



OA pinellas newspages

traditions intergroup

February 2007

po box 56765 st petersburg, fl 33732 www.oapinellas.org

Step 2 – Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2 – For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

“We’re always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which Empower each of us to live well and be well, one day at a time.” OA 12&12

Over the years that each of us have spent or will spend on our individual recoveries, we develop certain ideas and philosophies which help us walk the magnificent journey of physical, emotional, and spiritual discovery. One of mine is a belief in the Five “P’s” of Program: practice, prayer, perseverance, patience and progress. If I want to stay in recovery on all three levels, I need to do these things every day. I practice the program to the best of my ability; no half measures will do. Half measures get half results, and I’m not satisfied with that anymore. I expand my spiritual awareness through prayer. I pray to the God of my understanding that I may know His will for me, and I pray for the willingness and power to carry that out. Spiritual awareness is my breath of life, and it takes perseverance to sustain that life. I learn patience by waiting for the fruits of my efforts, knowing they will come in time.

You will be amazed and grateful for the progress you make. Your spirit will soar, and you will be able to show your gratitude by passing on the secret of your recovery – The Twelve Steps – to others.

OA Calendar of Events

January 20, 2007 Entertainment Committee Meeting, 1430 Court St., Clw

January 27, 2007 Holiday at Over Surrender to Recovery, Friendship United Methodist Church, 2039 E. Druid Rd., Clw, Claudia 727-781-7411

February 10, 2007 SOAR 8 Region Committee Lunch and Tour of the facility, Noon –lunch; 1:00Pm tour of Dolphin Beach Resort

February 16-18, 2007 RU SLIPPIN’ & SLIDIN’ OR RU FLYIN’, DOWLIN PARK, FL. 32060. www.oaregion8.org/docs/2007Yana.pdf, Jackie 229-556-9374

February 23, 24, 25, 2007 – Florida State Convention, Jacksonville, Fl, Ellen 871-7451

March 2007, REGION 8 CONVENTION & BUSINESS ASSEMBLY Memphis, TN

April 30 – May 5 World Service Business Conference, Albuquerque, NM, 1-800-237-2133

May 18, 19, 20, 2007 - Big Book Retreat At the Franciscan Center in Tampa hosted by Pasco County, call Barbara Joy

July 13, 14, 15, 2007 – SOARING INTO WAVES OF SERVICE- Region 8 Convention and Business Assembly Dolphin Beach Resort, St Pete Bch, Flier: www.oapinellas.org

August 30th – September 2, 2007 – OA – WSO – World Convention, Philadelphia, PA – call Donna for roommates 727-526-4082

Planning Leads to Success

My vacation this year began in early June. I wanted to have fun...and have a great week with food. After a pre-vacation meeting with my sponsor to work out a plan, I felt empowered to have a successful week. Challenges started in the hot, cramped plane that sat on the runway for an hour before leaving. I was already stressed about flying. I thought of the bags of snacks I had packed for my son, and my next thought was HALT (too Hungry, Angry, lonely, tired). I realized that several factors were causing me stress – but not hunger! I allowed myself to truly feel hot, cramped and stressed. Acknowledging these feelings led to the strength to pick up a magazine, play with my son and talk with other passengers. At my first vacation dinner out, I thought I would allow myself one piece of warm bread from the basket. As I thought about which one I'd like, I thought of how tasting it would lead to disaster. "Don't take that first compulsive bite." I didn't and was fine. Each day I mapped out my food for the day. If I needed to deviate from the plan, I substituted a sensible choice. The test for a sensible substitute was if I could imagine sharing it with my sponsor. Another way I stayed connected was to attend a Twelve-Step meeting. Hearing others share about similar challenges inspired me. I tried to stay in touch with members of my OA group through phone calls and post cards. I also found strength reading literature. I started the day reading my "For Today" book, saying the Serenity Prayer, praying to my Higher Power and reaffirming the first three steps. I felt able to get through each day by thinking of it as one day, and I knew I was not alone. God was helping me through the week as I did the foot-work. The week was not perfect, but I could see progress and had fun. I enjoyed the pool and the beach between planned meals. Back home, I weighed myself. I had not gained but had lost three pounds! I was ecstatic! Taking it one day at a time with Higher Power – what a miracle! Lifeline 2004

Pinellas Traditions Intergroup – December 06 minutes

1. Call to order
 2. Serenity Prayer
 3. Twelfth Concept of OA
 4. Roll Call: Donna, Vickie, Colleen, Lisa, Sandy, Maryl, Joan, Marcos, Lori, Susan, Patty H, Claudia, Stephanie
 5. Next months newsletter will have minutes for Nov & Dec
 6. No treasurer report
 7. Committees – No public Information, possibly Taffy
 8. Lifeline Report – Marcos nominated
 9. Newsletter
 10. Budget ways & means – later
 11. Discussion Re: young peoples meetings
 12. Website info re: new meetings & info to Patty H.
 13. Mentioned SOAR Convention
 14. 10 minutes for committee meetings
 15. Feb. Convention – spiritual basket
 16. July Convention
 17. Jan 20 – next meeting @ Dolphin Resort for SOAR 8 convention
 18. SOAR Convention July wanted list – discussion re: mobs needed/wanted- programs- Claudia gave ideas for meeting titles/steps -Boutique items discussed/ storage, etc- Discussed Hug/greater ideas – 4:15 PM Friday to 11:30 Sunday closing, July Conv – decorations comm. – discussed items and plans – program/flyer ideas – business assembly runners – New Business -
 19. Intergroup meetings – also committee meetings after intergroup- discussed specific agenda times and committee reports –condensing meetings – networking together- Motion taken to change above- passed
 20. Spirituality Basket for Feb Conv – something from each group to be brought to Intergroup next meeting –
 21. Colleen donated Items leftover from Gratitude Dinner.
- Closed with the Serenity Prayer.

TO BE ABSTINENT IS ABOUT WILLINGNESS, NOT STRUGGLE

If you are willing to be abstinent, this is a state of great humility.

If you are trying to be abstinent, this is a state of great confusion.

A willingness to be abstinent implies that you do not know how to do it, but are willing to learn.

Trying to be abstinent implies that you should be able to do it, but are struggling with it.

If you are willing to be abstinent, you are open to receive.

If you are trying to be abstinent, you are closed to guidance.

If you have been trying to give up old ways and have condemned yourself for failure to do so, simply be willing to learn how the old ways may be replaced with ways of peace.

If you are trying to be abstinent, you will fear not being able to be abstinent. You will judge yourself a failure.

If you are willing to be abstinent, no setback is a problem, for you know that you will be shown.

If you are trying, you are attempting to surrender by yourself.

If you are willing, you are asking for guidance.

Trying to be abstinent places responsibility on you.

Being willing to be abstinent places the responsibility on God.

Willingness to be abstinent is, in a sense, a prayer.

Trying to be abstinent is an act of separation from God.

When you try, there is resistance.

When you are willing, there is acceptance.

If you are trying to be abstinent, everything is an interference.

If you are willing to be abstinent, everything is of assistance.

The freely made choice to be abstinent is the most important decision you make each day because it speaks for your willingness to be abstinent each day.

Outside of the will of God, there is no such thing as success.

Inside the will of God, there cannot be any failure.

-- Anonymous Fellowship Member

Favorite Quote from OA's Just for Today: 1/14 "Talking about feelings is essential in Overeaters Anonymous. When I go to an OA meeting, the people there are like close friends - whether I know them or not. The more open and honest I can be when I share, the better I feel and the greater my chances of recovery."

Next month, I will be looking for comments on "Acting as if..." , anyone liking to contribute to the "Newspages" please email me at russelljo1@earthlink.net by the 5th of the month.

Abstinence Defined

After going online to the OAPinellas.org website to make an entry in the daily check-in topic of the forum, I was reminded there's an 11:00am Thurs.mtg. I was excited to attend as I was on vacation and rarely have the opportunity. This meeting uses a book I'd bought years ago when it first came out, Abstinence. I'd forgotten I had it, but was so inspired by the meeting I decided to search until I found wherever I'd tucked it away thinking, "Finished with that, what's next?" So far it's already like uncovering a treasure. Just the first entry from one of OA's co-founders, Rozanne S., is a jewel for me.

Only days before, I attended a meeting & someone shared that their sponsor had declared they didn't know anyone in OA who ate bread. I gasped in disbelief aloud, even though cross-talk is discouraged. Recently I have been struggling with comparing my abstinence to others (first mistake), thinking my "progress isn't perfection" like others (another mistake), until I've been contemplating leaving OA because I'm not "doing it right"! (deadly mistake!)

What soothing medicine for my spiritual & emotional disease it was to read OA's co-founder, Rozanne write the words from the Overeaters Anonymous Bulletin in May 1962, "Abstinence means simply three moderate meals a day with absolutely nothing in between. It means also no 'meals' while we're preparing a meal and no 'meals' while we're cleaning up the kitchen afterward. In other words, total abstinence from compulsive eating!" ("Abstinence", page 3). She continues, "Will the time come when we all understand that the concept of abstinence is the same for everyone...to stay away from compulsive overeating? Can we recognize that it is the eating plan which may be different from one person to another, perhaps different for an individual at various times in his or her life?" (page 4)

I know the OA preamble states, "The only requirement for membership is a desire to stop eating compulsively." What a relief! I'm a member who's "doing it right"! Consequently, I just wanted to take the time to express my gratitude for the website, the Abstinence meeting, and Rozanne for my program of recovery; it's not the same as everyone else's, but as long as I am heading in the right direction on that road of happy destiny to freedom from my eating disorder, it doesn't matter how I get there.

Vickie, OA Member

Sponsor List:

Ann V. – 787-7652;

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

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

Joanne (early morning only) – 669-5168

Maryl email-mmroan1@tampabay.rr.com

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

Pinellas County Overeaters Anonymous Meeting List

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

Day	Time	Meeting Name	Meeting Type/Notes	Location	Contact
MONDAY	10:15AM oa#46182	Just For Today	1-step/ 2-Lifeline/ 3-lit/4-BB/5speaker *	Lutheran Church of the Resurrectio 1555 Windmill Point Rd, Palm Harb	MaryEllen 781-2597 Joan 785-9208
	12:15PM oa#48303	Voices of Recovery	Brown Bag/Group Discussion *	Mirror Lake Branch Library 280 5th ST N, St Pete	Gayle 322-8486
	7:00PM oa#47788	Focus on Abstinence	Speaker Meeting Spkr abstinent 90+day	Friendship United Meth Church 2039 E Druid, Clw, between Hercules & Belcher	Stephanie 442-9855
	7:15PM oa#01530	"SOS" Search Out Serenity	Leader/Discussion * Follow arrow signs	St Anthonys Hospital, 1200 7th Av St Pete, clsm F, E entrance	Addie 327-4555
TUESDAY	5:30PM oa#46184	Tuesday Lifeline	Lifeline Meeting *	Center for Conscious Living Banquet Masters Bldg, Suite 500 6152 126 Av, Pinellas Park	Donna 526-4082
	7:00 PM oa#40354	Turning Point	Beginners BB / Last Tues-Tradit *	St Marks Lutheran Church 1120 Curlew Rd, Dunedin	Cathy G 773-9863
	7:30PM oa#36653	New Largo Step	Step **	St Pauls LifeEnrichment Cntr-Rm 2 Highland Av, NW corner of Rosary Rd, Largo- Elevator Available	Karen 533-8403
WEDNESDAY	6:45PM oa#10359	Madeira Beach Beach Bunch	Stone Jetty on left -* Bring chair/find red bows	On Beach behind Archibald Bldg 15100 Gulf Blvd, Mad Bch	Ellen 727-871-7451
	9:30AM	Steps to Freedom	Freedom Park *	49th St & 102 AvN Pinellas Park Public Library	Marcos 548-4303
	7:30PM oa#41069	Renewed Hope	Relapse Prevention **	Anona United Methodist Church 13233 Indian Rocks Road, Largo	Patti 596-2087
THURSDAY	6:00AM oa#47934	Wake Up Call Step/Trad Meeting	OK to bring Breakfast food *	Bon Secours Maria Manor 10300 4th ST N, St Pete	Colleen 464-8200
	11:00AM oa#40873	Key to Freedom	Literature meeting *	First Presb Church, 455 Scotland St, corner Scotland & Highland,Dur	Pat 733-6858 Downtown Dunedin
	5:30PM oa#49784	Steps to Freedom	Focusing on Steps 1, 2, & 3	St Cecelia's Church, 820 Jasmine Way, Clw Clsm A	Mary Mc 319-4321 Stephanie 442-9855
	7:00PM oa#39121	Abstinence First	Womans Discussion *	Grace Lutheran Church,Kramer Ha 16th ST & Haines Rd, St Pete	Rhonda 526-4208
	7:30PM oa#46183	First Fellowship	1-step/ 2-speaker/ 3-lit/4-BB/5-Lifeline *	Palm Harbor Presb Church 2021 Nebraska Av, Palm Harbor	Maryl 772-7043
FRIDAY	2:00PM oa#49602	Long Term Care	Step/Workbook Study	Long Term Care 3479 54th Ave, Rm 50, St Pete	Vickie 239-0098
	6:00PM oa#47749	A Step Up	Beginners *	Mortan Plant Hospital, 1st Floor Tuttle Auditorium, Clearwater	Colleen 464-8200
	7:00PM	Pinellas Traditions Intergroup Meeting	Third Friday Only All are welcome	Mortan Plant Hospital, 1st Floor Tuttle Auditorium, Clearwater	Donna D 526-4082 Vicki 239-0098
SATURDAY	9:30AM- 11:00AM oa#36776	Great Reality	Beginners Step Mtg *	Pinellas Park Public Library 7770 52nd St N Pinellas Park	Lori 545-5004
	10:00AM oa#45420	First Fellowship	Step/Tradition Mtg *	Palm Harbor Presb Church 2021 Nebraska Av, Palm Harbor	Pat 784-3375
	10:30AM oa#27235	Saturday Serenity	Big Book *	First Lutheran Church, 1644 Nursery Rd, Clearwater	Betsey 466-9277
SUNDAY	6:30PM oa#49012	Joy of Abstinence	Leader/Discussion *	Gulfport Neighborhood Center, 161 49th St S, Gulfport	Lori 545-5004
	7:00PM oa#32923	Clearwater Oasis	Big Book (90 day) **	Mortan Plant Hospital, 1st Floor Board room, Clearwater	Claudia 781-7411

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* Open to all

** Closed - only for those that have a desire to stop eating compulsively

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.Overeatersanonymous.org or World Services telephone 505-891-4320

Pinellas Traditions Integroup meets the third Friday of each month, 7:00PM, at Morton Plant Hospital, 1st Floor of the Tuttle II Auditorium. All are welcome. For directions and/or questions, please call Donna 526-4082.

Opinions expressed here are those of the individual OA member and do not represent OA as whole.

Phone Meetings Listing # Procedure for Phone Meeting Day and Time Contact Phone Number

Pinellas Co. phone mtg: Call Iowa 1-319-256-0100, code 1047827, Friday @10AM, ; Marcos727-548-4303

55008 Call 641-793-7500, Pin Number 79822# Sun @ 8:00 p.m. EST Darlene 978-957-6492

55003 Call 641-297-8000, Pin Number 79822# Mon @ 10:00 a.m. EST Pam 813-654-1933

55005 Call 212-990-8000, Pin Number 1067# Tue @ 8:30 a.m EST Nahama 718-575-1067

55001 Call 641-793-7500, Pin Number 59002# Tue @ 8:00 p.m. EST Maddie 508-624-0502

55006 Call 212-990-8000, Pin Number 1067# Wed @ 8:30 a.m. EST Nahama 718-575-1067

55002 Call 641-793-7500, Pin Number 135103# Thur @ 8:00 p.m. EST Liz 617-889-2801

Wanted:

People willing to do service for next summer's Soaring Over Waves of Service SOAR 8
Recovery Convention and Business Assembly

July 13, 14, 15, 2007

Dolphin Beach Resort St.Pete Beach Committees:

- Registration
- Program
- Hospitality & Boutique
- Decorations
- Entertainment
- Business Assembly Pages/Runners
- Public Information
- Publicity
- Flyer Preparation
- Love Note
- Fund Raising

Contact Vickie H. program chair 727-239-0098 or Donna D. 526-4082, Claudia 781-7411, or Stephanie 442-9855