

Step 10 - Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition 10 - Overeaters Anonymous has no opinion on outside issues: hence the OA name ought never be drawn into public controversy.

10th Step Prayer—Big Book, page 84

I pray, God, that You remove my selfishness, dishonesty, resentment and fear.

PINELLAS TRADITIONS INTERGROUP COMMITTEE MEMBERS			
Chair:	Donna D.	526-4082	hooha@mac.com
Vice Chair:	OPEN		
Treasurer:	Karen C.	533-8403	kcornacchia@tampabay.rr.com
Secretary:	OPEN		



ABSTINENCE PRAYER

My Dear Lord God,

I have made a decision to use abstinence as a tool for recovery – the most important tool in my tool box. For me, that means my abstinence is a self imposed decision not to eat compulsively and not to eat anything I honestly, in my heart, know to be personal binge foods and not on my current food plan. I make a decision to do the aforementioned this day until I am spiritually ready and willing to let the compulsion go. I do this with the hope of gaining stability in my life until I am able to accept God's gift of abstinence as a way of life. Abstinence as a tool and abstinence as a gift from God work together and, for me, is a logical path to follow through the twelve steps, however long it takes. It's OK for me to use abstinence as a tool, yes, it is necessary until I'm spiritually healthy enough to let God take the food compulsion away-----then and only then will I have abstinence as a way of life.

In your service,
Anonymous
Pinellas County

A Step Poem

I took Step One, began to moan
I can't do this one on my own.
I took Step Two, began to pray
Restore me God, please now, today.
I took Step Three, gave up my will
Maybe God could love me still.
I took a Fourth, I looked inside
Nothing more would I hide.
And on the Fifth, I said aloud
I've done some wrong, and I'm not proud.
I took Step Six, and got prepared
To lose the defects, I was scared.
Now I'm at Seven, take them away
My God, for this I truly pray.
And on Eight, the list was long
Amends to make for all the wrongs.
I took Step Nine, put down my pride
Amends made, I will not hide.
Step Ten I take, each day I pray
I make amends along the way.
And on Eleven I pray to know
Each day His Will, which way to go.
I take Step Twelve, I'm like a bird
To others now, I spread the word.

Anonymous



CALENDAR OF EVENTS

Go to www.oapinellas.org/events to print flyers!



MARK YOUR CALENDARS!

- Oct. 5-7, 2007** - **Central Florida Intergroup** -"Fall Into Recovery-Just for Today" Retreat
Lake Yale Baptist Conference Center, Leesburg, FL
Registration Info: www.oaci.org
- Oct. 13, 2007** - **Suncoast Intergroup**
Speakers Marathon - 9AM to 2PM - Temple Terrace, FL (Tampa)
Bring lunch...Call Janet (813) 886-6286
Email: jowen004@yahoo.com (Use OA in subject line)
- Oct.19-21, 2007** - **Convention-Miami-Dade Intergroup** "Recovery is a Journey--Not a Destination"
Deauville Radisson Hotel, Miami Beach, FL
Contact Sonia at chairperson@oamiami.org
- Nov. 2-3, 2007** - **SOAR8 Region Convention & Business Assembly, S.C.**
- Feb. 22-24, 2008** - **18th Annual Florida State Convention** – “Sing and Celebrate”
Hilton Cocoa Beach Oceanfront, Cocoa Beach, FL
Susan (321) 752-0908 or suru1950@aol.com
Judy (407) 339-7164 or b4oai8@aol.com
- 2010 ~ OA's 50th Birthday** - **World Service Convention**
Los Angeles, CA – Call Donna D. for roommates (727) 526-4082



Yesterday is history ... tomorrow is a mystery ...
Today is a gift-that's why they call it the Present.



Serenity isn't freedom
from the storm;
it is peace within
the storm.

OA Web Sites

www.oapinellas.org
www.oaregion8.org
www.oa.org

Editor: Mary Jane W. / 459-8468
kismaryjane@gmail.com

PUSH =
Pray Until
Something
Happens



OA'S PUBLIC AWARENESS CAMPAIGN

Overeaters Anonymous is about to embark on a *Public Awareness Campaign*, which was voted in by our delegates during the 2007 World Service Business Conference. A letter from the Chairman can be read in "*A Step Ahead*" on the OA website. Here is the link to the letter.

http://www.oa.org/stepahead_3rdqtr07/index.html#pass

At our Trustees-Region Chair meeting in August, prior to the World Service Convention in Philadelphia, we talked about the impact this campaign will have on OA. First of all, OA needs our money. The old suggestion of \$2 per meeting is really not enough. I don't know about you, but I never thought about money when hitting my third fast food joint in a day. And I always paid way more than a buck or two at the weight loss clubs. I believe in OA and am dipping into my pockets a little deeper for this campaign. If you are inclined to do this too, make sure you earmark that donation to World Service as specifically for the Public Awareness Campaign.

The second concern we have about this campaign is what will people find when they come to OA? We believe that they will find STRONG MEETINGS! What does a newcomer find when they come to our meetings? Do they find people experiencing recovery on a physical, spiritual and emotional level? They might investigate OA on the internet too. When they find the many loops, online and telephone meetings, will they want to stay because what we have to offer seems better than what they have right now?

The Public Awareness Campaign is in the works, so let's make sure we are ready for the people who may join us soon!

If you have any questions about the Public Awareness Campaign, please contact me.

Gerri, OA Regional Chair
Gerribearr@aol.com



9-08-07 Minutes

Pinellas OA outreach team, Meets 1st Sat of each month, All OA's welcome

Media outreach – TV/Radio

The tapes for media are good – need to be updated

Action:

Contact OA about updated tapes

Make calls to local Radio and Television stations

-See what they need

Make a request to OA Traditions for monies to order or make copies of tapes

Contact Harriette, Reg8 PIPO chair, about making copies of tapes

Find out if there are current copies of the media owned by the local inner group

Create a form for people who are calling radio and TV stations

Newcomer Outreach

Suggestions -

Ask members from each meeting to be on a list to call newcomers

Refer to new OA packet "SPONSOR KIT"

Questions to ask-

Have you gotten a sponsor or temporary sponsor?

Do you have a meeting list?

Is there any way I can support you with your recovery?

PTI Sponsored Retreat

Team working on location and time of year

Looking at spring time

Action:

Contract local retreat centers check their calendars

Call Barbara J. find out what activities are happening in the region

Ways to help Members

Help members who do not drive or need a ride to meetings

Keep meeting phone list

Call to members who missed two meetings at the meeting you regularly attend

-Ask member at the one the meeting what they would like to hear if in relapse?

-Make a form for a meeting and collect answers

PTI Pinellas Traditions Intergroup – Minutes of August 17, 2007

Members Present: Donna, Chairperson, Vickie, Mary Jane, OA Web Site and Newsletter, Stephanie, Becky, Pat Mc. Claudia, Patti H, Martha, Linda Mc, Bob, Maryl, Joan, Margaret

The meeting was called to order at 7:15 PM and an agenda distributed.

Minutes from July 20, 2007 were read. ***Changes made:*** Florida State Convention will be in Cocoa Beach and not Jacksonville February 22-24. Add Patti H. name to volunteers coordinating travel to Columbia, SC and PTI chair for Events. Vickie's concern about the \$ spent for Soar 8 reps and PTI at the July Convention reflect more \$ spent for accommodations and not on carrying the message for OA. \$10,000 spent on travel for 8 months and \$300 for Public information.

Secretary Report: Donna reported that Ellen picking up the mail and sending to Karen

Treasurer Report: Stephanie gave the Treasures Report. Bob made a motion to accept as read and Becky seconded it.

New Business:

I.D.E.A. DAY: It was suggested that we join Tampa in organizing an "I.D.E.A.", INTERNATIONAL DAY EXPERIENCING ABSTINENCE" World Wide Celebration. This would be a Marathon Meeting from 10-4 in November. **Tuesday Meeting** is using their 7th tradition \$ for outreach in the community instead of giving it to IG, Region 8 and World Service. It was discussed and voted upon to ask our Regional Rep Chair of Soar 8 to come to our IG to discuss what the region does for us. There was discussion that instead of 3 meetings per year they would go to 2 and possibly has virtual meetings.

Old Business:

Working Meetings – Carrying the message – Next Meeting 2nd week at Pinellas Park Library or Donna's house and a North County meeting would like to be established. Mardie to follow up on St. Petersburg Campus for a meeting.

FSC Report Mardie-Florida State Convention Chair, brought flyers for the Florida State Convention to be held in Cocoa Beach on Feb 22-24, 2008. Discussion at meeting that Mardie attended regarding convention was that all groups share job responsibility and rotate jobs. It was suggested at our meeting that a list of jobs be established and assigned and rotated and that smaller groups could be combined. Complaints about who gets \$ for jobs done was discussed and it was our consensus that if you focus on the \$ you are losing sight of our program. Entertainment that has been performed in the past can be used again on Saturday night.

Newsletter Report: Mary Jane Chair - requested that she needed input for the 10th Step to put in the newsletter. Online meetings could be found on the website: oa.org. Mary Jane wants to personalize every meeting for the website by saying more on what the type of meeting it is. Each contact person requested to give update to Mary Jane.

SOAR8 Report: Vickie was submitting her final report for the July Region 8 Convention but is waiting for final financial report from treasurer, Karen. Mardie reported that March Regional Convention- original host cannot do it and they are looking for another group to host. Our Reps are Donna, Ellen, and Claudia

Announcements:

New Meeting: OA Big Book Study Meeting to start September 7th. At Education Center 4403-62nd Avenue North, Suite 6 in Pinellas Park, Friday Nights 6PM to 7 PM – Contact person Becky-727-522-4868 (No meeting on 3rd Friday of each month because of Intergroup meeting)

Meeting was adjourned at 8:45 PM

Please remember that ALL OA members are invited to attend intergroup meetings at Morton Plant Hospital 7 PM the 3rd Friday of each month in a room across from the cafeteria on the 1st floor up. Thanks to Claudia and Colleen there are OA signs everywhere.

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	6:30 PM OA#46184	Tuesday Lifeline	Lifeline Meeting *	Church w/ no name 2800 41 st Ave. N., St. Petersburg (Corner of 28 th St. N. & 41 st Ave. N.)	Linda Mc 804-4610
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 bow!) *	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 642-5921
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	6:00 PM OA#49602	Nitty Gritty	Big Book Study NEW meeting to start 9/7/07 *	Affiliated Services (in the back) 4403 62nd Ave. N., Pinellas Park	Becky 522-4868
Fri	6:00 PM OA#47749	A Step Up	Beginners *	Morton Plant Hospital, 1st Floor Tuttle D Auditorium, Clearwater	Colleen 642-5921
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
Sat	9:30 - 11 AM OA#36776	Great Reality	Beginners Step Mtg. *	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	Martha 527-5449 Mary Jane 459-8468
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	Linda C. 501-6820 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.aa.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

PHONE MEETINGS: *Current listing as of 9/21/07--For more numbers and information, please visit http://www.aa.org/pdf/phone_mtgs.pdf*

55008 Call 605-725-1900	Pin Number 79822#	Sun @ 8:00 p.m. EST	Mitch 860-459-7834 EST
55003 Call 712-432-2455	Pin Number 79822#	Mon @ 10:00 a.m. EST (90-Day)*	Jen 978-725-0183 EST
55005 Call 319-741-8000	Pin Number 599734#	Tue @ 8:30 a.m EST	Kathy 847-359-9136 CST
55001 Call 218-936-1600	Pin Number 59002#	Tue @ 8:00 p.m. EST	Norma 928-526-1778 PST
55006 Call 319-741-8000	Pin Number 599734#	Wed @ 8:30 a.m. EST (Qualification)*	Kathy 847-359-9136 CST
55002 Call 319-279-1000	Pin Number 135103#	Thur @ 8:00 p.m. EST (90-Day)*	Lori 210-829-4195 CST

*Special Topic