



OA pinellas newspages

traditions intergroup

September 2007

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.

9th Step Prayer—Big Book, page 79

I pray that I may be given strength and direction to do the right thing, no matter what the personal consequences may be.

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		

Work in Progress

I love the statement at the end of Chapter Three in the Big Book: "The alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power" (Alcoholics Anonymous, 4th ed., p. 43). I find that the solution to my disease on all three levels -- physical, emotional and spiritual -- is complete surrender to a power greater than myself.

The Big Book also says that half measures avail us nothing, but I do not find this to be true. Many times I have worked this program with half measures, and I do not recommend it. However, I don't feel that I received nothing; doing the program with half measures was better than not doing it at all. I receive much more from it now that I have surrendered to my Higher Power.

Half measures left me restless, irritable and discontent. Now that I try to get out of my ego and surrender to the will of my Higher Power, I am more at peace with my food, myself, my life and other people. I do the footwork in this process; I am a work in progress, not perfection.

After experiencing God-given abstinence and serenity, why would I ever go back to the food? Because it is an obsession of the mind. I am either serving God or serving my disease, listening to one or the other. Even when my Higher Power has more of my attention, the disease still tries to reach me. That's why it takes a continuous, conscious contact with my Higher Power to live without turning to the food or other destructive behaviors and to live relatively free of my character defects.

I believe my God gave me free will, so I need to actively surrender each day. Sometimes God helps me in spite of myself. I do not have to turn to my disease. My disease is cunning, baffling, powerful and forever pursuing me. If it can, it will drag me by the throat and bring me down. My disease wants me to wallow in the food, to practice each of my character defects and to create a few new ones.

The solution to each of my problems is spiritual. As I once heard it said, "God is the answer. What is the question?"

I have found that my recovery is directly related to my level of surrender. For me, that is the difference between being in recovery now and being in relapse in the past.

OA Working Meeting - August 4, 2007

"12th Step Within" - Ideas and Information

[Notes submitted by Becky]

1. Contact Mary Jane so she can put this info on the Web site.
2. Ride Coordinator:
 - Make a list of who is willing to give rides to meetings
 - Make a list of who needs rides to meetings
 - Ask existing OA members to volunteer rides to meetings
3. Be the person from your meeting group to make a list of OA members phone numbers that are no longer attending the meetings. Divide up the list and ask OA's to help with calls.
4. Get the OA information out to the clergy in churches and synagogues.
5. Fun fellowship for OA members.
 - retreats locally
 - OA picnic
 - potluck dinner w abstinent food or own food
 - movie with coffee or tea after
 - eating together before or after meeting
 - walk before or after the meeting
 - Sunday night Treasure Island drumming circle
6. List how newcomers heard about OA.
7. Be the person at your meeting that takes care of the newcomers.
 - Greet and welcomes them
 - Gets them a newcomer packet signed by everyone in the meeting
 - Calls them at least once before the next meeting
8. Read the OA manual on 12th Step Within.
9. Contact Becky at 522-4868 to help her with any of these ideas.

Out Reach Meeting Minutes - August 4, 2007

Present: Becky, Donna, David, Judy Mc., Linda Mc., and Judy F.

[Minutes submitted by Linda Mc.]

Planning Meeting ~

- 1) Donna
 - a. Email all that September meeting will be September 8, 2007.
 - b. Host meetings location at her house or PP library.

External Out Reach – Judy Mc and Judy F ~

- 1) Judy F
 - a) Review tapes, CD, and other media from OA.
 - b) Review OA catalog for items related to Out Reach and make proposal of what should be bought.
 - c) Ask People how they found out about OA.
 - d) Interest in Media, Radio and Television.
- 2) Judy Mc
 - a. Out Reach to local professional (doctors, therapists, etc).
 - b. Check into adding OA number to local 211 help line.
 - c. Review book on how to reach the professionals.
 - d. Check with Mardie (PTI - Out Reach) to see what she has for Pinellas.
 - e. Linda to provide name of medical association for Tampa Bay Area.
- 3) David – will work on meeting list to be put in public places.

Retreat ~

- 1) Linda Mc along with team work on a retreat for Pinellas Traditions Intergroup.
- 2) Make small flyer like Alanon for OA (3 X 5 card).

Internal Out Reach ~

- 1) Becky
 - a. Reach out to new comer – take number in meeting call during the week.
 - b. Make list of people who came to several meetings then stopped – call invite them back to meetings.
 - c. Make of list of people who need ride.
 - d. Make of list of people who can provide rides.
 - e. Talk about 90 meeting in 90 days – make flyer.
 - f. Review the "12th Step Within" book for ideas.
 - g. OA events after meeting –coffee, movies, beach, walks.

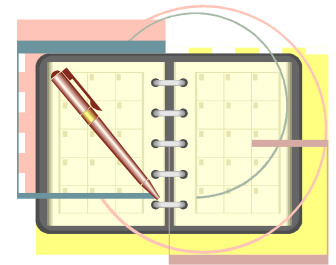
Open issues ~

- Young Peoples Meeting
- African American Community Meeting



CALENDAR OF EVENTS

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



MARK YOUR CALENDARS!

- Aug. 30 – Sept. 2, 2007** - **OA WSO World Convention**
Philadelphia, PA
- Sept. 28-30, 2007** - **Space Coast Intergroup**
Serenity By The Sea | Big Book Study Retreat ~ Holiday Inn, Cocoa Beach, FL
Questions? Call Vivian at (321) 723-6504
Info or rides? Call Carol S. (727) 374-6316
- 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



If you focus on the weight, you will lose the recovery;
if you focus on the recovery, you will lose the weight.

Coincidence is an
11 letter word
for God!

OA Web Sites

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

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

A decision
without action is
a fantasy!

PTI Pinellas Traditions Intergroup - Minutes of July 20, 2007

Members present: Donna, Chairperson; Karen, Treasurer; Vicki, Vice Chairperson; Carol S., Recording Secretary; Linda H., Literature; Mary Jane, OA Web Site and Newsletter; Colleen, Patti, Becky, Stephanie, Betsy, Margaret G., Rachel, and Mardie

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

Minutes from June 15, 2007 were read for approval. The charge for the DJ was amended to read \$250.00. The minutes were approved with this correction and accepted as submitted.

Karen presented the Treasurer's report from June 2007. The report was accepted as read.

Old Business:

Community Flyers titled: "Is Food a Problem for You?" were distributed for general posting. Intergroup election candidates were listed and will appear in our Newsletter.

New Business:

Volunteering to be the Pinellas Intergroup Representatives to the FL State Convention in Jacksonville were Rachel and Mardie.

Three Volunteers are needed for the OA SOAR Convention in Columbia, SC. Requirement is 6 months abstinence by November 2, 2007. Margaret G. and Linda H. have volunteered to help coordinate travel for anyone who wishes to attend.

Announcements and Summary

▪ Karen presented ~

1. The SOAR 8 Representative Report
2. The Preliminary Treasurer's Report

All vouchers must be presented for reimbursement by August 3, 2007. They may be mailed to:

Karen C.
1001 Starkey Road #456
Largo, FL 33771

The Treasurer's Report will be finalized in August.

- Service Certificates for Convention participation were distributed.
- Call for an Archives Chair Volunteer responsible for bylaws.
- Call for Intergroup Outreach Representative.
- Newsletter will add a committee member's list.
- A new meeting list was generated for distribution and inclusion in the Newsletter.
- A committee was formed to investigate the possibility of a Weekend OA Retreat. The volunteer members are Linda, Carol, Stephanie, and Becky.

Chairs of PTI Committees:

- Stephanie D. will Chair the Events Committee.
- Mardie will Chair the P.I. Public Information Committee.
- Linda H. will Chair the Literature/Lifeline Subscriptions.
- Claudia will Chair the 12 Step Within Committee; SOAR Funded Rep is Stephanie D.
- Mary Jane at kismaryjane@gmail.com is the new Webmaster and Editor/Chair of the Newsletter.

Announcements:

Our Intergroup is responsible for the entertainment at the Florida State Convention (February 22-24) in Jacksonville the last weekend in February 2008. If interested please call Patti H. at 596-2087/Home or 215-1331/Cell.

There will be sign up sheet for those interested in attending the Nov. 2-4 SOAR 8 Convention in Columbia, SC. Linda H., Margaret G. and Patti H have signed up to coordinate transportation to those interested.

"Fall into Recovery" Retreat in Lake Wales is the closest upcoming event on Oct. 5th – 7th.

Check our Newsletter under "OA Calendar of Events" for a complete listing of upcoming Retreats and Conventions.

Meeting was adjourned at 8:50PM.

Please remember that ALL OA members are invited to attend Intergroup meetings at Morton Plant Hospital, 7PM--the 3rd Friday of each month in a room across from the cafeteria.

OA Pinellas Meeting List

SEPTEMBER 2007

Where? & When?

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	Linda Mc 804-4610 Mary Jane 459-8468
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	Big Book	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.oa.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