



**Overeaters Anonymous** **December, 2008**  
**PO Box 620**  
**Clearwater, FL 33758**

**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.**

*"We count among our friends' people whom we first met when they were suffering newcomers. We've seen them transformed by this simple program, and we are gratified to have played our part, even if all we did was show up at OA meetings and say, 'Keep coming back!' The joy we receive as we try to carry the message is a positive force in our lives today, sustaining us through good times and hard times, transforming us and our companions in recovery."*

The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 102



**Pinellas Traditions Intergroup meets every third Friday of the month. Everyone is welcome to attend. The next meeting will be:**

**Friday, December 19, 2008 at 7:00 PM**  
**Morton Plant Hospital**  
**1<sup>st</sup> Floor - Tuttle D Auditorium**  
**300 Pinellas Street**  
**Clearwater, FL 33756**

**Our Trusted Servants:**

<b>Karen C</b>	<b>Chair</b>	<b>727-533-8403</b>	<a href="mailto:kcornacchia@tampabay.rr.com">kcornacchia@tampabay.rr.com</a>
<b>Linda Mc</b>	<b>Vice Chair</b>	<b>727-804-4610</b>	<a href="mailto:lindaproductions@aol.com">lindaproductions@aol.com</a>
<b>Stephanie D</b>	<b>Treasurer</b>	<b>727-442-9855</b>	<a href="mailto:hpsendhelp@hotmail.com">hpsendhelp@hotmail.com</a>
<b>Linda H</b>	<b>Secretary</b>	<b>727-394-7639</b>	<a href="mailto:fdnymom@msn.com">fdnymom@msn.com</a>
<b>Betsey</b>	<b>Corr Sec.</b>	<b>727-466-9277</b>	

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



**Pinellas Traditions Intergroup**  
Treasurer's Report Thru November 10, 2008

**Beginning Balance** \$6,383.84

**Receipts**

Meeting Donations \$ 169.00  
Steppin' Holidays 266.25  
Leapin to Little Rock 77.14  
**Total \$ 512.39**

**Disbursements**

WSO \$ 50.70  
SOAR 8 16.90  
Rent - Marathon 49.00  
Freedom Intergroup(phone) 16.00  
Newspages-October 71.12  
PIPO Literature 16.80  
Internet Fee 29.97  
**Total \$ 250.49**

Beginning Balance \$ **6,383.84**  
Receipts 512.39  
Disbursements (250.49)  
**Ending Balance \$ 6,645.74**

**October 08 Donations**

#	Name	July Amount	PTI	WSO	Region 8
36656	SOS	\$ 100.00	60.00	30.00	10.00
36653	New Largo Step	\$ 36.00	21.60	10.80	3.60
10359	Madeira Beach	\$ 20.00	12.00	6.00	2.00
1942	PTI Intergroup	\$ 13.00	7.80	3.90	1.30
<b>Total</b>		<b>\$ 169.00</b>	101.40	50.70	16.90

**Leaping to Little Rock – Donations October**

#	Name	Amount
	Focus on Abstinence	\$ 61.14
	Sunday Oasis	16.00
<b>Total</b>		<b>\$ 77.14</b>

**PTI Scholarship Fund**

**Balance \$ 26.86**

Sjd 11/10/08

**Last Minute Holiday Gifts that Money Can't Buy**

Keep a promise.

Keep a secret.

Share a dream.

Let someone have the last word.

Return a smile.

Laugh at their favorite story -  
again.

Let someone in line ahead of you.

Listen to a child.

Listen to an adult.

Say something nice to someone you  
like!

Say something nice to someone you  
don't like!



**THREE FOLD RECOVERY --  
\$3 DONATION - PASS  
IT ON....**

**MR. 3 - FOLD SEZ**



# HAPPY HOLIDAYS



**"Give as if your life depends on it."**

I have just returned from Cocoa Beach and the November Fall Recovery and Business Assembly. I am so excited that the new 7<sup>th</sup> Tradition Pamphlet is now available and we were able to have all the delegates receive one. The slogan for the pamphlet is "Give as if your life depends on it". There will be a poster and more information concerning this initiative. We all know the economic climate is a concern and what we are able to give may not be what we want to give. The 7<sup>th</sup> Tradition is not just about money but is also about commitment and service. If you are unable to give as you would like, please look at your service work and see if there is more you can do. We are always looking for help, without OA I don't know that I would be alive today. This is the season of giving; I ask that we all give of our time, talent, and dollars.

From the desk of our PTI Chair: **Karen C.**



## **OA ----- UPCOMING EVENTS**

Dec 25th & Jan 1<sup>st</sup> - **OA Meeting / Focus on Abstinence** 10:00 am - 11:00 am  
Friendship United Methodist Church  
2039 E. Druid Rd., Clearwater (between Hercules & Belcher)

Feb 20 - 22 **The 19<sup>th</sup> Annual Florida State Convention of Overeaters Anonymous**  
Cocoa Beach (see the flyer in this months Newspages)  
Or for additional copies go to: [www.oaregion8.org](http://www.oaregion8.org)

March 27 - 28 **SOAR 8 Recovery Convention & Business Assembly \***  
"Leaping to Little Rock", Little Rock Arkansas  
For more info check on line at: [www.oaregion8.org](http://www.oaregion8.org)

April 17 - 19 **OA "A Sea of Hope", 90 - Summit, Largo, FL \***  
For more info: [aseaofhope@gmail.com](mailto:aseaofhope@gmail.com)

And start to plan on:

Aug 26 - 29 **World Service Convention, 50<sup>th</sup> Year Celebration, LA, CA 2010**

\* look for flyers on your groups' info table



Dear Santa,

I have been a really good girl this year. I didn't hit my sponsor or kick my dog even though there were times I wanted to. Please bring me a battery charger because I am powerless. I would also like a compass so I will know which direction to go. A new broom would help me to sweep away the wreckage of my past, and I need a mirror so I can see myself as I really am - character defects and all. I want a needle and thread for making 'mends, a 2-way radio with a channel that is always open, and a brief case for carrying the message.

I know this is a long list, Santa, but if you will bring me all of these things, I will use them to give myself the greatest of all gifts - another day of abstinence.

Your Friend,  
Anna Nimity  
Reprinted from "SOAR"



**Signs of a Spiritual Awakening:**

A tendency to think and act spontaneously rather than on fears based on past experiences / a loss of interest in judging one's self and others / loss of interest in interpreting the actions of others / loss of interest in conflict / loss of ability to worry / frequent overwhelming episodes of appreciation / contented feelings of connectedness with others and nature / frequent attacks of smiling / increased tendency to let things happen rather than make them happen / increased susceptibility to the love extended by others / uncontrollable urge to extend love.

- Adapted from "Loveline",  
Greater Detroit IG, Dec. 96'



**WORK IT !!**  
**YOU**  
**WHEN**  
**IT WORKS**

The elevator to recovery is broken... You'll have to take the **STEPS !!!**



We wish to take a moment and thank all the OAer's who volunteered to help with the "Christmas in the Oaks" project. It was a great success despite a missed rain day. You all deserve a big hug. You came out in the cold, cold wind and ended up being warmed by the great fellowship of OA . Thanks to you all for spreading the word.

