



Step 7: Humbly asked Him to remove our shortcomings.

"Are we now ready to let God remove from us all things which we have admitted are objectionable?"
Big Book of Alcoholics Anonymous, page 76

Overeaters Anonymous		July 2011	
PO Box 6202		www.oapinellas.org	
Clearwater, FL 33758			
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:			
Linda H	Chair	727-647-8280	fdnymom@msn.com
Claudia	Vice Chair	727-781-7411	bytelady@tampabay.rr.com
Linda Mc	Treasurer	727- 804-4610	lindaproductions@aol.com
Dawn	Secretary	727-743-7590	boobalah63@aol.com
Betsey	Corr. Sec.	727-466-9277	betseymorgan@aol.com
Judy S.	Newspages editor	727-442-9234	vieweton@aol.com
To receive monthly copies, or contribute to the Newspages email the editor at: oanews@yahoo.com			
Contributions must be received by the second Friday of the month.			

Tradition 7: Every O.A. group ought to be fully self-supporting, declining outside contributions.



PTI Meeting minutes 4-15-2011

Roll call:

1. Dawn B
2. Karen C
3. Bestey M
4. Donna D
5. Linda H

Meeting opened with serenity prayer at 6:38pm, Linda Mc read step four, Linda H read Tradition four, and Judy read fourth concept. Linda Mc read last month's meeting minutes, Judy moved to approve the minutes and Linda H seconded. Linda Mc handed out the treasurers report which contained the new balance of the new account opened at Regions bank, Linda moved to file report for audit and Judy seconded the motion.

Old Business

Franciscan Center retreat –august 12-14th 2011, to secure date we must present a deposit of \$225.00 ,also will guarantee attendance of 35-40 people .This includes five meals at a cost of \$150.00 for single room occupancy and \$120.00 for double occupancy. Judy motioned to accept the .offer, and Linda H seconded it.

Garage sale-Questions arose about confirmed date the date is May 14th a Saturday with drop off planned for Friday night May 13th from 6:00 -8:00pm . Setup to begin at 6:30am on Saturday and breakdown from 2:30-3:00pm on Saturday. It was suggested to ask for volunteers to help with setup and breakdown.



P T I Meeting Notes 5-20-11

Roll Call

1. Dawn B
2. Claudia
3. Diane c.
4. Betsey M.
5. Linda H.
6. Linda Mc.
7. Judy S.
8. Donna D.

Meeting started at 6:37pm with Serenity Prayer, Linda H read the fifth step, Judy read fifth tradition, Diane read concept # 5. Dawn read the previous month's meeting minutes, Diane motioned to accept minutes, and Judy seconded. Linda Mc read the treasurers report for April, Linda H asked "if there had been any monies sent into World Service Board or to region 8 collected from seventh tradition for the months of January through April 2011?" Linda Mc said that this had to be paid out yet. Judy motioned to accept treasurers report, and Betsey seconded to accept. Donna questioned "how often does the website monies have to be sent in?" The answer was quarterly the monies are sent in.

Old Business

Christmas under the Oaks- Linda H asks if we want to purchase a vendor table to sell our crafts? It was decided that we would not benefit from having to pay for a vendor table as we may not make a profit.

June Fundraiser?-should we supply water to drink? Set ticket price? How much is operator charging? Is date of June 25,2011 locked in? After some discussion Donna suggested that we push back the boat tour dolphin watch to July or September 2011 to allow for more time to plan and confirm details, also to perhaps get a contract from boat operator? It was decided that we would reschedule this event for later date.

Quarterly Appeal Region 8- Linda H proposes that each meeting either give 10% of monies collected from seventh tradition? Linda H informs us that we made \$464.00 from our share of profit from Florida State Convention also \$156.30 from yard sale monies to the appeal for Region 8? After some discussion we came up with several options.



New OA Meeting in Spanish



Reunion en Espanol

Trastornos de alimentacion? Comedor compulsivo, sobrepeso, obesidad, bulimia o anorexia?

Comedores compulsivos anónimos- CCA
Overeaters Anonymous-OA Le puede ayudar!

Miercoles, 7 de la tarde
Nuevo horario

Sitio: Esperanza Interfaith Center
1217 Leisure Ave.
Tampa, FL 33613

Contacte a Maria P. 813-293-9410,
losdocepasos@aol.com

New OA Meeting in Spanish

Wednesdays, 7 pm, new time

Place: Esperanza Interfaith Center

Tampa, FL 33613

Contact Maria P. 813-293-9410,

losdocepasos@aol.com



Chair Chatter 7/2011

Hi Everyone!

This month I was at the SOAR 8 business assembly and convention in Nashville! Claudia and I shared a room and sat together for the business assembly. It's important to have a rep at these assemblies. You might ask why??? At the business assemblies we vote on motions that change things in the Region 8 by laws, and that is something we want to be a part of. Claudia will be traveling to Medellin as our PTI rep..as you know I am the chair for Twelve Step Within, so I get to serve at the pleasure of the board. The flyer is out on our web page for the August 12-14 retreat at the Franciscan Center. I'm registered...are you?

We are also putting in the bid for the November 2012 SOAR 8 Convention and Business Assembly, this happens at the November 2011 Assembly in Medellin, Colombia this year. Come join us at intergroup in planning the Fall and Winter events.

PTI needs your help only a few are doing the work for all 17 groups. Our intergroup meetings are usually the third Friday of the month at Morton Plant Hospital, Tuttle Auditorium across from the cafeteria 6:30.

Our new beginners meeting at St. Dunstons has been very successful. If you know of anyone who might be interested in OA, send them our way!

Hope to see you there!

Love N Hugs,
Linda



PINELLAS TRADITIONS INTERGROUP
Treasurer's Report for June 2011

Submitted by Linda Mc
15-Jul-11

Beginning Balance **\$3,851.88**
Receipts

Fund Raiser \$5.00
Scholarships \$183.82
Quarterly Appeal \$10.00
Meeting Donations \$405.85
 Total **\$604.67**

Disbursement

WSO \$264.14
Region 8 Quarterly Appeal \$10.00
Scholarship \$262.00
CUO Clearwater Junior Women \$50.00
Morton Plant Mease Rent \$70.00
Website \$29.97
Region 8 Donation \$88.05
Reimbursement Fund Raiser
 Total **\$774.16**

Beginning Balance **\$3,851.88**
Receipts **\$604.67**
Disbursements **\$774.16**
Ending Balance **\$3,682.39**
Scholarship Balanc **\$4.49**

Meeting Donations June 2011						
#	Day	Name	Amount	PTI	WSO	Region 8
48303	Monday	Voices of Recovery	\$24.05	\$14.43	\$7.22	\$2.41
40354		Turning Point	\$171.80	\$103.08	\$51.54	\$17.18
10359	Wednesday	Madeira Beach Bunc	\$30.00	\$18.00	\$9.00	\$3.00
49784	Thursday	Steps to Freedom	\$33.00	\$19.80	\$9.90	\$3.30
9412		PTI Intergroup	\$17.00	\$10.20	\$5.10	\$1.70
36776	Saturday	Great Reality	\$30.00	\$18.00	\$9.00	\$3.00
27235		Saturday Serenity	\$100.00	\$60.00	\$30.00	\$10.00
				\$0.00	\$0.00	\$0.00
				\$0.00	\$0.00	\$0.00
Total			\$405.85	\$243.50	\$121.76	\$40.59

Quarterly Appeal
27235 Saturday Serenity 10 10

Scholarship 11-Jun			
Meeting #	Day	Name	Amount
47788	Mon	Focus on Abstinence	\$11.89
40354		Turning Point	\$41.00
10359	Wed	Madeira Beach Bunc	\$20.00
49784	Thur	Steps to Freedom	\$29.93
36776	Sat	Great Reality	\$20.00
27235		Saturday Serenity	\$61.00
Total			\$183.82

Balance 5/11
80.67

PTI Scholarship \$264.49
PTI Scholarship - dis \$260
PTI Scholarship Bala \$4.49

**COME JOIN US AT
THE FRANCISCAN CENTER
FOR A 12 STEP RETREAT
AUGUST 12-14, 2011**

Schedule for Retreat of Conscious Contact

Friday Night

4 pm Registration Opens

5:30-6:45 pm Dinner

7:00-8:30 pm (Conference Room) Opening, Welcome/Introduction, individual introduction..skit..pick a buddy for the weekend...a buddy is a sponsor...a person you're willing to share your 4th step work with

Assignment.... read steps 1–3 15 questions.. Write on the question or what food/relapse issues would you like to work on for working it through the steps the weekend. History of Eating, what are you willing to work on for the weekend

Refer to reading AA Big Book, OA & AA 12 and 12

9:00-? OA Meeting/Sexuality Meeting (Group Conscience format)

Saturday

8:15 Meditation Step 11

8:30-9:30 Breakfast

9:45-10:45 am (Conference Room) Discussion Step 1-3 from the assignment

10:45 Assign 4th step worksheets

11:00 to 12 Writing 4th step on the 1st step stuff

Lunch at Noon

1:30 – 2:30 Steps 4 and 5 sharing with buddy/sponsor

2:30 – 3:30 Steps 6 and 7 Go into silent retreat with God

3:30- 5:00 Steps 8 and 9 Make a list of any amends discovered, break it into 3 columns: I am willing now, I am not so willing and I may be willing in time,

Write a forgiveness letter

5 pm Free time for the labyrinth, retreat center facilities, quiet reflection, fellowship

6 -7:00 pm Dinner

7:30-8:30 pm OA meeting (group conscience format) 7th tradition

8:30-9:00 pm 10th step worksheet for daily inventory.... Pick Drawings

9-11 Catharsis at the river..bring a flashlight and blanket

Sunday

8:15 Meditation and Prayer Step 11

8:30-9:30 Breakfast

9:30-11:00 Willingness to Go to any length – Service Work Step 12

What service are you willing to do for your recovery...need to give it away to keep it. SkitClose with the serenity prayer, Goodbyes and Cleanup

Reading

Small paragraphs by referencing the Big Book, OA 12 and 12 for each step

Utilize “How it Works” and “Into Action” for specific readings

Hosted By Pinellas Traditions Intergroup

The Franciscan Center is located in Tampa on the Hillsborough River at 3010 N. Perry Avenue, Tampa, Fl. 33603

Visit their website for directions at:
Franciscancentertampa.org

Weekend accommodations are:

\$120.00 (double occupancy)
Includes room and all amenities
+ 5 meals
\$150.00 (single room)
Includes room and all amenities
+ 5 meals
(Bring your own personal items)

You can register by calling The Franciscan Center at 813 229 2695 OA 12 Step Retreat August 12-14

A \$50.00 deposit is requested at this time to hold your reservation....balance is due 10 days prior to the retreat. Handicap rooms (2) available upon request. If you have special dietary needs please ask while making your reservation (ie. vegan, vegetarian).

This is a retreat weekend not a convention...marathon..or workshop. We ask there be no day trippers. Our primary purpose is to get in touch with our H.P., our inner self and to share safely with others.

There will be a \$10.00 suggested donation collected at registration...

Tickets will be sold for drawings of:

- *50th Anniversary OA Bookmarks
- *Serenity Basket
- *\$50.00 scholarship to next years event.

(Drawing will be Saturday night)

For more information call:

Linda at 727 647 8280 or

Claudia at 727 781 7411



LONGINGS

by Linda McLeod

Longings within my soul

Longing to have peace and love realized

Longing to fill this space called me with truth

Longing to know why life is so difficult

Longing to know God and the peace He promises

Longing to meet this God and ask why

Longing with deep anguish, wanting to express my fears and have God reply

Longing, wanting, feeling, hoping to let go and have God hear my plea

Longing, fearful of letting go, but knowing if I don't I am only hurting me

**Somewhere within this maze called life, I will find the God
The God who will release me from this longing**

Then I will make peace with Him and with me

A special thanks to Linda Mc for this beautiful poem...does this inspire readers to submit some prose and poetry to our monthly newsletter?

The Editor



ANNOUNCEMENT

The Monday Night meeting,
"Focus on Abstinence"
has changed locations!

Beginning next Monday, August 1, 2011 the meeting
will be held at the following location:

**Friendship United Methodist Church
2039 Druid Rd E
Clearwater, FL 33764**

(Corner of Druid and Canterbury in Clearwater)

