



OA pinellas newspages

traditions intergroup

january 2007

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

Step 1 – We admitted we were powerless over food – that our lives had become unmanageable.

Tradition 1 – Our common welfare should come first; personal recovery depends on OA unity.

People wish to be settled; only as far as they are unsettled is there any hope for them.
---Ralph Waldo Emerson

Unsettledness may be said to be a state of becoming. Which is what we are in Overeaters Anonymous are doing. Just as growth is a process that is never finished, so is recovery an ongoing process: I am recovering, not recovered. Being settled is never forever. I can say, "When this is over, I'll be all right." But then something else arises, and the process begins again. That is the natural pattern of growth – one step after another. If there is no pain, what is there to work through, to learn from and to grow beyond?

For Today: I rejoice that the feeling of being unsettled – having many problems to deal with, much adjusting to do – sends me to my Higher Power instead of the refrigerator.

---For Today

OA Calendar of Events

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

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

2010 - OA's 50th Birthday, World Service Convention, Los Angeles, CA – call Donna for roommates 526-4082

The following introduction was made up by the First Fellowship group to be given to newcomers as a guide to our OA program:

At OA you will discover an understanding, caring, loving, non-judgmental, non-condemning environment where you can feel unconditionally accepted, free and safe to be yourself. At OA, we offer unreserved support and encouragement to each other with mutual respect for each person's individual chosen path, values and beliefs. OA's success stems from focusing on the reasons we have our present, and unsuccessful, relationship with food in lieu of being just another "diet plan".

There are Twelve Steps in the OA program that have been proven to successfully help us gain control over food and our lives to render a better quality of life; a life filled with hope. It is suggested that the Twelve Steps be performed in order; they will work for you as you work them. The OA family will be there to assist in any way and can furnish you with time-proven resources to ensure your success.

You will find this program to be one of action, interaction and results. It is OA's experience that Tools are of great benefit in assisting us on our road to success. Many Tools are available and you may elect to use all or only part of them as you deem necessary. Within OA, the freedom of choice is always yours and personal choice is always held in high regard among our OA family. Personal recovery is also personal responsibility, but not a process where we are alone. The OA family understands that success can be attained by reaching out to each other with loving support and by the use of proven Tools.

It is our goal at OA to support you and to see you successfully take back or take control of your life, so here are a few suggestions for your perusal and consideration:

1. Fellowship and belonging is of utmost importance. Initially, we suggest attending as many meetings as you can...three meetings per week is of great value when beginning the OA program. There are many meetings in our immediate area so you may elect to try a variety of meetings to ensure all your needs are met.
2. The OA literature has been developed over many years and is an unparalleled source of encouragement, enlightenment, support and knowledge. Embracing our food issues is a "one-day-at-a-time" process and the OA literature can be a significant daily and personal Tool at your disposal. Seeing and reading affirming material repetitiously can make a significant change in your life and to your relationship with food.

3

3. One invaluable resource offered by OA is personal sponsorship; again, you do not have to be alone in this journey. At your choosing, a seasoned sponsor can become your partner...sharing in your goals and offering support and counsel at your discretion. Sponsors are accustomed to, and welcome, daily interactions.

4. Although OA is not a “diet plan”, reading the pamphlet Dignity of Choice may provide you with some mealtime alternatives that can greatly assist in stabilizing eating patterns. At your request, a seasoned OA member and/or your sponsor can assist with any questions or offer experiential counsel in helping you choose the plan that will work to your greatest advantage.

5. With many of us, our relationship with food has led to isolation and feelings of being misunderstood and alone. The telephone has proven to be a life-changing Tool in this process. It puts us into contact with “fellow strugglers” and in contact with a sponsor whom has success with the program. Although it may feel awkward at first, reaching out via the telephone can make the difference in how you feel “one-day-at-a-time”.

6. Writing down your feelings can be instrumental in identifying them (and their source) and can lead to healing. When we heal then we grow less dependent on food and more focused on living the fullest life possible. Journaling can prove most valuable and can put order and understanding to our often times chaotic lives.

7. Anonymity and privacy are always respected so what we hear at a meeting, or from another OA member, is always held in confidence. Please help us maintain the trusting and safe environment of the OA family.

8. As part of reaching out to each other, using these Tools is a form of service to your self and to others. As we grow and heal we learn to “think outside ourselves” and share with others.

9. Working the 12 Steps are the greatest Tool of all. They are your path to success in the OA program.

10. Please keep coming back, no matter what...we need you as much as you need us. We will help to make your recovery your number one priority and you will find that all else will fall into place.

Welcome,
Your OA Family

4

On Keeping Abstinence

My daily abstinence is the barometer of how my day will go. If my abstinence is strong and clean, my emotional and spiritual life is also in check. My day goes smoothly if my abstinence is in order.

--JA

"Abstinence tastes" better than any thing in this world. Eating something that is not on my food plan does not make me feel better. Overeating does not make me feel better. It is easy to convince myself that eating will make me feel better. My abstinent food plan reminds me that not only will my body feel badly as the result of inappropriate food or too much food, my emotion and my spiritual life will suffer. I will hate myself for breaking my abstinence and this is not God's will for me.

--MR

In OA, there's no list of foods and measurements or do and don'ts which defines abstinence. We are individuals with our own individual nutritional needs, and we've found that what is a healthy choice for some of us might be lethal for others.

--OA 12&12

At times, when we have felt confused about abstinence, many of us have been helped by discussing our particular problems with our sponsors. The final responsibility for what we eat and don't eat rests with us, but we have found that a sponsor can often make suggestions which help us find our way. We need a continued involvement with the twelve steps and OA for continued abstinence and recovery.

--OA 12&12

Knowing that I am subject to insanity regarding food, I am learning to talk myself through these situations. I tell myself: "Right now abstinence doesn't seem very important, but that's because of the insanity. I have temporarily forgotten I am a compulsive overeater and have lost sight of the reality of my disease." But somewhere inside me a tiny, soft-spoken voice (the sane part of me) assures me that remaining abstinent really is the most important thing I can do today. Maybe I don't feel like abstinence is very important at that moment, but it is essential that I remember that feelings cannot always be trusted. I must listen to the little voice of sanity, however weak it may be. I must trust that, in time, the insanity will pass, and I will once again remember why abstinence is so vital

--Abstinence OA Book

The miracle of OA...

Today is a day for rejoicing. For dancing and laughing and song. Today God had shown me a miracle, for I know I'm no longer alone. I walked through the doors and you touched me with your eyes, your face, your words. The fears that I held deep inside me were suddenly seeming absurd. As this fellowship grows within me, as this love makes me more aware, I'm learning I no longer need to be buried beneath all my fear. Yes!! Today is a day for rejoicing... For dancing and laughing and song. You see, God has made me a miracle. I know that I've finally come home!

--Lifeline 1998

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

Get the latest information on activities around the area from our website:

<http://www.oapinellas.org>

Next month, I will be looking for comments on "Motivation – Getting it and Maintaining it" , anyone liking to contribute to the "News-pages" please email me at russelljo1@earthlink.net by the 5th of the month.

Sponsor List:

Ann V. – 787-7652

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

Joanne (early morning only) – 669-5168

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

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
M O N D A Y	10:15AM oa#46182	Just For Today	1-step/ 2-Lifeline/ 3-lit/4-BB/5speaker *	Lutheran Church of the Resurrection 1555 Windmill Point Rd, Palm Harbor	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+days	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 N St Pete, clsm F, E entrance	Addie 327-4555
T U E S	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-Tradition	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 218 Highland Av, NW corner of Rosary Rd, Largo- Elevator Available	Karen 533-8403
W E D	6:45PM oa#10359	Madeira Beach Beach Bunch	Go to 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
T H U R S	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,Dun	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 Hall 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
F R I	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
S A T	9:30AM- 11:00AM oa#36776	Great Reality	Beginners * Step Mtg	Pinellas Park Public Library 7770 52nd St N Pinellas Park	Gayle 322-8486
	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	Betsy 466-9277
S U N	6:30PM oa#49012	Joy of Abstinence	Leader/Discussion *	Gulfport Neighborhood Center, 1617 49th St S, Gulfport	Donna S 341-1626
	7:00PM oa#32923	Clearwater Oasis	Big Book (90 day)**	Mortan Plant Hospital, 1st Floor Board room, Clearwater	Claudia 781-7411

* 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 Intergroup 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

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