

# NEWSPAGES

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

October 2006

**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.**

**Concept Ten of OA Service – Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.**

*We seek to examine our actions so we can learn from our mistakes and build on our successes. Do I take a thorough look – an inventory of my conduct – when I do a Tenth Step? Or do I focus more on my feelings and thoughts? There's a world of difference between self-examination and self-awareness. The first means scrutiny of my behavior; the second relates more to my state of being. For me to be successful with the three-fold process of self-examination, meditation, and prayer as described in Steps Ten and Eleven, I need to scrutinize my conduct. I ask myself where I could have been more honest, willing, self-disciplined, and loving. How can I apply these principles to my daily life? Usually by more meditation, more prayer, more practice. Show me the way, Higher Power. Your will be done, not mine.*

Voices of Recovery

## **Step Ten – Some Thoughts To Ponder**

What actions do I take daily that I may continue to experience recovery, do I continue to work my program even when I feel it isn't working? Do I continue to search for the stumbling blocks that keep me from growing? Do I continue to do spot check inventories, 10<sup>th</sup> step review, dealing with feelings, fears, resentments and selfishness? When wrong, do I promptly admit it? The Big Book on page 84 tells us in Step Ten to watch for our character defects, stick to the principles, using the tools and the steps, writing out and sharing our inventories with our sponsors. From OA Twelve Step Workbook, Guide to Twelve Steps for You and Your Sponsor & The Big Book

When I first got abstinent, my sponsor shared with me that she writes out her problems and concerns at the end of the day and puts them in her God box so that she can get a good night's sleep. The idea, she said, is to let God do the worrying.

Voices of Recovery

As we repeatedly act on Step Ten, we begin to see the remarkable way the Steps will, from now on, continue to remove unnecessary turmoil and pain from our lives...More gifts are in store for us as we continue working the program and experiencing the miracle of permanent recovery, one day at a time.

12 & 12

Many years ago at an OA retreat we were given some structure for doing Step 10. In my journal I write the 10<sup>th</sup> step questions and then write the answers. They are:

1. What's going on with me?
2. How is it affecting me and others?
3. What can I do about it?

This helps me ferret out what is bothering me and keeps the focus on me.

AW, Clw

## *OA Calendar of Events*

**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](mailto:msehenry@aol.com) , [www.oaregion8.org/docs/fallingBB.pdf](http://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, 727-341-2821

**October 28, 2006, Sat., 10:30 AM – 4 PM – RECOVERY THROUGHT 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](http://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](http://www.oaregion8.org/docs/cruise/pdf)

**November 11, 2006 – Speaker Marathon,** St. Mark's, Dunedin, Mary 727-384-3303

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

**February 23, 24, 25, 2007 – Florida State Convention,** Jacksonville, FI, Ellen 871-7451

**March 2007, REGION 8 CONVENTION & BUSINESS ASSEMBLY** Memphis, TN

**May 18, 19, 20, 2007 - Big Book Retreat** At the Franciscan Center in Tampa hosted by Pasco  
County, call Barbara Joy

**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](http://www.oapinellas.org)

**August 30<sup>th</sup> – September 2, 2007 – OA – WSO – World Convention,**  
Philadelphia, PA – call Donna for roommates 727-526-4082

**2010 - OA's 50<sup>th</sup> Birthday, World Service Convention, Los Angeles, CA –**  
call Donna for roommates 526-4082

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### **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-mmroan1@tampabay.rr.com

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

**Next month, I will be looking for comments on "Step Eleven" , anyone liking to contribute to the  
"Newspages"**

**please email me at [russelljo1@earthlink.net](mailto:russelljo1@earthlink.net) by the 5th of the month. December will be on "Step  
12".**

Tenth Step Prayer

We continue to take personal inventory and continue to set right any new mistakes. We

vigorously commenced this way of living as we cleaned up the past. We have entered into the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for a lifetime. We continue to watch for selfishness, dishonesty, resentment, and fear. *When* these crop up, we ask God *at once* to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance is our code.  
 From The Big Book of AA

**A Friendly Reminder:**

**60/30/10 Donation reminder for all OA Groups.....**

Groups are responsible to keep a prudent reserve ( approximately 3 months rent) and they then donate with a three way split (60/30/10) to Pinellas Traditions Intergroup, P O Box 56765, St. Pete, FL, 33732; Overeater's Anonymous, Inc., P O Box 44020, Rio Rancho, NM, 87174-4020; and Region 8, Scott Crawford, 187 Napoleon Av, Sunset LA, 70584. Your group may split the donation in this manner or they may send the whole donation to Pinellas Traditions Intergroup, who will then make donations to World Service and Region 8. Any questions can be answered by our Treasurer Karen C at 533-8403.

**Each group is being asked to donate a raffle basket for the Nov. 11<sup>th</sup>, Speaker's Marathon at St. Mark's, Curlew Road, Dunedin. Please choose your theme, notify Mary S at 423-9047, collect the items and send the basket with your intergroup rep to the October 20<sup>th</sup> meeting.**

Get the latest information on activities around the area from our website -  
<http://www.oapinellas.org/index>

<p><b><u>Help Wanted</u></b>                  F/M, Thurs 11AM-Noon  <b>Meeting needs support</b>                  First Presb Church                  Dun 797-7728</p>	<p><b><u>Help Wanted</u></b>                  F/M, Friday 6-7PM  <b>Meeting needs support</b>                  Morton Plant Hospital                  Clw 530-9576</p>	<p>This meeting will be closing if attendance doesn't pick up. So please support attending.</p>
<p><b><u>Help Wanted</u></b>                  M/F, Tuesday 7:30PM                  Step meeting  <b>Meeting needs support</b>                  Karen..384-3303</p>	<p><b><u>Help Wanted</u></b>                  F/M, Tuesday 7:00PM  <b>Meeting needs support</b>                  St. Marks Church                  Dun 773-9863</p>	

PTI is looking for a new SOAR 8 representative. There is a one year abstinence rule. Also, available; 12<sup>th</sup> Step Within, Public Outreach, Meeting Retention, Young People and much more.

We are collecting clothes for all, (men, women, kids any good usable clothing), crafts, boutique items for the October "Recovery through the Holidaze". Contact Claudia at 781-7411. Please wear your old oversized clothes over your outfit to show how much you have changed and then you will be able to donate them to the Boutique. There will be a revealing later. There will be 2 speakers and much interaction. Please plan on attending, \$5 donation fee.

There are many service positions available to anyone who is willing to help. Karen is looking for people to help with the Region 8 assembly next July. The entertainment committee is looking for help for the February Florida State Convention. Come join the fun. Call Sandy at 443-5354.

Intergroup is interested in buying the literature for all groups, in quantities, to save money and the literature would be available at the Intergroup meeting for a better price.



7th tradition meeting donations			WSO	Region 8
Meeting #	Name	Amount		
47788	Focus on Abstinence	100.00	30.00	10.00
10359	Madiera Beach Bunch	75.00	22.50	7.50
49784	Steps to Freedom	50.00	15.00	5.00
	Total	225.00	67.50	22.50
49012	Joy of Abstinence to support the Web site	(\$10.00)		

**This meeting pays the web site charges quarterly and directly**  
Dispersments

Transfer Region 8 assembly to new account		
Copying		
WSO		83.00
Soar 8		22.50
Gas & mileage to FSC meeting		67.50
		22.50
		40.00
<b>Ending Balance</b>	Total	235.50
		1854.42

### Get Out OF My Way

Down in front, I cannot see.  
Someone is standing in front of me.  
Her identity I try to learn  
But when I move, she turns.

I want to hear what she has to say  
But there's always someone in my way.  
Again I try to see who it could be  
Who always gets in front of me.

I'm looking right at her; she's staring right back.  
I begin to wonder, is it manners she lacks?  
Why won't you move and get out of my way?  
I'm trying to move forward, start fresh if I may.

Then, suddenly, her face I could see.  
Here all along that someone was me.

Lifeline 2/2004