

NEWSPAGES

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

September 2006

Step 9 – Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9 – OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9 of OA Service – Ability – Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

If we find nothing of interest where we are, we are likely to find little of lasting interest where we wish to go.

It is better over there—more action a that table, that group, that city, that country. Ah, if only I were there, I'd feel better.

What an old idea! Where I live is inside; nothing on the outside changes that. Yes, I can find distraction, a place to escape. But it won't last. Time now to look within; take an inventory, make an amends, a twelfth-step call. Wherever I go, Tibet, Timbuktoo, Mt. Everest or the moon, I take myself with me.

Do I like the company?

For today: Through this program, I am regaining the zest and enthusiasm for life that is my birthright.

For Today

Step 9 – Some interesting thoughts

If a person asks you as a sponsor for advice on how to make an amends, you may wish to share your own experience, guide the person in some directed reading of the Big Book and 12 & 12, and talk over the amends which are troubling him. We don't give advice, we can only share what we have experienced and learned. We don't decide for another whether an amends should be skipped because it might injure someone, for instance. Occasionally you may wish to put a person in touch with another member who has made a similar restitution – such as paying back a department store for stolen merchandise. Just be sure you have the other person's permission for the anonymity break in giving the name and phone number.

Help the person understand that some amends may take a lifetime to make, some may never be made, and unexpected opportunities may present themselves for amends if the willingness of Step Eight is maintained. It is extremely important not to shirk on this step. It puts us on the road to the best possible relationship with every other human being – not the perfect relationship, but the best possible. And troubled human relationships have usually caused us more anguish than anything except our own compulsiveness.

Be prepared. Our amends are not always accepted, but we are taking this action to progress in our own recovery.

Which amends have you put off making? Have you discussed them with your sponsor?

What are living amends and do you owe any? It was agreed at the beginning that we would go to any lengths for victory over compulsive overeating. Our real purpose is to fit ourselves to be of maximum service to God and the people about us. Remember, amends means to change and what does that mean to you? From OA Twelve Step Workbook, Guide to Twelve Steps for You and Your Sponsor & The Big Book

Personal Thoughts –

Making direct amends is so freeing and it's about cleaning my side of the street – not the person I'm making an amends to. Injure means to cause pain. The purpose of this step is to remove guilt and create an act of love and joy!

Made amends with my younger sister after 10 years of misunderstanding.

As a people pleaser, it was very difficult to prepare myself for Step 9 and overcome my fears of what people's reactions would be to my amends and indeed the reactions were varied, but not as awful as I had thought. Letting go of all the weight I had carried; how sorry I felt; how awful a person I thought I was; - it was one of the most freeing moments of my life. I "cleaned my side of the street" and realized that others reactions were out of my control. Most of my amends now are made immediately after an indiscretion or are lifelong commitments to change the way I treat others. Step 9 consistently keeps my serenity from being poisoned by my own actions.

Making amends helps you get the past behind you, so you may go forward and getting secrets out of your system, helps us feeling good about ourselves and be on a positive path for the future.

Making amends to someone you have hurt, releases you from guilt. It also makes you avoid hurting someone else.

I think it is important for me to tell others I'm sorry. I need to make things right. In their eyes, I will shine.

I need to make amends to myself for always pointing a finger at myself first. I am not always wrong so why am I on automatic pilot to put myself down. I am sorry for not first looking at my qualities and asking God to reveal the truth to me.

The second part of Step 9 – making amends except when to do so would injure them or others – was difficult for me to accept. At first, I felt like I wanted to purge myself of all the things and people I'd done wrong. But I realized that I can't do so at another's expense. I decided that I would write amends to these people and then watch the letters turn to ashes. I felt then that I had taken a true and physical action to change my previous behavior. By doing so, I took responsibility for the hurt I'd caused them.

Ninth Step Prayer

We clean house and ask each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love.

AA Big Book

Next month, I will be looking for comments on "Step Ten", anyone liking to contribute to the "Newspages" please email me at russelljo1@earthlink.net by the 5th of the month. November will be on "Step 11".

Don't forget: We are hoping for a new name for these Newspages. Please send your ideas to our website: oapinellas.org or call Donna S. 341-1646 Thanks for your service.

OA Calendar of Events

August 26, 2006 Sat – PLANNING MEETING changed date for OA Florida State Convention –
Everyone welcome, doing “entertainment” - call Ellen 328-9678 or Sandy 698-3724

Sept. 22, 2006, Fri, SWIM 5-7pm, GAMES 7-9 pm., Sponsored by Sat. Pinellas Park OA mtg.,
At Donna D's, call 526-4082 for directions, BYOMeal, Info: Judy Mc 524-1183

Sept. 29-Oct. 1, 2006 FALLING INTO THE BIG BOOK, Marywood OA Retreat, JAX, FL, email
msehenry@aol.com , www.oaregion8.org/docs/fallingBB.pdf

Oct 8, 2006, Sun, 6-8 pm POETRY SHARE, Sponsored and held at the Gulfport Sun night meeting
place, Gulfport Neighborhood Center, 1617 49th St S, Gulfport

October 28, 2006, Sat., 10:30 AM – 4 PM – RECOVERY THROUGH THE HOLIDAZE
– St Paul's United Methodist Church, 1199 Highland Ave NE, Largo,

November 3,4,5- 2006 – SOAR 8 Region Assembly & Recovery Convention, Jacksonville, FL, Cheryl
S 407-221-5928 or Barb J 407-312-5428 www.oaregion8.org/docs/SOAR8Nov06.pdf

November 5, 6, 7, 8 & 9, 2006 – CRUISE A Voyage of Recovery, 4 Night Cruise on Carnival
Cruise, “Fantasy” - Judy P. 407-339-7164 or Twila 706-650-7333
www.oaregion8.org/docs/cruise/pdf

February 16-18, 2007 RU SLIPPIN' & SLIDIN' OR RU FLYIN', DOWLIN PARK, FL. 32060.
www.oaregion8.org/docs/2007Yana.pdf, Jackie 229-556-9374

March 2007, REGION8 CONVENTION & BUSINESS ASSEMBLY Memphis, TN

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

There are many promises in the AA Book but the ones most often heard at meetings is after Step Nine - If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not forget the past nor shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will loose interest in selfish things and we will gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situation which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Help Wanted

F/M, Thurs 11AM-Noon
Meeting needs support
First Presb Church
Dun 797-7728

Help Wanted

F/M, Friday 6-7PM
Meeting needs support
Morton Plant Hospital
Clw 530-9576

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

Help Wanted

M/F, Tuesday 7:30PM
Step meeting
Meeting needs support
Karen..384-3303

Help Wanted

F/M, Tuesday 7:00PM
Meeting needs support
St. Marks Church
Dun 773-9863

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

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

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-mmraon1@tampabay.rr.com

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

Learning from motivation struggles

For me, the key to maintaining the motivation to work my OA program is remembering that I don't have to. Nobody is forcing me to be in OA. It was my choice to go to my first meeting, and it is my choice to follow the OA way of life. I feel motivated and blessed to be in OA when I remember to be grateful to have found the program. The boundaries I put around my eating are there to keep me safe from compulsive overeating. Rather than seeing them as restrictions, I choose to see them as allowing me to be free from obsession.

It's important for me to avoid using fear to motivate myself. Motivation by fear does not last. I feel bad when I can't live up to my expectations. I get frustrated and rebel.

At times, I don't feel willing to work part of my program. One area I struggle with is taking morning time to journal. I am learning to face such times without beating myself up. I acknowledge my lack of willingness without guilt or shame and pray for acceptance and guidance. Often I don't get an answer right away, so I wait. God is a gentle parent. He allows me to experience life even if I don't write in my journal. How do I feel? Do I feel more grounded when I take that time in the morning, or do I enjoy having the extra time to talk with my husband over breakfast? Would I feel more motivated to journal in the evening? Eventually the answer comes.

Times when I struggle for motivation can be wonderful teachers if I am open and accepting of them. I am blessed to have a program of recovery to help me walk through each challenge as it arises.

From Lifeline 2/2004

The Two Purposes of OAPinellas.org

There are two reasons for the existence of our website.

- 1) **To attract internet users who are tired of being compulsive overeaters.**
- 2) **To make information easily available to existing members.**

Attracting internet users who are tired of being compulsive overeaters:

The front page of OAPinellas.org, the meetings page, the individual pages for each meeting and the links to World Service, etc. are meant to be used by those searching for help online. Increasingly, this is the way that people who are in trouble reach out for help.

If we are to expand and grow, we must provide this service. This part of the website is not meant to be a place for existing members to gather or exchange information, although convenient links have been installed on the front page and the main meeting page for downloading printable meeting lists.

Beyond making and maintaining a usable site, it is the job of oapinellas.org to make itself as "search-engine friendly" and prominent as possible, so that those who are desperate for relief from compulsive overeating can find us. If you would like to help, please contact the webmaster.

Making information easily available to existing members:

The online newsletter and the forum are the two parts of the site that are primarily for the use of existing, active members of OA in the Traditions Intergroup area.

In the online newsletter you can find (and post) useful news, updates and reminders. In the subsection "Info, Committees & Links" members can find reports, info and the online oapinellas calendar. In addition, downloadable pdf versions of current handouts are posted here.

The forum is a place for the free exchange of ideas, feelings and information in a casual setting. Members can be as anonymous as they like here—feel free to invent an online name and persona if you like.

The webmaster is always open to suggestion. Feel free to write and please be as descriptive and precise as you can. There are many features we can install if enough people want them.

Please help attract suffering compulsive overeaters to our way of life by telling everyone you know about oapinellas.org!

Thanks, Caleb the Webdude.

Pinellas Traditions Intergroup
Treasurer's Report
July 28, 2006

Beginning Balance (Balance transfer from old bank)	3044.85
June Deposits	775.00****
	Total \$3819.85
7 th tradition donations	
#32923 Sunday Traditions	80.00
#47788 Focus on Abstinence	60.00(no split)
#41069 Renewed Hope	150.00
	Total \$290.00****
Other income	
Florida State Convention	400.00
4 th Step Workshop	85.00(no split)
	Total \$485.00****
Dispersements	
WSO	1332.05(Jan 2005 to June 2006)
Soar 8	444.02(Jan 2005 to June 2006)
Ending Balance	\$2043.78
Respectfully submitted by Karen C. Treasurer	

PTI Meeting Minutes 07/28/2006

Call to Order by Donna D..

Serenity Prayer by group.

Concept 7 of OA Service read by Donna D.

Attendees: Karen, Donna D., Caleb, Maureen, Faith, Joan R., Marul, Donna S., Marion C., Stephanie D., Claudia, Pat Mc., Patti, Ellen M., sandy, Mardie, Karen.

Minutes of Last Meeting. Minutes of May and June, 2006, read and accepted.

Corresponding Secretary's Report. Nothing to report.

Treasurer's Report. by Karen. No records for 2004, paid 6/2005-6/2006 what was owed to Region and WSO. Prior payments went to the incorrect address. Karen will e-mail the Treasurer's report to Joan for the Newspages and to Caleb for the website. At year-end, each group's contributions will be published. Report accepted as corrected.

Committee Reports. Per Donna D., a goal sheet is needed for each committee. She'll send an e-mail copy.

Coleen is interested in the archives, Mary S. is chair for By-laws.

Special Events. Stephanie is chair. Claudia is working on Relapse Prevention workshop @ St. Pauls United Methodist Church, 10-28-06, 10:30-4:00 PM, brown bag lunch.

Fund Raising. Karen. (1) Collection Cans for WSO in 2007 for each group; (2) Serenity Prayer banners for State or SOAR8.

Communications. Web Site. Send information in PDF format if possible. The greater the number of people who visit, the greater number we help. Call Patty at 727-596-2087 for meeting list changes.

Old Business. None.

New Business. Is Mary S. doing the Speaker Marathon? Stephanie will call to find out.

The meeting broke into committees.

Meeting closed by group prayer.