



**Step 8:** Made a list of all persons we had harmed, and became willing to make amends to them all.

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

**Overeaters Anonymous**

**August/September, 2011**

**PO Box 6202  
Clearwater, FL 33758**

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

**Pinellas Traditions Intergroup meets every third Friday of the month. EVERYONE is welcome to attend. The next meeting will be:**

**Friday, August at 6:30PM  
Morton Plant Hospital  
1st Floor – Tuttle D Auditorium  
300 Pinellas Street/off Ft. Harrison  
Clearwater, FL 33756**

**Our Trusted Servants Are:**

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To receive monthly copies, or contribute to the Newspages email the editor at: [oa-news@yahoo.com](mailto:oa-news@yahoo.com)  
Contributions must be received by the second Friday of the month.

**Tradition 8:** Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

**Tradition 9:** O.A., as such, ought never be organized; but we may create service centers may employ special workers.



# Chair Chatter September 2011

Here it is nearly September...my how the time flies. September is a month of endings and new beginnings. Summer's ending and Fall begins, hopefully the weather will cool down. Has your program taken a vacation over the summer? Have you had slips...missed meetings...no phone calls... not helping newcomers...no journaling? Has abstinence eluded you? Are you in contact with your H.P. each day?

If this sounds all familiar to you...You might need a change...Try getting to an extra meeting...Pick up the phone and make an outreach call...Remember to call your sponsor!! ...Volunteer for service... If lack of faith in the program has been plaguing you, maybe it's time to get closer to your H.P. You may ask, "How do I do that?" Surrender...Trust...Pray...Let go of control so we can heal...Dust off your Big Book, 12 and 12, even your Workbook...start reading and writing just a little each day... As my "old" sponsor used to say "Just do it" It doesn't have to be perfect... All of the above will help you find serenity and peace "Beyond your wildest dreams." You may say to yourself, "How does she know this?" At one time or another I have fallen victim to vacationitis...this is my remedy for this disease!

Here are some great thoughts to digest:

Compulsive overeating is committing suicide on the installment plan.

Unwillingness to forgive is like drinking poison and hoping the other person dies.

If faith without works is dead...then willingness without ACTION is fantasy.

See ya at the Intergroup meeting!

(3rd Friday of the month...Morton Plant...Tuttle Auditorium, next to the cafeteria... 6:30)...it's a great way to do service!!!

Linda H.

P.S. We had a great retreat weekend...Looking forward to next years...mark your calendars for the second weekend in August!!!



## Pinellas Traditions intergroup: July 22, 2011

Linda called meeting to order.

Serenity Prayer

Readings:

Judy read 7<sup>th</sup> step and 7<sup>th</sup> tradition

Treasury Report – correction WSO is for May and June

Region 8 donation is from May and June

Claudia motioned to accept, Judy seconded

7<sup>th</sup> concept read by Claudia from OA website

No meeting minutes available for June

Old Announcements:

Franciscan Center and Retreat

New Announcement:

Body Image & Sexual Inventory Workshop

Tabled the workshop and call a phone conference

With Region 8

Region 8 – 5 alive

Betsy brought up the scholarship fund and flying people all over.

Discussion on the scholarship and the 5 alive

- If we want to instate rules and regulation.
- Linda brought up how the scholarship fund was:
  - \* Do service
  - \* Financial hardship
- She brought up her own personal experience and how it helped her get involved in the meetings and stay involved.
- Claudia brought up that the donations are on an individual basis

Handed out the 5 alive flyers for each group

Old Business

Linda sent \$50.00 for Christmas under the Oaks.

Love Donations for Morton Plant \$70.00: June, January.

Judy, asked if she could do the newsletter bi monthly instead of monthly and was

looking for a new newsletter service person. Linda questioned about people who are not abstinent for meeting the requirements for abstinence. Bring it back to the meetings for new newsletters. Linda Mc brought up the reason for having the newsletter is for the meeting lists.

Meeting lists need to be upgraded, Linda Mc volunteering to take it to clean it up

Linda H said let's put it back the way it used to be. Discussion to keep it monthly...

Continuing to do it monthly-no vote needed. Get articles and reports by the 2<sup>nd</sup> Friday of every month.

Linda brought up an ad from her door...will bring it next month for new business.

7<sup>th</sup> tradition collection

Make a motion to close the meeting...Claudia

2<sup>nd</sup> Judy

Serenity Prayer.

Submitted by Claudia



## PINELLAS TRADITIONS INTERGROUP

### Treasurer's Report for July 2011

**Beginning Balance** **\$3,682.39**

Submitted by Linda Mc  
August 16, 2011

**Receipts**

Fund Raiser	\$15.00	
Scholarships	\$302.10	
Meeting Donations	\$397.00	
<b>Total</b>	<b>\$714.10</b>	

**Disbursements**

WSO	\$119.10	
Region 8 Donation	\$39.70	
Region 8 Rep	\$487.17	
Telephone (800 Hot Line)	\$32.00	
<b>Total</b>	<b>\$677.97</b>	

**Beginning Balance** **\$3,682.39**

Receipts	\$714.10	
Disbursements	\$677.97	

**Ending Balance** **\$3,718.52**

Scholarship Balance	\$306.59	
	<b>\$4,025.11</b>	

Meeting Donations July 2011						
#	Day	Name	Amount	PTI	WSO	Region 8
46184	Tuesday	Lifeline	\$200.00	\$120.00	\$60.00	\$20.00
10359	Wednesday	Madeira Beach Bunch	\$40.00	\$24.00	\$12.00	\$4.00
10359	Thursday	Keys to Freedom	\$60.00	\$36.00	\$18.00	\$6.00
49602	Friday	Nitty Gritty	\$31.00	\$18.60	\$9.30	\$3.10
9412		PTI Intergroup	\$6.00	\$3.60	\$1.80	\$0.60
36776	Saturday	Great Reality	\$10.00	\$6.00	\$3.00	\$1.00
27235		Saturday Serenity	\$50.00	\$30.00	\$15.00	\$5.00
				\$0.00	\$0.00	\$0.00
				\$0.00	\$0.00	\$0.00
<b>Totals</b>			<b>\$397.00</b>	<b>\$238.20</b>	<b>\$119.10</b>	<b>\$39.70</b>

**Quarterly Appeal**

Scholarship Funds			July
Meeting #	Day	Name	Amount
47788	Mon	Focus on Abstinence	\$27.10
46184	Tuesday	Lifeline	\$250.00
10359	Wed	Madeira Beach Bunch	\$20.00
49784	Saturday	Great Reality	\$5.00
Total			\$302.10
Balance June			\$4.49
July PTI Scholarship			\$302.10
PTI Scholarship - disbursement			\$0.00
PTI Scholarship Balance			\$306.59



# Workshop

# BODY IMAGE



&

# SEXUAL INVENTORY

The 12 Steps  
&  
Action Plan  
for each Step

Saturday, SEPTEMBER 10, 2011

9am - 3pm

FRIENDSHIP UNITED METHODIST CHURCH

2039 E. Druid Road Clearwater FL

Bring  
your  
lunch

Suggested Donation \$8.00  
(This is a fundraiser for Region 8)

Water &  
Decaf  
available

**Fellowship - Body Image Exercises**  
**Funky Fabulous Boutique**

For more Info call: Diane 447-2489/Karen 533-8403/Stephanie 442-9855

 **OVEREATERS  
ANONYMOUS®**  
PINELLAS TRADITIONS INTERGROUP