

NEWSPAGES

Pinellas Traditions Intergroup (PTI)
P O Box 56765
St. Pete, FL 33732

June 2006

Step 6 – Were entirely ready to have God remove all these defects of character.

Tradition 6 – An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Concept Six of OA Service – Responsibility – The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

What we are entirely ready for, actually, is to have the difficulties our defects cause us removed while hanging on to the defects themselves.

I took a moral inventory in Step Four, told it to someone in Step Five and was ready to proceed. Why did Step Six seem difficult? I had identified the character defects that caused me trouble, and they didn't appear to be things that anyone would want to keep. Resentments, angers, and fears ran my life. Writing them down had shown me how useless they were. I couldn't understand why I would still rant and rave or be fearful or jealous. I thought I wanted the defects removed. Maybe I wasn't trying hard enough. This sentence gave me the answer. I wanted to yell at my son, but didn't want him to yell back or act angry. I wanted to make sarcastic comments, but didn't want to hurt anyone's feelings. I wasn't willing to have my defects removed; I was just willing not to suffer the consequences. This sentence showed me that I had much work to do.

Voices of Recovery

Step Six - Some thoughts to ponder

Read Step Six.

Read the first paragraph on page 76 of the Big Book. This step is an ideal which we can aim at but never fully reach, or else we would be saints. Willingness is the key to Step Six. We have admitted to compulsive overeating and it has been replaced with abstinence by a Power greater than ourselves. If there is another defect – such as self-pity – which we realize we are not willing to let go of totally this instant, can we at least have the desire to attain the willingness? Are you willing to have these handicaps removed or are you at least willing to become willing. Look for the underlying feeling and ask to have it removed. The goal is to come to a deeper understanding of ourselves and to be all we can be.

[How I Came to Believe](#)

My spiritual awakening came in relapse when I had hit bottom—physically, emotionally and spiritually. As I rested from a knee injury, isolated and alone, I began to read AA's *Came to Believe*. I wanted to believe that recovery was possible for me. An article about one man's experience caught my eye. He said to pray for recovery whether or not you believed in prayer, even if the words felt empty. So I began to pray, and within days, I was reading *A New Beginning: Stories of Recovery From Relapse*. I had a great desire to become abstinent and recover from compulsive overeating. One day while reading, I realized that I stayed in the disease because I didn't trust God to take care of my son, my loved ones or me. I didn't believe he would provide for us and keep us safe. I found an article that said I could put my son into his Higher Power's care; all I had to do was ask. Before I knew it, peace and calm came over me, worries and anxieties left me, and the desire to binge was gone. Feeling some degree of serenity and power, I continued to read. I found my answer: a woman's experience of becoming abstinent while going through the "Twelve-Step Workbook." I called the World Service Office to order the book. I read on the order form that it would take six weeks, and I received it in three days. A friend also in relapse asked me if we could go through the workbook together. Excited, I said yes. When we finished Step Three, I became abstinent. She wanted to stop when it came to Step Four. I panicked, and soon I was back into the food. I have

heard that recovery is progressive, and I found that my Higher Power had not left me. An OA friend invited me to the Region Six Convention. Gratefully, I went. While there, I met many people and spent time with our intergroup's newly elected chairperson. He invited me to the following week's intergroup meeting. From going to that meeting, I found a new sponsor and became abstinent in three days. Even though I am early into my abstinence, I am grateful. I did come to believe, and I understand better now that it is a "we" program, and God will be there.— G.H., Bronx, New York USA

Thank you Mary S. for the printing and distributing of our Newspages

OA Calendar of Events

July 21, 22, 23, 2006 – Tune In To Recovery – Nashville, TN – Gayle 615-419-7162; email GCrabtree@hardaway.net

November 3,4,5- 2006 – SOAR 8 Region Assembly & Recovery Convention, Orlando, FL – Cheryl S 407-221-5928 or Barb J 407 312-5428

November 5, 6, 7, 8 & 9, 2006 – A Voyage of Recovery, 4 Night Cruise on Carnival Cruise, "Fantasy" - Judy P. 407-339-7164 or Twila 706-650-7333

August 30th – September 2, 2007 – OA – WSO – World Convention

2010 - OA's 50th Birthday, World Service Convention, Los Angeles, CA

Step Six Prayer

Dear God,

I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health.

Help Wanted

F/M, Thurs 11AM-Noon

Meeting needs support

First Presb Church

Dun 797-7728

Help Wanted

M/F, Tuesday 7:30PM

Step meeting

Meeting needs support

Karen..384-3303

Help Wanted

F/M, Friday 6-7PM

Meeting needs support

Morton Plant Hospital

Clw 530-9576

Help Wanted

F/M, Monday 7:15PM

Meeting needs support

St. Marks Church

Dun 773-9863

This meeting will be closing if attendance doesn't pick up. So please consider attending.

Sponsor List:

Ann V. – 787-7652;

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

Maryl email-mmraon1@tampabay.rr.com

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

Addie S. – 327-4555/email-ernietoss@ij.net

Joanne (early morning only) – 669-5168

"After a While"

After a while, you learn the subtle difference between holding a hand and chaining a soul,

and you learn that love doesn't mean leaning and company doesn't mean security

And you begin to learn that kisses aren't contracts and presents aren't promises

and you begin to accept your defeats with your head up and your eyes open with the grace of a woman, not

the grief of a child and you learn to build all your roads on today because tomorrow's ground is too uncertain for

plans and futures have a way of falling down in mid-flight. After a while, you learn that even sunshine burns if you

get too much so you plant your own garden and decorate your own soul, instead of waiting for someone

to bring you flowers and you learn that you really can endure....

That you really do have worth and you learn and learn.....with every good-bye you learn.

written by Veronica A. Shoffstall

Intergroup is looking to have more Special Events activities for Pinellas County. Suggested ideas are, Relapse Workshop, Tool/ Clothing Exchange, Inner Child Birthday Party, Poetry Jam/Slam Gong Show and the Maderia Beach Bunch is wanting to start an Underwater Meeting on the Beach.....
We also need groups to participate in some little 3 – 5 minute skits.....Interested people please contact Stephanie at 442-9855.....

And remember, "Service is Slimming" and participating is "Fun"

Many Symptoms, One Solution (OA Pamphlet)

The membership Of Overeaters Anonymous is varied, both in its makeup and in the eating behaviors and experiences which brought each individual to OA. If you are new to Overeaters Anonymous or have yet to hear a "story" that matches your own, keep going to meetings. We OA members may not all be alike, but none of us is totally unique.

Remember, the only requirement for OA membership is the a desire to stop eating compulsively. In OA you'll find members who are:

- Extremely overweight, even morbidly obese
- Only moderately overweight
- Average weight
- Underweight
- Still maintaining periodic control over their eating behavior
- Totally unable to control their compulsive eating

There are many different patterns of food behaviors experienced by OA members. These "symptoms" are as varied as our membership. Among them are:

- Obsession with body weight, size and shape
- Eating binges
- Grazing
- Preoccupation with reducing diets
- Starving
- Excessive exercise
- Inducing vomiting after eating
- Inappropriate and /or lack excessive use of diuretics and laxatives
- Chewing and spitting out food
- Use of diet pills, shots and other medical intervention, including surgery, to control weight
- Inability to stop eating certain foods after taking the first bite
- Fanatics about food
- Vulnerability to quick-weight-loss schemes
- Constant preoccupation with food
- Using food as a reward or for comfort

Our symptoms may vary, but we share a common bond: We are powerless over food and our lives are unmanageable. This common problem has led those in OA to seek and find a common solution in the twelve steps and twelve traditions of Overeaters Anonymous. We find that no matter what our symptoms, we all suffer from the same disease – one that can be arrested by living this program one day at a time.

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

These Amazing Affirmations, dictated directly from Spirit, are life-changing. Simply repeat all 12 affirmations, 12 times each day for 12 weeks, the spaced repetition of these Spiritual Truths About You will lay the foundation for a new way of thinking that will enhance your life forever. Congratulations-you are taking a major step toward your own Spiritual Awakening! The affirmations are:

I Am God's Own, Perfect Creation
There is No Other Person on This Planet Exactly Like Me
I Am Intimately Connected to All of the Power of the Universe
God Loves Me All the Time
I Am Who I Am and I Allow Others to Be Who They Are
I Am a Limitless Being
I Ask for What I Want and I Recieve It
I Am a Healthy Wealthy Child of God
Love, Peace and Joy Abound in My Life
I Am Filled With a Sense of Well-Being
I Am Joyful and I Am Grateful
Things always work out for me

reprinted from a card from church (www.unitynow.com)

New meeting in Pasco County on Monday Nights.....7PM at 7 Springs Presbyterian Church
4651 Little Road, New Port Richey.....Contact Barbara at 727-937-1964