become the Tape Librarian and CD person. Please help us. We have so many tapes and CD's that can be used by OA'ers but need to be able to keep track of who has checked them out. Please consider this a way for you to do service.

New Meeting:

OA Big Book Study Meeting to started September 7th. At Education Center 4403 62nd Avenue North, Suite 6 in Pinellas Park, Friday Nights 6PM-7 PM (not on the third Friday). Contact person Becky at (727) 522-4868

Tuesday Lifeline Meeting has changed meeting place. New location – 2800 41st Avenue N. St. Petersburg. Church has no name but is on the corner of 28th and 41st Contact: Linda Mc 804-4610

Marion will be our new representative for SOAR and will be attending the November 2-4 SOAR Convention with Karen and Stephanie. Congratulations Marion.

Joan introduced a notice that can be made up for your meeting. It states:

Is Food a Problem for You?
Do you eat when you are not hungry?
Do you go on eating binges?
Is your weight affecting your life?
NO Dues No Fees No Weigh- Ins NO diets

If you are interested in having this notice made up for your meeting, please contact Joan at: 727-785-9208

Meeting was adjourned at 8:35 PM

Please remember that ALL OA members are invited to attend intergroup meetings at Morton Plant Hospital 7PM the 3rd Friday of each month in room across from the cafeteria on the 1st floor.

Committee Report Minutes November 3, 2007

Public Information-Professional Outreach PIPO

1. Harriette must send monthly report to Chair Gerri H..
 - Let Harriette know about events in our areas. Harriette will send out reports to all the committee members.
 - Put Soar or PIPO in the subject line when sending Harriette emails.
2. Triangle Inner Group: Professor at a college recommends there students in nursing attend a OA meeting.
 - We as members are avail to share our ESH.
3. Look at OA PIPO to review speaking at outside events guidelines.
4. Local Radio Stations will give local service announcements about OA.
5. Idea Day Nov.17th. Everyone needs to celebrate it and get the message out.
6. Business cards to get the message out. Free on line. Leave at MD offices, gyms, schools, be sure to list local meetings.
7. Meetings held at Church ask they post it in the newsletters of that church.
8. Went to Hospitality room and reviewed all the public information available here today. All is available on www.oa.org.

Everyone made commitments: Paul bulletin board tabs, Sylvia Pamphlets to meetings on teens, Dr offices to employees and leave them in the office. Elizabeth Dr. to give infor. Geri B. give out business cards.



11/10/2007 Working Meeting

Attendees: Donna D., Wendy Z, Rachele C., Marion C., Linda H.

Time: 11:30 a.m. until 2:00 p.m.

Place: Donna's house

Focus: PI/PO

The group discussed:

1. Sharri in touch with schools
2. Two hand out sheets were discussed:
 1. Who would be willing to man a booth with O.A. materials at a Fair
 2. Who would be willing to speak to a larger group about their strength, hope and experience.
3. Judy (Gerri) spoke with Clear Channel about outdoor billboards. A poster 10 ½ ft. by 22 ft. is \$400.00 a month. The large ones are \$3000.00 a month. Transit shelters, T. V. advertising. Judy will list what we want ordered to use for advertising. If we vote on a billboard we have to design it.
4. We need volunteers to contact Radio and T. V. stations for info on getting our needs met. T. V. stations want a Beta max tape with a letter to advertise on T.V.
5. We can get free business cards for the cost of shipping and handling at vistaprint.com. The only requirement by Region 8 is that you black out the Vista name on the back of the card, thus eliminating outside enterprises.
6. Make the tab sheet in bright color.
7. Wendy said it was \$150.00 to display on a poster bench plus \$10.00 a month maintenance. A suggestion was, that each group adopt a bench.
8. Ad copy will be given to Donna for approval by the Inter-group committee.
9. Since the public awareness campaign has started for O.A. it is expected that we will be have an increase of new members. It is suggested that each meeting have 15 newcomer packets on hand to handle this new increase. If possible it would be nice to have literature available too.
10. Each meeting should have a designated person to greet newcomers and make them feel welcome, also to give them a call to follow up.
11. Find out about free library space or YMCA to have an O. A. Seminar.
12. Call Tom Keller @ the JC Bench project to find out the cost. His number is 831-2997.
13. PO/PI manuals are available if anyone is interested in reading them. See Donna.

The meeting ended with the serenity prayer at approx. 2:00 p.m.

We also had phone capability for anyone to join this meeting. Judy (Gerri) did join us for a brief time to give her report.

DAY	TIME	MEETING NAME	MEETING TYPE / NOTES	LOCATION	CONTACT
Mon	10:15 AM OA#46182	Just For Today	1-Step/ 2-Lifeline/ 3-Lit/4-BB/5-Speaker *	Lutheran Church of the Resurrection 1555 Windmill Point Rd., Palm Harbor	Mary Ellen 781-2597 Joan 785-9208
Mon	12:15 PM OA#48303	Voices of Recovery	Brown Bag / Group Discussion *	Mirror Lake Branch Library 280 5th St. N., St. Petersburg	Gregory 239-5579
Mon	7:00 PM OA#47788	Focus on Abstinence	Speaker Meeting Speaker Abstinent 90+ Days *	Friendship United Methodist Church 2039 E. Druid, Clearwater (between Hercules & Belcher)	Stephanie 442-9855
Mon	7:15 PM OA#01530	Search Out Serenity "SOS"	Leader / Discussion Jackson Street entrance *	St. Anthony's Hospital, Classroom F, E 1200 7th Ave. N., St. Petersburg	Addie 327-4555
Tues	6:30 PM OA#46184	Tuesday Lifeline	Lifeline Meeting *	Church w/ no name - corner of 28 th & 41 st 2800 41 st Ave. N., St. Petersburg If parking lot is full--you may park one block south at the Assembly of God. (28th & 40th)	Linda Mc 804-4610
Tues	7:00 PM OA#40354	Turning Point	Beginners BB / Last Tues-Tradition *	St. Marks Lutheran Church 1120 Curlew Rd, Dunedin	Cathy G. 773-9863
Tues	7:30 PM OA#36653	New Largo Step	Step **	St. Paul's Life Enrichment – Rm. 218 NW Corner Highland Ave., Largo (Elevator Available)	Karen 533-8403
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch	On sand on the beach (Bring chair and look for red bow!) *	On beach behind Archibald Building 15100 Gulf Blvd., Madeira Beach	Ellen 871-7451
Wed	7:30 PM OA#41069	Renewed Hope	Relapse Prevention **	Anona United Methodist Church 13233 Indian Rocks Road, Largo	Patti 596-2087
Thur	6:00 AM OA#47934	Wake Up Call	Step / Tradition Meeting (OK to bring breakfast) *	Bon Secours Maria Manor, Conf. Rm. 10300 4th St. N., St. Petersburg	Colleen 642-5921
Thur	11:00 AM OA#40873	Key to Freedom	Literature Meeting *	First Presbyterian Church 455 Scotland St., Dunedin (Downtown Dunedin)	Pat 733-6858
Thur	5:30 PM OA#49784	Steps to Freedom	Focusing on Steps 1, 2, 3 *	St Cecelia's Church, Room A 820 Jasmine Way, Clearwater	Mary Mc 319-4321 Stephanie 442-9855
Thur	7:00 PM OA#39121	Abstinence First	Woman's Discussion **	Call for directions St. Petersburg	Rhonda 526-4208
Thur	7:30 PM OA#46183	First Fellowship	1-step/ 2-speaker/ 3-lit/4-BB/5-Lifeline *	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Maryl 772-7043
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book Study NEW meeting to start 9/7/07 *	Affiliated Services (in the back) 4403 62nd Ave. N., Pinellas Park	Becky 522-4868
Fri	6:00 PM OA#47749	A Step Up	Beginners *	Morton Plant Hospital, 1st Floor Tuttle D Auditorium, Clearwater	Colleen 642-5921
Fri	7:00 PM	Pinellas Tradition Intergroup Meeting	Third Friday Only All OA's welcome *	Morton Plant Hospital, 1st Floor Tuttle D Auditorium, Clearwater	Donna D. 526-4082
Sat	9:30 - 11 AM OA#36776	Great Reality	Beginners Step Mtg. *	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	Martha 527-5449
Sat	10:00 AM OA#45420	First Fellowship	Step/Tradition Mtg. *	Palm Harbor Presb Church 2021 Nebraska Ave., Palm Harbor	Pat 784-3375
Sat	10:30 AM OA#27235	Saturday Serenity	Big Book *	First Lutheran Church 1644 Nursery Rd, Clearwater	Betsey 466-9277
Sun	6:30 PM OA#49012	Joy of Abstinence	Leader/Discussion *	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Linda C. 501-6820 Stan M. (813) 839-7587
Sun	4:00 PM OA#32923	Clearwater Oasis	Big Book (90 day) **	Morton Plant Hospital, 1st Floor Tuttle A Auditorium, Clearwater	Claudia 781-7411

*OPEN TO ALL
**OA MEMBERS ONLY

If this is your first time attending a meeting listed, please be sure to call to clarify directions and meeting specifics.

Hotline #'s - Hillsborough: 813-254-4190; Pasco: 813-842-7840; Pinellas 727-327-4555; Tri-County 800-544-6353

OA website: www.oa.org or World Services Telephone 505-891-4320

Pinellas Traditions Intergroup meets the third Friday of each month, 7:00PM, at Morton Plant Hospital, 1st Floor, Tuttle D Auditorium

PHONE MEETINGS: *Current listing as of 11/13/07--For more numbers and information, please visit http://www.oa.org/pdf/phone_mtgs.pdf*

55008 Call 605-725-1900	Pin Number 79822#	Sun @ 8:00 p.m. EST	
55003 Call 712-432-2455	Pin Number 79822#	Mon @ 10:00 a.m. EST (90-Day)*	Jen 978-725-0183 EST
55005 Call 308-344-6400	Pin Number 662744#	Tue @ 8:30 a.m. EST	
55001 Call 218-936-1600	Pin Number 59002#	Tue @ 8:00 p.m. EST	Norma 928-526-1778 PST
55006 Call 308-344-6400	Pin Number 662744#	Wed @ 8:30 a.m. EST (Qualification)*	
55002 Call 319-279-1000	Pin Number 135103#	Thur @ 8:00 p.m. EST (90-Day)*	Lori 210-829-4195 CST



*Special Topic