

**Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.** The first requirement is that we be convinced that any life run on self-will can hardly be a success.

*Big Book of Alcoholics Anonymous*, page 60

<p><b>Overeaters Anonymous</b>  <b>PO Box 6202</b>  <b>Clearwater, FL 33758</b></p>	<p><b>March, 2010</b>  <a href="http://www.oapinellas.org">www.oapinellas.org</a></p>
<p><b>Pinellas Traditions Intergroup meets every third Friday of the month. EVERYONE is welcome to attend. The next meeting will be:</b></p>	
<p><b>Friday, March 19 at 7:00 PM</b>  <b>Morton Plant Hospital</b>  <b>1<sup>st</sup> Floor – Tuttle D Auditorium</b>  <b>300 Pinellas Street</b>  <b>Clearwater, FL 33756</b></p>	
<p><b>Our Trusted Servants Are:</b></p>	
<p><b>Karen C</b></p>	<p><b>Chair 727-533-8403</b> <a href="mailto:kcornacchia@tampabay.rr.com">kcornacchia@tampabay.rr.com</a></p>
<p><b>Claudia</b></p>	<p><b>Vice Chair 727-781-7411</b> <a href="mailto:bytelady@tampabay.rr.com">bytelady@tampabay.rr.com</a></p>
<p><b>Linda H</b></p>	<p><b>Treasurer 727-647-8280</b> <a href="mailto:fdnymom@msn.com">fdnymom@msn.com</a></p>
<p><b>Sam</b></p>	<p><b>Secretary 727-458-3668</b> <a href="mailto:samrnmsw@hotmail.com">samrnmsw@hotmail.com</a></p>
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<p>To receive monthly copies, or contribute to the newspapers email the editor at: <a href="mailto:oanews@yahoo.com">oanews@yahoo.com</a>          Contributions must be received by the second Friday of the month.</p>	

**Tradition 3: The only requirement for O.A. membership is a desire to stop eating compulsively.**





From the Chairman

Tradition 3

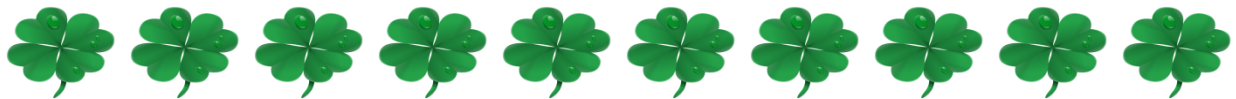
“The only requirement for OA membership is a desire to stop eating compulsively.”

When I came into OA I didn't think that I was a compulsive eater – that I was as bad as everyone in the room and that it would work. My desire was to prove that it wouldn't. I was also a people-pleaser and afraid of my sponsor so I did what she suggested and I started to lose weight. The miracle of program is that I am able to keep it off. Most important for me, I had to stop eating compulsively and know what my trigger foods were. From that point the tools were necessary, not just 1 or 2 or 5 or 8 but all 8 for my recovery; then the steps. The real work was there. The food was down, the tools were being worked and the steps were the insurance. I had to change or I would go back.

For all the newcomers and those returning, we welcome you home. We need you so that the message will remain alive. Coming back or coming to the first meeting is hard but know that if you desire the freedom from compulsive eating, we are here waiting for you – to help, encourage, and show that if it worked for us, it will work for you.

Karen C.

Chairman PTI



**January 15, 2010 PTI Minutes**

Meeting started at 7:05 pm with the Serenity prayer

Sign in sheet started

Connie to read the OA concepts

Judy read the tradition of the month

Karen opened meeting with reviewing the minutes from last month - no corrections reported

Linda H. discussed the treasures report for any amendments - beginning balance is not correct - corrected treasures report passed - post with next month's newspapers with corrections

Linda H. discussed our P.O. box address to correct in the newspapers (6202)

Newspapers passed out for corrections; tools workshop Saturday and workshop

Saturday Feb. 20; Florida State Convention last weekend in Feb.

Officers to be updated in next month's newspapers

Donna requested her new number be changed on the newspapers in 2 places

Old business - Karen asked if anyone was able to read the P&P that Linda Mc passed out - please review for next month for approval

New business - Karen needs opinions and voting on motions proposed in the World Service Conference in May - suggestions of changing terms of compulsive eating - the word overeater being an equal exchanged word for eater

Karen continued to review proposed motions for WSO - change wording such as 'above group level' to 'beyond group level'

Karen discussed the motion to add a ninth tool in OA - a plan of moving - intent to recognize physical moving - Karen suggested taking this information to your groups Stephanie discussed the groups discussing if these motions are something we want to bring up for discussion at WSO - we don't vote yes or no but if we wish to bring it forward for discussion

Group discussion regarding above topic including unity with diversity and youth groups in OA

Karen volunteered to download motions and secretary will email to all at PTI

Karen asked how we can make the business conventions more attractive for more people to attend - please discuss with groups and come back to PTI with ideas

Meeting open for any new business - Linda H. discussed Florida State Convention - application is available online at [oapinellas.org](http://oapinellas.org) - Linda selling raffle tickets to sell at local meetings - need the money by next intergroup meeting - \$300 drawing

Judy asked for someone to proof read the newspaper pages to help her with corrections - Karen volunteered - just send her a hard copy and she will review

Linda discussed donating a basket for the FSC - Linda asked to donate money so she can get a basket together and wrap it - or donate things that can be re-gifted

See Linda H. for tickets

Donna discussed the new youth meeting at Windmore on Tuesday evenings - flyer passed around for suggestions - there is a \$50 budget to start a new meeting - fill out a voucher and give to the treasurer

Discussed the process to send to the high school board for approval to pass out the flyers

Kim suggested an email address for the youth population - suggestions made to start a new email address for easy contact with youth

Suggestion made to place new youth meeting flyer in [oapinellas.org](http://oapinellas.org) and to add [oapinellas.org](http://oapinellas.org) to the flyer

Thursday St. Pete women's meeting closed - Donna returned the money to PTI and there is literature to donate

Kim introduced herself and discussed starting a new St. Pete Beach meeting in the morning on Tuesdays or Thursdays around 0900 or so - Pass-a-Grill Church was asked if we could have the meeting there - Karen suggested looking online for meeting formats to start a new meeting at [OA.org](http://OA.org) - new meeting \$50 start up is available for new meetings

Judy requested Sam and Claudia's email address for the newspaper pages

Karen and Judy passed out the newspaper pages by meetings

Meeting adjourned at 8:10 with the serenity prayer



**OVEREATERS ANONYMOUS  
PROUDLY PRESENTS  
THE FLORIDA STATE CONVENTION 20TH ANNIVERSARY  
TOGETHER WE CAN SURRENDER TO WIN IN 2010**

February 26-28, 2010  
Cocoa Beach Hilton Oceanfront  
1550 N. Atlantic Ave  
Cocoa Beach, FL 32931  
1- 800 445-8667 (reservations only)  
321- 799 0003 (direct number)



**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.caregions8.org](http://www.caregions8.org) or [camemphis.org](http://camemphis.org) or call Nina 901-275-8272**



Hi OAer's,

I'm ramping up this year's campaign to subscribe to Lifeline. If we get 6 subscriptions, we get free literature from OA 😊 Last year we got 2 books. This year I'm hoping for three! If you don't already subscribe, or if your subscription is running out please order one now. It's a great meeting in your pocket, keeps you from isolating and who know sometimes you might connect with one of the stories.

You can subscribe 2 ways....You can subscribe to an online copy (\$13) or get a hard copy mailed right to your door (\$23) Just go to [oa.org](http://oa.org) and click on the dropdown for Lifeline. Ask your doctor or therapist if they would like a copy for their office. PTI will gladly pay for a subscription. Send the names to me and WA LA they will have a subscription.

Let's make this a better year than last!!!

Love, in Service

Linda