



OA pinellas newspapers

traditions intergroup

Step Two – Came to believe that a Power greater than ourselves could restore us to sanity.

“For all of us – atheists, agnostics, and religious ones alike- coming to believe was something that happened as we began taking actions which others told us had worked for them. Whether or not we believed these actions would work for us didn't seem to matter. Once we took the action and saw it work, we began to believe. . . We had begun to develop a new relationship with a Power greater than ourselves, and we were ready to move ahead with our program of recovery.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 16-17.

Overeaters Anonymous

**PO Box 620
Clearwater, FL 33758**

February, 2009

www.oapinellas.org

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

Friday, February 13, 2009 at 7:00 PM (Rescheduled)

Morton Plant Hospital

1st Floor – Tuttle D Auditorium

300 Pinellas Street

Clearwater, FL 33756

Our Trusted Servants Are:

- | | | |
|--------------------|--------------------------------|---|
| Karen C | Chair 727-533-8403 | kcornacchia@tampabay.rr.com |
| Linda Mc | Vice Chair 727-804-4610 | lindaproductions@aol.com |
| Stephanie D | Treasurer 727-442-9855 | hpsendhelp@hotmail.com |
| Linda H | Secretary 727-394-7639 | fdnymom@msn.com |
| Betsey | Corr Sec. 727-466-9277 | |

Tradition Two – for our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

“ The newcomer may ask, “ Who is the head of OA?” and be puzzled by the answer in tradition two: a loving God as expressed in the group conscience...When faced with a problem or challenge, we ask God’s guidance to show us what is best for the group as a whole. Then we discuss the matter carefully, we vote on alternatives, and we trust that the decision we reach together is our Higher Power’s will.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous pg. 119.



Pinellas Traditions Intergroup
December 19, 2008
Secretary Notes
Meeting began at 7:12 pm end 8:08 pm

Attendees: Karen C, Betsy, Linda Mc, Donna D., Claudia, Felicia, Joan

Called to order: Karen C.
Tradition of the Month: Joan
Concept of the Month: Felicia
Secretary's report: Newspages
Treasurer's report: Newspages

Stephanie presented the proposed budget for 2009.
Motion made by Claudia to accept proposed budget
Seconded by Felicia
Passed

Newspages: Felicia
If you want to receive the newspapers by e-mail, please e-mail oanews@yahoo.com
Website: has been updated

WSBC May 2009
Karen presented application for consideration as a WSBC Rep.
It was noted that Linda H. was interested in attending but not present nor application received by Intergroup.
Motion made to send 2 reps to WSBC
Seconded by Felicia
Passed with stipulation that application qualify, be completed, and received by January 1.
Motion made by Felicia to accept Karen's application
Seconded by Donna
Approved
Motion to adjust budget to allow for \$1500 to send 2 reps to WSBC
Seconded by Donna
Passed

Region 8 Delegates for 2009
We are permitted 2 delegates and one alternate
Linda H, & Claudia will be the delegates
Linda Mc will be the alternate

Placemats:
Budget approved to continue thru 2009. Betsy will monitor response and report monthly.
No New Business
Motion to end business meeting, seconded, approved
Closed with Serenity Prayer
Respectfully submitted by: Karen C.



This is the month of love, Valentine's Day. It is a time to renew our commitment to kindness, generosity, compassion, and love. It is not so much in the gifts we give but rather the actions we take. Program teaches me that if I want to live a life of sane and happy usefulness that I have to give back what I have been given. I have been blessed with 17 years of program and am so fortunate to have a fellowship that supports me unconditionally. I have much work to do, but know that if I do today what I did yesterday, and am willing, than I have an opportunity to change and become the person my Higher Power, God, meant me to be.

In love and service to OA
Karen C.



OA UPCOMING EVENTS

Feb 20 - 22 The 19th Annual Florida State Convention of Overeaters Anonymous *

Or for additional copies go to: www.oaregion8.org

March 27 - 28 SOAR 8 Recovery Convention & Business Assembly *

"Leaping to Little Rock", Little Rock Arkansas

For more info check on line at: www.oaregion8.org

April 18 - Speaker Marathon - Mini Summit * Friendship United Methodist Church, 2039 E Druid Rd, Clearwater, FL 9am-4pm

And start to plan on: Aug 26 - 29 World Service Convention, 50th Year Celebration, LA, CA 2010

* look for flyers on your groups' info table



PTI 2009 BUDGET

| <u>INCOME</u> | <u>Projected</u> | <u>Actual</u> |
|--------------------------|--------------------|---------------|
| Florida State Convention | \$ 400.00 | |
| Fundraising Income | \$ 200.00 | |
| Leaping to Little Rock | \$ 500.00 # | |
| Marathons/Workshops | \$ 1,200.00 | |
| Meeting Donations | \$ 3,500.00 | |
| Misc. | \$ 100.00 | |
| Scholarships | \$ 300.00 # | |
| WSO PAC | \$ 120.00 # | |
| Subtotal | \$ 6,320.00 | |
| From Reserves | \$ 2,785.00 ^^^ | |
| TOTAL | \$ 9,105.00 | |

| <u>EXPENSES</u> | <u>Projected</u> | <u>Actual</u> |
|----------------------------------|--------------------|---------------|
| 12th Step W/I Expenses | \$ 50.00 | |
| 800 Telephone number | \$ 200.00 | |
| Bank Charges | \$ 25.00 | |
| Copying | \$ 250.00 | |
| Florida State Convention | \$ 100.00 | |
| Fundraising expenses | \$ 100.00 | |
| Fees to maintain Incorporation | \$ 100.00 | |
| Leaping to Little Rock | \$ 500.00 # | |
| Misc. | \$ 100.00 | |
| Newspages | \$ 1,200.00 | |
| P.O. Box Rent | \$ 100.00 | |
| PIPO Expenses | \$ 1,400.00 & | |
| Region 8 / 10% Meeting Donations | \$ 350.00 | |
| Region 8 Delegates | \$ 1,200.00 * | |
| Rent | \$ 120.00 | |
| Scholarships | \$ 300.00 # | |
| Stamps & office supplies | \$ 100.00 | |
| Website | \$ 120.00 | |
| White page Listing | \$ 120.00 | |
| WSBC Delegate | \$ 1,500.00 | |
| WSO / 30% Meeting Donations | \$ 1,050.00 | |
| WSO PAC | \$ 120.00 # | |
| TOTAL | \$ 9,105.00 | |

^^^ Bank Balance On 12/18/2008 = \$5571.59

* MARCH '09=Little Rock / JULY=Atlanta / NOV.=Tampa

= A wash in & out

& = \$900 (Placemats) + \$500 (Misc)

Submitted 12/18/08 sjd

PTI amended & approved 12/19/200

**PINELLAS TRADITIONS Intergroup
Treasurer's Report as of 12/31/08**

***Beginning Balance** **\$6,571.59**

Receipts

| | | |
|-------------------------------|-----------|--------------|
| Meeting Donations | \$ | 27.11 |
| WSO Public Awareness Campaign | \$ | 22.00 |
| Leaping to Little Rock | \$ | 13.91 |
| Total | \$ | 63.02 |

Disbursements

| | | |
|-----------------------------------|-----------|-----------------|
| WSO | \$ | 8.13 |
| WSO Prudent Reserve adjustment | \$ | 500.00 |
| WSO Public Awareness Campaign | \$ | 22.00 |
| Region 8 | \$ | 2.71 |
| Region 8 Prudent reserve adjustme | \$ | 500.00 |
| Freedom Intergroup (telephone) | \$ | 16.00 |
| Placemats/PIPO | \$ | 300.00 |
| Newspages 9-Jan | \$ | 63.76 |
| Total | \$ | 1,412.60 |

| | | |
|--------------------------|-----------|-------------------|
| Beginning Balance | \$ | 6,571.59 |
| Receipts | | \$63.02 |
| Disbursements | \$ | (1,412.60) |
| Ending Balance | \$ | 5,222.01 |

| December Meeting Donations | | | | | |
|----------------------------|--------|--------------|-----------------|----------------|----------------|
| # | Day | Name | Amount | WSO | Region 8 |
| 1942 | Friday | PTI | \$ 5.00 | \$ 1.50 | \$ 0.50 |
| 49602 | Friday | Nitty Gritty | \$ 22.11 | \$ 6.63 | \$ 2.21 |
| Total | | | \$ 27.11 | \$ 8.13 | \$ 2.71 |

| December WSO PAC | | |
|------------------|--------------|-----------------|
| Meeting # | Name | Amount |
| 49602 | Nitty Gritty | \$ 22.00 |
| TOTAL | | \$ 22.00 |

| December Donations - Leaping to Little Rock | | | |
|---|--------|--------------|-----------------|
| # | Day | Name | Amount |
| 4906 | Friday | Nitty Gritty | \$ 13.91 |
| Total | | | \$ 13.91 |

sjd 12/31/2008

| Pinellas Traditions Intergroup | | #09412 | Donations | | | | | | | | | | | | 2008 Meeting Seventh Tradition | |
|--------------------------------|-----------|---------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|--------------------------------|--|
| # | Day | Name | 2008 | | | | | | | | | | | | Total for year | |
| | | | Jan | February | March | April | May | June | July | August | September | October | November | December | | |
| 46182 | Monday | Just for Today | | | \$ 30.00 | | | | | | | | | | \$ 200.00 | |
| 48303 | | Voices of Recovery | \$ 5.00 | | \$ 20.00 | | \$ 10.00 | | | | | | \$ 80.00 | | \$ 200.00 | |
| 47788 | | Focus on Abstinence | | | \$ 150.00 | | | | \$ 20.00 | \$ 40.00 | | | | | \$ 95.00 | |
| 40354 | | Turning Point | | | \$ 78.18 | | | \$ 100.00 | | \$ 73.42 | | | \$ 75.00 | | \$ 398.42 | |
| 01530 | | SOS | | | | | | | | | | | | | \$ 78.18 | |
| 46184 | Tuesday | Lifeline | \$ 5.00 | \$ 5.00 | | | \$ 5.00 | | | | | \$ 100.00 | | | \$ 100.00 | |
| 36656 | | New Largo Step | | | | | | | | | \$ 22.00 | | | | \$ 37.00 | |
| 10359 | Wednesday | Madeira Beach Bunch | \$ 50.00 | | \$ 20.00 | | \$ 40.00 | | \$ 50.00 | \$ 63.60 | closed | \$ 36.00 | | | \$ 99.60 | |
| 41039 | | Renewed Hope | \$ 50.00 | | \$ 50.00 | | \$ 75.00 | \$ 60.00 | | \$ 50.00 | \$ 50.00 | \$ 5.00 | \$ 20.00 | \$ 42.00 | \$ 277.00 | |
| 47934 | Thursday | Wake Up Call | | \$ 20.00 | \$ 50.00 | | | | | | | | | | \$ 235.00 | |
| 40873 | | Key to Freedom | \$ 50.00 | | \$ 125.00 | | | | \$ 50.00 | | | | \$ 50.00 | | \$ 170.00 | |
| 49784 | | Steps to Freedom | \$ 45.00 | | | | | \$ 82.10 | \$ 75.00 | | \$ 80.00 | | | | \$ 255.00 | |
| 39121 | | Abstinence First | | | | \$ 40.00 | | | | | | | \$ 84.54 | | \$ 286.64 | |
| 46183 | | First Fellowship | | \$ 100.00 | | \$ 100.00 | | | | | \$ 20.00 | | | | \$ 60.00 | |
| 49602 | Friday | Nitty Gritty | \$ 20.00 | | \$ 40.00 | \$ 20.00 | | | \$ 100.00 | | | | \$ 100.00 | | \$ 400.00 | |
| 1942 | | PTI Intergroup | \$ 10.00 | | \$ 23.40 | \$ 12.00 | | | | | \$ 5.00 | | | \$ 22.11 | \$ 107.11 | |
| 47749 | | A Step Up | | | | | | | \$ 15.00 | \$ 12.00 | \$ 8.75 | \$ 13.00 | \$ 12.00 | \$ 5.00 | \$ 111.16 | |
| 36776 | Saturday | Great Reality | \$ 30.00 | | \$ 35.00 | | \$ 100.00 | | | | | | | | \$ 100.00 | |
| 45420 | | First Fellowship | | \$ 100.00 | | \$ 100.00 | | | \$ 30.00 | \$ 30.00 | \$ 30.00 | | | | \$ 245.00 | |
| 27235 | | Saturday Serenity | | | | | | | \$ 100.00 | | | | \$ 100.00 | | \$ 400.00 | |
| 32923 | Sunday | Clearwater Oasis | \$ 100.00 | | | | | \$ 46.40 | | | | | | | \$ 46.40 | |
| 49012 | | Joy of Abstinence | \$ 5.00 | | | \$ 25.00 | | | \$ 140.00 | | | | | | \$ 240.00 | |
| | | Total | \$ 370.00 | \$ 225.00 | \$ 621.58 | \$ 297.00 | \$ 350.00 | \$ 288.50 | \$ 580.00 | \$ 269.02 | \$ 190.75 | \$ 169.00 | \$ 623.54 | \$ 27.11 | \$ 4,011.50 | |
| | | 60.00% PTI | \$ 222.00 | \$ 135.00 | \$ 372.95 | \$ 178.20 | \$ 210.00 | \$ 173.10 | \$ 348.00 | \$ 161.41 | \$ 114.45 | \$ 101.40 | \$ 374.12 | \$ 16.27 | \$ 2,406.90 | |
| | | 30.00% WSO | \$ 111.00 | \$ 67.50 | \$ 186.47 | \$ 89.10 | \$ 105.00 | \$ 86.55 | \$ 174.00 | \$ 80.71 | \$ 57.23 | \$ 50.70 | \$ 187.06 | \$ 8.13 | \$ 1,203.46 | |
| | | 10.00% Region 8 | \$ 37.00 | \$ 22.50 | \$ 62.16 | \$ 29.70 | \$ 35.00 | \$ 28.85 | \$ 58.00 | \$ 26.90 | \$ 19.08 | \$ 16.90 | \$ 62.35 | \$ 2.71 | \$ 401.15 | |



From the Chairman of Region 8, Gerri:

Here are the results of the Census Stats which will be reported in the upcoming A Step Ahead: Surveys were sent to every registered OA meeting for which the WSO had a valid address - 4,420 in the US and 1,571 outside the US, for a total of 5,363 surveys mailed worldwide. The surveys were translated into 26 languages, and all meeting outside the US that had a language spoken in that country other than English received a survey in both English and the native language(s) of that country. The return rate for the surveys exceeded our expectations. The US response was about 49%, and the outside-US response was about 38%. Based on the average number of members reported attending meetings worldwide, we were able to estimate that the number of OA members in the Fellowship is about 54,000, with 41,540 in the US and 12,460 in the rest of the world. OA meetings, on average have about eight to nine members attending regularly.





HUG O' WAR
I WILL NOT PLAY AT TUG O' WAR
I'D RATHER PLAY AT HUG O' WAR
WHERE EVERYONE HUGS
INSTEAD OF TUGS.
WHERE EVERYONE GIGGLES
AND ROLLS ON THE RUG.
WHERE EVERYONE KISSES,
AND EVERYONE GRINS,
AND EVERYONE CUDDLES,
AND EVERYONE WINS.

- By Shel S.

* Emotional growth often begins the moment we walk in the OA door. Given the eroded self-regard of many compulsive overeaters, it is a deeply affecting experience to find unconditional acceptance in the OA meeting rooms. From that beginning come self-acceptance and the ability to accept and love others without conditions or expectations. As one OA speaker said, "I love you; whether you love me is beside the point." For today: Do I show people acceptance and love without insisting that they first assure me of theirs?

- Overeaters Anonymous, Inc.

I PUT MY HAND IN YOURS

I put my hand in yours and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams. - Rozanne S.

"I came for my
body,
I stayed for my
head,
I found my
heart."



From an intergroup's monthly newsletter:

"Service – carrying the message to the compulsive overeater who still SUPPERS Is the basic purpose of our Fellowship."

- Lifeline Sept/Oct 2007

Editorial Policy: The opinions expressed reflect those of the writer and unless otherwise noted, do not represent OA as a whole. We reserve the right to edit and conform to space limitations. The deadline for submitting articles is the Friday before PTI monthly meeting. **New:** If you would like the news pages emailed to you please send an email to: [oanews@yahoo.com](mailto: oanews@yahoo.com) and I will add you to the list.

Is food a problem for you?
www.oapinellas.org

Try OA-Overeaters Anonymous
MEETING LIST

No dues or fees
OA Pinellas County, FL

| 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 | 12:00-1 PM OA#48303 | Voices of Recovery Candlelight Mtg. | Literature / Step * | Mirror Lake Branch Library 280 5th St. N., St. Petersburg | Linda 394-7639 |
| 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 | 6:45 PM OA#46184 | Tuesday Lifeline | Lifeline OA Magazine Meeting * | This meeting is inactive, but may move to a new location...stay tuned for up- coming changes. | Linda Mc 804-4610 |
| Wed | 6:45 PM OA#10359 | Madeira Beach Beach Bunch | On sand on the beach (Bring chair and look for flag on pole) * | On beach behind Archibald Building 15100 Gulf Blvd., Madeira Beach | Linda H 647-8280 Ellen 328-9678 |
| 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 | M Jean 482-4075 |
| 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 90 Day Meeting * | 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 | Nitty Gritty | A.A. Big Book Study * | Unity Christ Church 6168 First Ave. N, St. Pete | Ellen L. 381-8043 |
| 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 | Karen C. 533-8403 |
| 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 Billy Joe 398-7401 |
| 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 | 6:00 PM OA#32923 | Clearwater Oasis | Big Book (90 day) ** | Morton Plant Hospital, 1st Floor Tuttle A Auditorium, Clearwater | Claudia 781-7411 Stephanie 442-9855 |

*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.overeatersanonymous.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

PHONE MEETINGS:

Current listing as of 10/30/08--For more numbers and information, please visit http://www.oa.org/pdf/phone_mtgs.pdf

55008 Call 219-509-8222
 55003 Call 518-825-1300
 55005 Call 712-432-3900
 55001 Call 218-936-4700
 55006 Call 712-432-3900
 55002 Call 319-279-1000
 55022 Call 712-432-3900
 55051 Call 712-432-3900

Pin Number 79822#
 Pin Number 79822#
 Pin Number 4285115#
 Pin Number 59002#
 Pin Number 4285115#
 Pin Number 135103#
 Pin Number 4285115#
 Pin Number 6508933#

Sun @ 8:00 p.m. EST
 Mon @ 10:00 a.m. EST (90-Day)*
 Tue @ 8:30 a.m. EST
 Tue @ 8:00 p.m. EST
 Wed @ 8:30 a.m. EST (Qualification)*
 Thur @ 8:00 p.m. EST (90-Day)*
 Fri @ 8:00 p.m. EST (Lifeline)
 Sat @ 5:00 p.m. EST (Recovery/Relapse)

Peggy 719-594-9075 MST
 Marcie 303-805-1881 MST
 Debbie 214-912-3688 CST
 Lori 210-829-4195 CST
 Helen 704-547-0627 EST

***Special Topic**