

Needed – New Newspapers Editor – This is last issue for current editor.

Step 7 – Humbly asked him to remove our shortcomings.

Tradition 7 – Every OA group ought to be fully self-supporting, declining outside contributions.

I didn't think I could muster up the attitude of humility necessary to work Step Seven and to proceed. Then I realized that I practiced humility by admitting powerlessness in Step One, by admitting insanity (Step Two), by letting God take control (Step Three), by admitting defects (Step Four), and then sharing the defects (Step Five). So I have been practicing humility. I just hadn't tripped over the word "humbly" before. Since I have been granted humility all along, this evidence confirms that I will be granted enough to continue the path of the Twelve Steps.

Voices of Recovery

"Humility, as we encounter it in our OA Fellowship, places us neither above nor below other people on some imagined ladder of worth. It places us exactly where we belong, on an equal footing with our fellow beings..."
12 & 12 OA

Before I came to OA, my self-esteem swung wildly – from exceedingly low to arrogantly high. Usually I thought of myself as ugly, deeply flawed, and unlovable. Sometimes I tried to put myself above people I knew; I worked hard to convince myself and others that I was smarter or nicer, kinder or more competent. OA has helped me understand that humility means recognizing the equality of all persons. We are unique individuals with unique strengths and weaknesses. We each have gifts to offer. We are all valuable human beings, worthy of respect. In my journey of recovery, I am called to be the best person I can be and to respect others for who they are. As work toward those goals, I become truly equal and in harmony with life.

Slogans – "If it is to be, it must begin with me." I love this slogan because it reminds me of the responsibility that I have to look to myself first, instead of pointing that finger at others as I so often did in my "eating" days. I am so grateful that OA was available when I was finally ready to come into the rooms. I want this organization strong and available when others are ready so I know "it must begin with me". PC Live and let live for me means to allow other to work their own program without me putting my 2 cents in it. D "Think" Prior to coming into program, I rarely thought before reacting to situations. Today I am trying to step back and "think" about what is in the best interest of myself as well as others before I put my "two cents" into the fray. I also never thought before raising my hand to volunteer for something. Today I step back and ask "Is this right for me?" Then I may not find myself in a place where I will have to walk away from without fulfilling my commitment. AW "Just for Today" I can do "just for today", sometimes for this hour. I don't try to do more than this. Focusing on today keeps me on the right track. MM Recently my favorite slogan has been "How important is it?" When the food calls to me – I know that it's not worth it. When I feel irritated during the day, I remind myself that tiny resentments and anger aren't worth it. Some things just aren't worth sabotaging what is the most important: my abstinence and my recovery.
KM

Live and let live – First things first – Easy does it - FROG Fully relying on God-The steps keep us from suicide; the traditions keep us from homicide.-The elevator is broken - take the steps!-Insanity: doing the same thing over and over and expecting different results.-Pain is necessary, suffering is optional! - If nothing changes, nothing changes. – Feelings aren't facts! -Fellowship is the meeting after the meeting. -Let us love you until you learn to love yourself.- You're as sick as your secrets.-Humility is not thinking less of yourself, it's thinking of yourself less. - Don't compare you insides to other people's outsides. -HALT: Don't get too Hungry, Angry, Lonely, Tired. - NUTS Not Using The Steps - Carry the message, not the mess.

Don't tease your disease.-Relapse begins long before you pick up the drink/drug.-Expectations are reconceived resentments.-Serenity isn't freedom from the storm; it is peace within the storm.-

Surrendering means you don't have to fight any more. -Coincidence is God's work - when He chooses to remain anonymous.- One day at a time. -Yesterday is history, tomorrow is a mystery, today is a gift--that's why it's called the present.-Who you see here; what you hear here; when you leave here; let it stay here.- Takers are losers, Givers are winners.- No God - No Peace; Know God - Know Peace.- GOD ~ Good Orderly Direction.- Rule 62...don't take yourself so God damned seriously.- FEAR: False Evidence Appearing Real.- ASAP: Always Say A Prayer-Acceptance: Life is 10% what you make it and 90% how you take it.- Act As If.- Keep an attitude of gratitude. -BE: a human being not a human doing.- Courage is fear that has said its prayers. -E.G.O.: Easing God Out.- F.A.I.T.H.: Fabulous Adventure In Trusting Him.- This isn't happening to you, it's happening for you.- Happiness is an inside job.- Keep it simple-Meeting makers make it.- To thine own self be true! -Show up to grow up. - SLIP: Something Lousy I Planned-Half measures avail us nothing- P R O G R A M, People Relying On God Relaying A Message – PUSH, pray until something happens

Intergroup elections postponed

Minutes

Treasury Report

OA Calendar of Events

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

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.

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

<http://www.oapinellas.org/index>

Use your computer skills to help others in OA.

Become a . . .

“Designated Downloader” (DD)

and pass on information from the WSO and other OA websites



**You can do this valuable
DD service for your local
group, intergroup,
national service board,
language service board
or region!**

One good source of downloads for DD is:

http://www.oa.org/downloadable_files.html

Many members of the OA Fellowship do not have access to computers. As a “Designated Downloader” or “DD” you can provide:

The Courier

A Step Ahead (ASA)

Intergroup & Region Newsletters

Service Application Forms

Registration Forms

OA Literature Catalog/Order Form

. . . and more! Give it a try!

JULY 2007 OA Pinellas Meeting List

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	5:30 PM OA#46184	Tuesday Lifeline	Lifeline Meeting *	Center for Conscious Living Banquet Masters Bldg, Ste. 500 6152 126th Ave. N., Clearwater	Donna 526-4082
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 bowl!) *	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 464-8200
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	OA#49602	MEETING MOVING			
Fri	6:00 PM OA#47749	A Step Up	Beginners *	Morton Plant Hospital, 1st Floor Tuttle D Auditorium, Clearwater	Colleen C. 384-8200
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 Vicki 239-0098
Sat	9:30 - 11 AM OA#36776	Great Reality	Beginners Step Mtg. *	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	Donna D. 526-4082
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	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 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, Tuttle D Auditorium

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