



Step 12: Having had a spiritual awakening as a result of these steps, we tried to carry this message to compulsive overeaters, and to practice these principles in all our affairs. The joy of living in the theme of O.A.'s Twelfth Step, and action is its key word.

*Twelve Steps and Twelve Traditions of Alcoholics Anonymous*, page 106

**Overeaters Anonymous**

PO Box 620  
Clearwater, FL 33758

**December, 2009**  
[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, November 20, 2009 at 7:00 PM  
Morton Plant Hospital  
1st Floor – Tuttle D Auditorium  
300 Pinellas Street  
Clearwater, FL 33756

**Our Trusted Servants Are:**

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

Tradition 12: Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.



From the Chairman

I hope everyone had a chance to attend the Region 8 Recovery/Business Assembly in Tampa. It was an opportunity for fellowship with other OA'rs from around the southeast United States and there were representatives from Costa Rica and Columbia, South America. It reminds us that this is a global disease that does not discriminate.

Personally, I am so proud of our Intergroup and the commitment to abstinence and service. Region 8 elected for a two year term a Chair and Treasurer, both are from PTI. There is a rotation of service for the Committee Chairs also and there were new committee chairs approved by the board. Two committees now have PTI members chairing, Twelve Step Within and Ways & Means. We have members serving as subcommittee chairs or serving on committees. We are well represented at Region 8.

Our work continues, the work of PTI, meetings, and outreaching to those who suffer from this disease. Abstinence, Recovery, Service. "Region 8 Rocks;" so does PTI.

In service to OA,

Karen C.

Chairman PTI

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**OVEREATERS ANONYMOUS**  
PROUDLY PRESENTS  
**THE FLORIDA STATE CONVENTION**  
**20TH ANNIVERSARY**

TOGETHER WE CAN SURRENDER TO WIN IN 2010

**February 26-28, 2010**

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1550 N. Atlantic Ave  
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1 800 445-8667 (reservations only)  
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**Save the Date**

**March 19-21, 2010**

**Greater Memphis Area Intergroup**

**Invites You to**

**“Walking in Memphis:**

**12 Stepping Away the Blues”**

**For more information visit**

**[www.caregion8.org](http://www.caregion8.org) or [camemphis.org](http://camemphis.org) or call Nina 901-275-8272**



THINK: Truthful

Helpful

Inspirational

Necessary

Kind

Diane C.

I = Illness

We = Wellness

T.



Letter from the Secretary/Region 8 Rep.

God works in strange ways. As I leave my position of Secretary, I pondered the idea that if Stephanie should win the election for Region 8 Chair, I would put in my application for Treasurer. As you all probably know “our” Stephanie *is* Madame Chair. I am sooooo excited about this and want to help her in any way that I can, by whatever service I can do. Next.....I am on the 12<sup>th</sup> Step Within Committee with Stephanie, who is the Chair of that committee. We unanimously voted Stephanie back in as Chair. Her concern was if she did win the election who would step up to the plate. Two people were nominated. Much to my surprise I was one of them, and accepted gracefully. Much to my surprise I got voted in as second chair.....just in case Stephanie won the election. Needless to say..... I think we were both surprised, because in just an instant Stephanie was Madame Chair and I was 12<sup>th</sup> Step Committee Chair. So the moral of this story is we can plan and plan or pray and pray, but H.P. has “the final answer”.

We had an energizing week end. We did lots of work at the Region 8 level. We had 3 motions to vote on, plus vote for Chair of Region 8, ratify Gerri H. (former Chair) for her next endeavor, Region 8 Trustee, which gets voted on at WSBC. We also had the opportunity to vote in the next 3 delegates from Region 8 to go to the WSBC in April of 2010. We had our work cut out for us this weekend, but in team spirit we completed the job. We at Region 8 are a team, and we do play well together, for this I thank Karen and Stephanie who always seem to come up with something that will draw us together. This year it was the Poodlettes. Don't miss the pictures. I was happy to be an honorary Poodlette and have my own Poodlette (Scottie) skirt. So please stick with us, come enjoy the unity of intergroup and share your ideas. We would like to hear from you and see you at or next intergroup meeting. Recovery DOES NOT HAVE TO BE GLUM. As it says in the Big Book “We are not a glum lot”. Time and time again Karen and Stephanie have proved this to us and I am proud to be part of it.

Yours in Recovery,

Linda H.



Pinellas Traditions Intergroup

Minutes October 16, 2009

7:10 Serenity Prayer

Sam read 10<sup>th</sup> Concept  
Tradition

Linda H. read the 10<sup>th</sup>

Old Business

Treasurer report postponed until next month.

Minutes accepted

News pages done for the month of Nov.

P & P: discussion of money for the delegates for food and travel, needs to be more explicit as to the amount of money to be paid for mileage. Linda Mc. will type up the revisions and present it at the next meeting, to be voted on.

Stephanie read the treasurers report.

New Business

Christmas under the Oaks Sun Nov. 15 at Coachman Park 9 to 4. Asking for volunteers

Voting in November for Secretary and Vice Chair.

Nominations for Region 8 delegates in December.

New meeting in Dunedin Friday at 6:00

Sam won the prize, a journal.

Karen gave out glow sticks for Halloween.

Meeting closed at 8:10 with the Serenity Prayer.