



OA pinellas newspages

traditions intergroup

Overeaters Anonymous

PO Box 6202

Clearwater, FL, 33758

June, 2008

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

Friday, 20 June 2008 7:00PM
Morton Plant Hospital
1st Floor - Tuttle D Auditorium
300 Pinellas Street
Clearwater, FL 33756

Our trusted servants:

Donna D	chair	727- 526- 4082	hooha@mac.com
	Vice chair		
Karen C	treasurer	727- 533- 8403	kcornacchia@tampabay.rr.com
Linda H	secretary	727- 394 - 7639	fdnymom@msn.com
Betsey	corr secretary		
Mary Jane	webmaster		kismaryjane@gmail.com

Step 6 – Were entirely ready to have God remove all these defects of character

Tradition 6 - An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

6th STEP Prayer: God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. (p. 76 BB)



Pinellas Traditions Inter-group
Minutes for April 18, 2008

Meeting came to order 7:10 p.m.

Attendance: Donna, Colleen, Linda Mc., Linda H., Judy, Betsey, Felicia, Karen, Marion, Stephanie

Serenity Prayer opened the meeting.

March minutes were read and accepted.

Treasury report was read and accepted.

* Seventh Tradition.

*We do have archives. Ann is keeping them. A suggestion was made to form a committee to scan and put on discs. A sheet was going around for committee members to volunteer.

Signed up were : Linda Mc., Linda H., Donna, Geri, Marion, Stephanie.

*Sponsorship workshop will be held June 14 from 1-4 at the Friendship United Methodist Church, on Druid between Belcher and Highland in Clearwater. There will be a small fashionable boutique. Donna has sponsor packets for sale if needed.

*Our PTI is doing the publicity for the Florida State Convention. Claudia and Linda H. are the committee for this. The new theme is SPARKLE AND SHINE IN 2009. We will be submitting a rough draft at the S.O.A.R. 8 convention meeting.

*For the Public Awareness Campaign, PTI will be calling each group with select questions in order to help each group get ready for new members and what's expected of them. We aim to help the infrastructure of the group meetings. There is a 12 Step Within Handbook also to help groups as a whole.

*Donna has newcomer packets to sell to the groups. Contact Donna at 526 4082 if you are considering buying this literature for your meeting.

* We are looking for more people to help with *GETTING THE MESSAGE OUT*, in the form of making calls to radio and T.V. stations. We will furnish you with a list of questions that need to be asked. This is a big undertaking and Marion and Geri cannot do all this alone. We are also considering buying new DVD's or Tapes to give to the stations.

*NEW BUSINESS

May is the month we elect new officers. The nominations are: Chairperson Karen C., Vice Chairperson Stephanie D., Treasury Felicia, Since Betsey and Linda H. were recently voted into their positions, they will keep their new job.

Karen will help the new Treasurer set up a way of working to her own comfort. Karen also would like an audit.

* Linda Mc., has offer to start up a young people's group committee (teen years). If you're interested in helping call Linda Mc. At 804 4610.

*Meeting was closed at 8:30 p.m. with the Serenity Prayer.

Respectfully submitted by *Linda H*



2008 OA Upcoming Events:

- June 1 Get Out and Move It! , Palm Harbor
- June 7 Spiritual, Emotional & Physical Recovery, Niceville
- June 14 Sponsorship Workshop Clearwater
- July 18 - 20 SOAR 8 - The Promises Are Your Fate in 2008, Ft Lauderdale
- Aug 26 - 29 World Service Convention, 50th year Celebration, LA
- Nov 7 - 9 SOARING Into Serenity by the Sea, Cocoa Beach
- Nov 9 - 13 SOAR 8 - A Voyage of Recovery, CRUISE

For more information re: above, contact your Intergroup representatives

If you have an event that you would like listed here, please send by e-mail to akrayow@tampabay.rr.com - and please include 'OA' in subject line.



GET OUT AND MOVE IT

(ANY WAY YOU CHOOSE: ROLLERBLADES, BIKES, WALKING...We will provide cold water for all who attend)

PLEASE JOIN US **SUNDAY, JUNE 1ST, 2 - 4 PM**

AT: WALL SPRINGS PARK, PALM HARBOR

Location: 3725 De Soto Blvd.

Palm Harbor, Fl

Directions: Take Alternate US 19 north past Alderman, about a 1/4 mile, and turn Left on Brevard Street... it will take you into the park, our group will be on the right closest to the trail...

Sponsored by: **Clearwater Oasis June Event**

PS: It's also Claudia's 50th and Liberty has a birthday, too... come celebrate in the sunshine

SPONSORSHIP WORKSHOP

1-4pm

Saturday

June 14, 2008

Friendship United Methodist Church

(On Druid between Belcher & Highland in Clearwater)

A sponsor is someone who is working the 12 Steps & 12 Traditions of Overeaters Anonymous to the best of his or her ability and who has what you want.

Everything you wanted to know.....But were afraid to ask!!!

Find a sponsor or a sponsee

Ask-it Basket

Panel discussion

Identify your assets as a sponsor

BOUQUET

(Opens at 12:30pm)

Reports from World Service Organization:

May 2008 Chairman's Report (excerpts)

Dodie Hawkins, Chairman of the Board

Strong Meetings

‘This topic is a personal concern for me which I want to call to your attention. While our Public Awareness Campaign can be successful in spreading awareness of OA as a solution to the problem of compulsive eating, it is up to the individual groups to have strong, welcoming meetings for the newcomer. There is literature available to help meetings achieve this goal as well as Region trustees who are available for assistance and support. Meetings that focus on the 12 Steps and 12 Traditions give newcomers a clear OA message and keep them coming back. Please assess your local meetings with the eyes of a newcomer. Ask yourself, “Would I come back?” If your answer is yes, good for your meeting. If not, what actions need to be taken to insure that the newcomer leaves with a firm commitment to return and begin the road to recovery.’

May 2008 Treasurer's Report

Bob Fisher Treasurer

Sales of literature made up 58.27% of our total revenue. Contributions made up approximately 25.12%. This is an improvement over 2006 when sales of literature made up 67.05% and contributions made up 23.21%.



What is OA? How can Twelve-Step recovery change my life?



Find answers and gain inspiration by downloading a podcast from the [Get Podcast](#) page.

If you're an OA member, prospective member, or just interested in learning more, the monthly podcasts provide portable information you can listen to at any time. The first podcast describes OA's history and structure. Check back each month for a new podcast, and listen to inspiring personal stories as OA members describe how OA has helped them recover from compulsive eating.

Someone from Tampa asked me why so few of the Pinellas OA's attended the Brandon weekend. Here is my response:

I don't know about them. I went for a number of reasons. I like to support other intergroups, especially those nearby, I am not in competition with any, I have a somewhat flexible food plan, I like people, I especially like OA people, I enjoy intimacy, I'm less fearful, I am able to maintain my boundaries, I have a camping background, I appreciate and love the smell of the forest, I enjoy the space, I don't mind walking to other buildings, I can survive on limited food choices, I wear ear plugs at night to sleep, I love to watch the fire, I thrive on honest sharing and personal stories, I can ignore and avoid the lunatic fringe, participation is a huge asset to my recovery since it is the opposite of isolation, I feel safe, I believe in "suit up and show up", when I chalk up the number of hours of recovery time in a weekend I can see that it would take me many weeks to accumulate a similar amount of time by attending one hour a day meetings, I like you and the other people I know from Tampa, I brought mosquito stuff and other stuff just in case, I can live without TV and my computer for a few days, the weather and temperature are not my priority, I don't limit my recovery to some little group that does everything my way, and I can offer my own strength, experience and hope in an effort to give to a program that is saving my life and providing me with super high quality days and nights.

I could go on and on but it is late.

Donna



My sponsee has such a way with words, she writes beautifully. I asked her to write for the newsletter. To my surprise this is what she wrote:

My Sponsor

No money in the world can buy what my sponsor has given me.

She is truly, a gift from God, an angel, a messenger, and more than anything, she is a priceless friend. Even if the friendship is not the kind where you buddy around together or make play dates, she is a TRUE friend. She is a friend on the spiritual plane where God walks, on a path where the light of love shines.

Who else can you turn to on a daily basis free of charge, with all your cares and woes? Who else would listen each and every day, to the occurrences in my not so important universe, without judging, only with patience and tolerance?

Without the love and support of this program which comes in most part, through my sponsor, I would be a fat miserable unhappy person, awful to be a round and always depressed. No light would shine; no joy would come to my life.

Her loving hand, her kind words is what keeps me coming back even when I don't want to.

She is always present, in my thoughts, walking invisibly next to me hand in hand through this journey called life that without her, would be almost impossible to endure.

May God bless my sponsor.

Susan I.



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D	E	J	C	E	P	D	K	F	I	B	P	L	A	L	N	A	L	P	J

Anonymity

Higher Power

Literature

Meetings

Plan of Eating

Phone

Prayer

Service

Sponsorship

Steps

Tools

Traditions

Twelve

Wrting