



Step 7: Humbly asked Him to remove our shortcomings. Are we ready to let God remove from us all the things which we have admitted are objectionable?

Alcoholics Anonymous page 76

Overeaters Anonymous
PO Box 620
Clearwater, FL 33758

July, 2009
www.oapinellas.org

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

Friday, June 19, 2009 at 7:00 PM
Morton Plant Hospital
1st Floor – Tuttle D Auditorium
300 Pinellas Street
Clearwater, FL 33756

Our Trusted Servants Are:

<i>Karen C</i>	<i>Chair</i>	<i>727-533-8403</i>	<i>kcornacchia@tampabay.rr.com</i>
<i>Linda Mc</i>	<i>Vice Chair</i>	<i>727-804-4610</i>	<i>lindaproductions@aol.com</i>
<i>Stephanie D</i>	<i>Treasurer</i>	<i>727-442-9855</i>	<i>hpsendhelp@hotmail.com</i>
<i>Linda H</i>	<i>Secretary</i>	<i>727-394-7639</i>	<i>fdnymom@msn.com</i>
<i>Betsey</i>	<i>Corr. Sec.</i>	<i>727-466-9277</i>	
<i>Judy S</i>	<i>Newspages editor</i>	<i>727-442-9234</i>	<i>vieweton@aol.com</i>

To receive monthly copies, or contribute to the newspaper email the editor at: oaews@yahoo.com
Contributions must be received by the second Friday of the month.

Tradition 7: Every O.A. group ought to be fully self-supporting, declining outside contributions.





From the Chairman

Summer is here and our members are heading north, leaving us permanent residents to continue the work of OA. Although the atmosphere is a little slower and we ease up on our daily routine, the work of OA continues. My disease does not take a vacation; in fact it follows me wherever I go. I would like to think I can pack a suitcase and travel without being a food addict/compulsive eater. The reality is it doesn't matter where I am, I am always going to be a compulsive overeater/food addict. So, when I travel I have a plan for my food first, clothing and extras second. If my food is in order everything else falls into place.

So if you are traveling this summer, please be prepared, take your literature, check out meetings where you are going, take a phone list with you, write post cards if you can't use the phone, write, use the tools and come back to us abstinent. We will miss you while you are gone and we will be here when you get back.

Have a safe summer.

Karen C.

Chairman PTI

WSBC May 2009

WSBC has always been for me a time of personal growth and challenging service work. This past year I served as delegate co-chair of the Finance Committee. The challenge was to continue after conference with follow-up and energy throughout the year. We, as a committee, accomplished some of our goals, beginning to work on "best practices for treasurer's" at the group level, writing a skit about the 7th tradition, and looking into international transfer of funds feasibility. Conference this year the Finance Committee reviewed what we had accomplished and set new goals for the coming year. For this year I am the serving as Secretary.

This was my fourth year attending WSBC and I was able to share this experience with two roommates, one being a "green dot". There was an overwhelming emotion of having 200 people in one large conference speaking several languages all for the good of OA and I am a part of this body. I am not alone and my voice and vote matters. The joy and fun of sharing my days at conference with others and talking endlessly was a true God experience. It is truly not about the food, for we may all do something different but the universal goal of OA is abstinence and a sane and useful life. The morning OA meetings were most memorable because you see everyone at these meetings, BOT members, Region Chairs, and Delegates. We are all overeaters and come together as one.

There was fun too. Region 8 had sweatshirts (Region8 Rocks) and pompoms. We went country/western dancing on our night off and enjoyed the banquet and entertainment Saturday.

I was fortunate to be a mentor to a "green dot" and to help with two other green dots. At the end of conference there is a ceremony in which each green dot removes their dots and are officially a delegate. This has brought tears to my eyes every year but this one especially. I see the work continue through all of them, I am so proud to be in OA and to have served in this capacity. My commitment to service is deeper for the experience.

In service to OA,

Karen C.





From the PTI Chair

I have been blessed to attend the WSBC 2009 in New Mexico. PTI has sent two delegates and Region 8 has sent one of our members as a delegate. It is awesome to be in a room of 200 people whose goal is the health and well being of OA. Reports have been given on the financial health of OA, the status of the literature language translation, and a forum on reaching the non-English speaking members and their challenges with communication.

I personally have had the pleasure to serve at this level as delegate co-chair of the Finance Committee last year and will continue serving this committee as Secretary for 2009-2010. We, in this committee will work on the Best Practices for Treasurers at the Intergroup level and have recommendations to the Board of Trustees as to ways of financing the implementation of the literature language translations.

One of the most challenging reports concerns LifeLine. It has always run at a deficit but this year it has become evident that there will have to be significant cost cutting measures in order to continue publication. I urge everyone to subscribe to at least one year, if you can do 2-3 year, please do. Life Line makes a great gift to the newcomer, sponsee, or anyone who doesn't have one. PTI will pay for a year's subscription to your Doctor with his/her permission. Let's make an effort these next months for everyone to either renew their subscription or get one new subscription.

In Service to OA

Karen C.

Chairman PTI





Pinellas Traditions Inter Group

April 17, 2009 Business meeting

7:15 Serenity Prayer * Judy read Concept 5 * Sam read Tradition 4

Linda H. read Secretary's notes from Mar. 20 PTI meeting

OLD BUSINESS

- Replied no to Suncoast Inter Group for invitation to do program. We are planning to bid for July of 2011.
- Contact Barbara B of Suncoast IG to help on a committee if you like.
- Karen will send application for Christmas under the Oaks in Coachman Park, Nov. 15.
- Linda H., Karen C., and Sam gave verbal reports about the Little Rock Business Assembly and Convention.
- PIPO has a public service announcement for radio stations.

NEW BUSINESS

- Sam volunteered to be an alternate Region 8 delegate.
 - Permanent scholarship for Region 8 convention and other OA related recovery weekends? Bring information back to group get a feel if both is needed or just Region 8.
 - Guidelines for scholarships.
 - Steering committee for July 2011 Business Assembly and Convention.
 - Motion to place one ad on the Sunset Grill placemats. Motion passed.
 - Voting in May for new positions. Karen submitted application for Chair.
 - Motion made to extend the voting until June IG meeting. Motion passed.
 - Judy will pick up mail while Betsey is recovering.
 - Motion to adjourn meeting. Motion passed.
 - Meeting ended with the Serenity Prayer at 8:15
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Pinellas Traditions Intergroup

Minutes May 15, 2009

Meeting opened at 7:10 p.m. with the Serenity Prayer, Linda Mc chairing.

Linda H. read Concept 5, Linda Mc. Read 5th Tradition

Secretary read the minutes from April 17 Business meeting. Minutes accepted as read.

Treasurer read the report. Monies collected for the Mini Marathon was used to bring in the speakers from the outside, not the PTI scholarship fund. Treasures report accepted as amended.





OLD BUSINESS

- Please keep in mind all articles or minutes need to be in by the Friday before the intergroup meeting. Send to both addresses at oa-news@yahoo.com and vieweton@aol.com.
- Permanent Scholarship program consensus of groups was tabled due to much discussion of other issues concerning the money. The whole idea to bring this back to our group was misunderstood.
- Fact finding Hotel committee for the Region 8 July 2011, will consist of Karen, Stephanie, Judy and Linda H. Anyone is welcome to join.

NEW BUSINESS

- Discussion for change of election to align with Region 8 bylaws. It was voted all positions will be held by current members until Nov.
- Linda Mc. will work on the changes of the PTI bylaws and have it ready by Sept. in order for us bring back to our groups to discuss. Voting will take place in Nov.
- Linda Mc will find out about the cost of having the Region 8 sweatshirts done professionally.
- Stephanie brought in a place mat that Linda Mc. will also find out about the cost for a fund raiser.
- It was voted that Samantha A. will serve as our alternate delegate.
- Volunteers were requested for translation of OA material. Anne W suggested using a translation service used by her employer. Anyone interest contact Karen.
- LA is having the 50th Birthday party for OA. It is suggested that on your anniversary you can donate to WSO the dollar amount, of the length of time you are in the program.
- Start a campaign \$50 for the 50th!!!
- Seventh tradition collected.
- Meeting adjourned at 8:15 after the Serenity Prayer.

Little Rock SOAR 8 Summary

I was very fortunate, rather blessed, to have won the scholarship to the Little Rock SOAR 8 convention. I had a wonderful time! It had been many years since I went to an OA convention. I was able to help out in the boutique and I joined the PIPO (public information/professional outreach) committee. It was a wonderful experience and it really helped to take my OA recovery to higher level. I am so excited to do more service at the intergroup and SOAR 8 level. I have never felt this excited about service before and I believe my OA recovery has never been stronger as a direct result. I have already registered for the next SOAR 8 convention in Atlanta! I encourage other OA members to apply for the scholarship and be a part of a wonderful aspect of OA. Service has changed my life! Thank you PTI for the gift!!

Sam in St. Pete.





Vacationing OA member

Good morning Judy,

I arrived in South Carolina on Thursday just fine. The only time it rained was when my Mom and I stopped for lunch. It took almost 11 hours. Day before yesterday was my first time to eat at a buffet while on my food plan. I also have to work around having a lap band that doesn't let me eat at times and doesn't let me eat certain things at certain times. Yesterday morning I had fresh peaches and had trouble getting them down but this morning I had no problem with the same peaches. It is almost as if the lap band is sometimes relaxed and other times it doesn't want to open up to let me eat. It was a big mistake to have had it done but I was desperate. So today we are going to a Chinese buffet and I am taking my lunch with me. I got some strange looks when I took my scale with me to the first buffet. It was interesting to see how close I came to guessing how much food I should eat versus how much I put on my plate. I did pretty well with the measurement of my protein but not the vegetables. So it does not pay to guess, it pays to weigh.

So thank you for helping me have another day of abstinence. If you have unlimited long distance calling my number here is 843-545-5536. Have a great God controlled day.

Sincerely,
Lynn Clark

PS-This is a play on a joke I saw on line:
When I showed my doctor how fat I looked in my photograph and told him I couldn't afford his weight loss services, he offered to touch up my photo. I think OA is a better answer.

Being a graphic designer I have tried the trick of putting my head on someone else's shapely body. It never did me much good.

PINELLAS TRADITIONS INTERGROUP
Treasurer's Report Through April 30, 2009

*Beginning Balance		\$ 3,710.75
Receipts		
Meeting Donations	\$	708.61
WSO Public Awareness Campaign	\$	43.88
Mini Summit Fund	\$	336.55
Disbursements		
WSO	\$	212.58
WSO Public Awareness Campaign	\$	43.88
Region 8	\$	70.86
Freedom Intergroup (telephone)	\$	16.00
Placemats	\$	100.00
Newspages	\$	66.98
Christmas Under the Oaks	\$	50.00
Total	\$	560.30
Beginning Balance	\$	3,710.75
Receipts	\$	1,089.04
Disbursements	\$	(560.30)
Ending Balance	\$	4,239.49

sjd 4/09 amended





Meeting Donations April 2009						
#	Day	Name	Amount	PTI	WSO	Region 8
46182	Monday	Just for Today	\$ 42.00	\$ 25.20	\$ 12.60	\$ 4.20
48303	Monday	Voices of Recovery	\$ 70.00	\$ 42.00	\$ 21.00	\$ 7.00
47788	Monday	Focus on Abstinence	\$ 227.18	\$ 136.31	\$ 68.15	\$ 22.72
41039	Wednesday	Renewed Hope	\$ 70.00	\$ 42.00	\$ 21.00	\$ 7.00
10359	Wednesday	Maderia Beach Bunch	\$ 35.00	\$ 21.00	\$ 10.50	\$ 3.50
46183	Thursday	First Fellowship	\$ 100.00	\$ 60.00	\$ 30.00	\$ 10.00
45420	Saturday	First Fellowship	\$ 100.00	\$ 60.00	\$ 30.00	\$ 10.00
49012	Sunday	Joy of Abstinence	\$ 64.43	\$ 38.66	\$ 19.33	\$ 6.44
		Total	\$ 708.61	\$ 425.17	\$ 212.58	\$ 70.86

Apr-09 WSO Public Awareness Campaign (PAC)			
Meeting #	Day	Name	Amount
49012	Sunday	Joy of Abstinence	\$ 43.88
		Total	\$ 43.88

“Not what thou art, nor what thou hast been, in the eyes of merciful God, but what thou will be”

In This House of Brede





**PINELLAS TRADITIONS INTERGROUP
Treasurer's Report as of May 30, 2009**

*Beginning Balance		\$4,239.49
Receipts		
	Meeting Donations	\$ 193.15
	WSO Public Awareness Campaign	\$ 7.00
	PTI Scholarship	\$ 16.75
	Freedom IG-computer assistance	\$ 60.00
Total		\$ 276.90
Disbursements		
	WSO	\$ 57.95
	WSO Public Awareness Campaign	\$ 7.00
	Region 8	\$ 19.32
	Freedom Intergroup (telephone)	\$ 16.00
	Newspages	\$ 30.77
Total		\$ 131.04
Beginning Balance	\$4,239.49	
	Receipts	\$ 276.90
	Disbursements	\$ (131.04)
Ending Balance		\$ 4,385.35

Meeting Donations May 2009						
#	Day	Name	Amount	PTI	WSO	Region 8
49784	Thursday	Steps to Freedom	\$ 100.00	\$ 60.00	\$ 30.00	\$ 10.00
47934	Thursday	Wake Up Call	\$ 20.00	\$ 12.00	\$ 6.00	\$ 2.00
9412	Friday	PTI April	\$ 10.00	\$ 6.00	\$ 3.00	\$ 1.00
9412	Friday	PTI May	\$ 10.15	\$ 6.09	\$ 3.05	\$ 1.02
49602	Friday	Nitty Gritty	\$ 28.00	\$ 16.80	\$ 8.40	\$ 2.80
49012	Sunday	Joy of Abstinence	\$ 25.00	\$ 15.00	\$ 7.50	\$ 2.50
		Total	\$ 193.15	\$ 115.89	\$ 57.95	\$ 19.32





May-09 WSO Public Awareness Campaign (PAC)			
Meeting #	Day	Name	Amount
49602	Friday	Nitty Gritty	\$ 7.00
		Total	\$ 7.00

May-09 PTI Scholarship			
Meeting #	Day	Name	Amount
49602	Friday	Nitty Gritty	\$ 16.75
		Total	\$ 16.75

PTI Scholarship Total \$ 36.60

Mini Summit Total \$336.55





Upcoming Events:

Central Florida Intergroup

Presents

Our Annual Fall Retreat

October 16-18, 2009

Lake Yale Conference Center

39034 County Road 452

Leesburg, FL 34788

Watch for registration brochures at your meeting.



Save the Date

March 19-21, 2010

Greater Memphis Area Intergroup

Invites you to

“Walking in Memphis:

12 Stepping Away the Blues”

For More Information visit

www.oaregionS.org or camemphis.org or call Nina 901-275-8272



SOAR 8 Recovery Convention and

Business Assembly

November 6 – 8, 2009

The Clarion Hotel and Conference Center 2701 E. Fowler Avenue, Tampa, FL 33612

FOR MORE INFORMATION, contact convention chair Grace T. at 813-412-5213 or graceterry727@aol.com

