



**Step 6: Were entirely ready to have God remove all these defects of character.** If we are painstaking about this phase of our development, we will be amazed before we are half way through.

*Big Book of Alcoholics Anonymous*, page 83

|   |  |
|---|--|
| <b>Overeaters Anonymous</b><br><b>PO Box 6202</b><br><b>Clearwater, FL 33758</b>  | <b>June, 2010</b><br><b>www.oapinellas.org</b>   |
| <b>Pinellas Traditions Intergroup meets every third Friday of the month. EVERYONE is welcome to attend. The next meeting will be:</b>   |  |
| <b>Friday, June 18 at 6:30PM</b><br><b>Morton Plant Hospital</b><br><b>1<sup>st</sup> Floor – Tuttle D Auditorium</b><br><b>300 Pinellas Street/off Ft. Harrison</b><br><b>Clearwater, FL 33756</b>         |  |
| <b>Our Trusted Servants Are:</b>  |  |
| <b>Karen C</b>  | <b>Chair 727-533-8403 <a href="mailto:kcornacchia@tampabay.rr.com">kcornacchia@tampabay.rr.com</a></b> |
| <b>Claudia</b>  | <b>Vice Chair 727-781-7411 <a href="mailto:bytelady@tampabay.rr.com">bytelady@tampabay.rr.com</a></b>  |
| <b>Linda H</b>  | <b>Treasurer 727-647-8280 <a href="mailto:fdnymom@msn.com">fdnymom@msn.com</a></b>                     |
| <b>Sam</b>  | <b>Secretary 727-458-3668 <a href="mailto:samrnmsw@hotmail.com">samrnmsw@hotmail.com</a></b>           |
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| To receive monthly copies, or contribute to the newspapers email the editor at: <a href="mailto:oanews@yahoo.com">oanews@yahoo.com</a><br>Contributions must be received by the second Friday of the month. |  |

**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.**



PTI Newspages

June

From the Chairman

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.

Our primary purpose is to “abstain from compulsive eating and to carry this message of recovery to those who still suffer”. How do we protect OA’s name and still carry the message? There is a handbook for “Professional Outreach”, a packet for the professional, and the “Currier Newsletter” written for the Professionals. World Service has all this material to help us locally promote without endorsing. We do reach out by going to colleges, events, etc. where we are exposed to the general public. Each of us is a testimony that OA works, but to reach the professionals is another aspect of this. PTI has offered to any Doctor a Lifeline subscription for one year for his/her office; all that is needed is the Doctor’s consent. The next time you go for a checkup ask your Doctor if there is an interest, you never know who you will reach.

Respectfully submitted,

Karen C.

Chairman PTI



**PTI Minutes April 16, 2010**  
**by: Sam A. PTI Secretary**

- Meeting started at 6:32 with the serenity prayer
- In attendance: Karen, Sam, Betsey, Connie, Judy, Claudia, Linda H., Linda Mc, Stephanie, Jane, Stan, Donna
- OA Concept for the month and Tradition of the month read by Connie
- Minutes from March approved; all in favor
- Treasurer’s report given by Linda H.; corrections made
- Newspages handed out....reviewed for corrections...need contact for St. Anthony’s Hospital meeting as well as the Teen meeting at Windmore Hospital...Linda Mc volunteered to use her name and number for contact at Windmore Hospital
- Verizon phone bill discussed with Linda H.(for publication in the phone book paid once a year); PO Box bill was paid
- Old business: Linda Mc will update the P&P changes made; Linda H. gave a brief summary of the St. Pete College Health Fair

- Memphis assembly reports: Rep reports to be submitted for next month; Claudia and Linda Mc gave a verbal report of her experience at the assembly
- Introductions of PTI members done
- New Business: application for Christmas under the Oaks...Sunday Nov. 14th 9a-4p at Coachman Park.....\$50....non refundable/non transferable...discussion started about being present at this event again this year.....motion passed....all in favor
- Proposal for having November 2011 assembly in our area....all of the region chairs from all over the world will be in this assembly for Region 8; Claudia and Linda H. looked at some hotels in the area.....went to The Tradewinds on St. Pete Beach....power point presentation provided by Claudia...\$139 per room for 75 room block; more info will be obtained by Linda H. and Claudia.....suggestions made to research other hotels in the area as well.....fact finding committee started with Karen, Linda H., Claudia, Judy, Linda Mc will help and Stephanie will help as well....email list generated for new committee members
- 7th tradition collected
- Moving PTI to Saturday morning and a possible new location; discussion started....majority of members wish to keep PTI on 3rd Friday of the month at 6:30 pm
- Discussion started on how to attract more people to attend PTI and how to get more group reps involved with PTI
- Suggestion made to have group reps make a list of questions to bring to their home groups to ask for help with PTI such as assembly assistance
- Announcement: Relationship workshop Saturday May 15, 2010 from 10:00 am to 3:00 pm at the Friendship United Methodist Church (2039 Druid Road East Clearwater 33764)....flyers distributed
- Karen collected name tags for drawing
- Meeting adjourned at 7:48 pm with the serenity prayer



**To: You**

*Your body receives much, not only through your five senses.  
 Your body is the receiving antenna for your intuition. If you would but get in touch with your body you would begin to feel a greater sense of connection with guidance and wisdom.  
 When someone tells you something, how does your stomach feel? When you think of someone, do you get a tingling sensation in your arms or neck? When you have a choice to make, how does your body feel as you weigh your options?  
 Learn to check in with your body's sensations and then ask for clarity as to what they are telling you. You will know.  
 This day, listen to your body.*

**Love,  
 God**

**submitted by Linda H.**



## **March 2010 Soar 8 Report**

Friday, March 19, 2010

Business Assembly gathered for attendance and check-in and other formalities. Adjourned to dinner and opening ceremony. Opening Ceremony introduced the Memphis Host Intergroup. There were several speakers and 1 being our own intergroup treasurer, Linda H.

### **Saturday, March 20, 2010.**

Meeting Called to order by Stephanie at 8:30 am. There was a quite a bit of business to take care of, particularly the reorganization of some of the committees. The following are the motions that took most of the day's work with debate.

**Motion 1:** Purchase a computer and software for the chairman of Region 8. This motion passed with the contingency that the reorganization of the Technology committee passed. The technology committee would choose several reasonably priced computers and also comply for today's technology. The Region chair would make the final selection of the computer package that were presented to the chair.

**General Motion 1:** Modify Policy and Procedure Manual 6.1 Region Delegates to WSBC. Voted to pass on rewording of 6.1 Region Delegate to WSBC.

**General Motion 2:** Create "Bylaw/Electronic Documents" Committee

Voted and Passed for this committee. New Chairman is Atiya M.

2 subcommittees will be selected within this committee

- 1.) Bylaws Sub Committee
- 2.) Designated Downloader's Subcommittee.

**General Motion 3:** Create Technology/Web Site Committee

Voted and Passed for this committee. New Chairman is Ray F.

2 subcommittees will be selected within this committee.

- 1.) Web Committee
- 2.) Technology Committee (remote attendance)

**General Motion 4:** Create Unity in Diversity Committee

Voted and Passed for this committee.

In the afternoon of 3/20/2010

I (Claudia) chose to move from the 12-Step Within committee to the technology committee with the support of PTI. We voted for a chairman of the new group.

Ray F. was the successful candidate. 2 subcommittees had to be selected.

Web Committee will be attended by Dara S. of Central Fl Intergroup and Claudia S. of Pinellas Traditions Intergroup. The technology development committee for the remote access and selecting the new laptop computer for the Region 8 chairman will be attended by Burt T. NE Florida and Tiffany M. East Coast Florida

Attachment: Committee Report.

Business Meeting Adjourned at approximately 5:30 pm. With overtime.



**World Service Business Conference**  
**Albuquerque, New Mexico**  
**April 26 thru May 2, 2010**

Oh what a feeling to be hooked on service! As you all know I love to travel, whether it's for OA or my personal pleasure.

This year's conference, "Half a Century = One World of Growth" and grow we did! We grew and revised literature as follows: Sponsoring Through the Twelve Steps (a complete rewrite of "A Guide to the Twelve Steps for You and Your Sponsor"), the revised pamphlets "Tools of Recovery", "To the Family of the Compulsive Eater", "Question and Answers", "To the Teen", and "Welcome Back," were all adopted proposals. We established a Youth in OA Conference Committee. We also added another tool, which will read "Action Plan". There were many other proposals that passed most were just a matter of word changes and additions, and also some catching up on the 21<sup>st</sup> century means of communication added to the wording.

I was happy to be in the "Green Dot" mentor program. This is when people new to the Conference, sit with you, so you can answer any questions they may have. I was lucky to have a "Green Dot" that I knew from CFI. We had a great time bonding and helping each other.

The forum this year was "How does service serve us?" That was a great topic presented by the Region chairs, and of course they put on a show...with help from our new Region 8 Chair 😊. Fun in Abstinence!

The days are long, I know that I summed up some of the things we did, keep in mind that each proposal might take up

to 45 minutes to go through...especially if there are pros and cons...then debate...it's a whole process.

I love going to WSBC. Each year it's like history in the making. *We* the people make the changes to our By-Laws, *We* adopt new proposals, *We* change wording, *We* vote on new Region Trustees and General Trustees.....Get the idea...Together *We* Can...

On that note I have to mention that Florida had 2 of the 5 candidates for General Trustee in the race, our own Committee Chair, Karen, and Ray F. from Spacecoast IG. Karen made it to the run off. We were soooo proud of her! We voted to elect Gerri H. our new Region 8 Trustee.

I did get to go to Old Towne and Sandia Peak (10,000' above sea level) it was 25 degrees up there and snow!! That was my reward for all the hard work. Actually my reward was meeting people from Australia, Germany, Austria, Israel, Poland, Spain, Columbia, Costa Rica, England....The whole world was there and being represented...oh what a feeling!!!!

I am hoping to go to California in August.....and join in the fellowship from around the world!!

Love in Service,

Linda H.



World Service Business Conference

April 26<sup>th</sup> to May 1<sup>st</sup> 2010

Delegate Report

I was privileged to have been able to attend the WSBC this year. Like other years there were motions; the report has been provided. One of the not mentioned motions was removed by the maker of the motion, Motion G, “changing the wording in all literature to read compulsive eater instead of compulsive overeater”. The literature approved did receive the conference seal of approval but with editorial rewrites by the BOT. The Unity with Diversity pamphlet was not approved.

I served on the Professional Outreach Committee this year. I am chair of the subcommittee researching how to reach the professionals and identifying what groups to contact, obtaining information, and contacting the professional about Overeaters Anonymous. I also learned that there is a Trade Show Fund at WSO for regions/intergroups to have a booth at a trade show. Requests can be made to fund the entrance fee/booth expenses. PTI can apply if there is a trade show/convention in our area that would be interested in OA. Something to consider!

Personally, this was a conference that certainly had me out of my comfort zone. Last year I submitted my application for General Service Trustee for this WSBC. I stood before 160 delegates and the BOT and presented why I wanted to serve on the BOT. There were five of us for 2 positions and I made it through three ballots. I felt a whole range of emotions but in the end a new Trustee was voted in to serve a 3 year term. I am proud to have represented PTI and Region 8. Thank you all for the opportunity to do service at this level. My work continues this year with WS subcommittee, PTI chair, and my other service work. I believe that service at any level is important to get the message out that Overeaters Anonymous is saving lives.

In service to OA

Karen C.



**Sponsorship: Essential Tool For Abstinence**

So, why should I sponsor?

Because “I strengthen my own recovery through this service to others?” - I think I heard that at a meeting somewhere, but there are lots of other (less risky) ways to give service – anyone need some chairs moved?...

Because sponsorship is a good way to practice “let go and let God?” – Maybe so, but I get that just from driving to work on I-4 every morning...and watching people with a full shopping cart in the 15-items-or-less-line, that too!

Put simply, I sponsor because it's working one of the steps; step 12 to be exact: "Having had a spiritual awakening, we tried to *carry the message to compulsive overeaters*, and to practice these principles in all our affairs". How many times have I heard in the rooms, "you cannot keep recovery unless you give it away?"

Bill W. makes this clear in the "Big Book" where he recounts a business trip gone wrong. After being abandoned by his colleagues, Bill suddenly finds himself in a hotel lobby where he spies a bar (read: restaurant) and the drink (read: buffet) begins to call to him. He is about to wander into the bar, just to hang out of course, and desperate to maintain his tenuous sobriety, he calls a local church and asks if he could be put in touch with another alcoholic. Bill hadn't had much luck so far in getting other addicts to stay sober, but he remembers his wife telling him that through his work with others, he had kept at least one drunk sober: himself. So, Bill finds a prospect to work the steps with and indeed keeps himself sober that day.

This story, as well as many of your shares in the rooms, helps remind me that if an A.A. cofounder needed to reach out to other drunks to keep his sanity, then I need to reach out to other compulsive overeaters in order to keep mine. Sponsoring is a regular commitment to helping another fellow sufferer. I get more from working with my sponsees than they ever get from me - when I re-read our literature prior to discussing it with them; when I commit to meet them at meetings I wouldn't normally go to because they don't want to go alone; when I take or return their calls; and when I hear the joy (and sorrow) in their voice after facing a significant life event. The list is as long and beautiful as what we are willing to give, and so is the recovery we receive when we carry this beautiful message.

Keep sponsoring - it works if you work it!

– *Anonymous Sponsor*



*12 Step Within Committee is  
Jazzing it up in The Big Easy  
New Orleans, Louisiana*



## **JOIN THE 12<sup>TH</sup> STEP WITHIN COMMITTEE CAMPAIGN TO COLLECT FOR THE SCHOLARSHIP FUND**

Don't miss out!! If you are struggling or have yet to find the recovery you want this is the place for you!!

You can join the business assembly as a visitor and see what goes on at the level above Intergroup that keeps OA moving in a strong, healthy direction

Or

You can go to the recovery convention and go to recovery meetings almost non-stop or til ya drop!

Region 8 is *all* about abstinence and it is contagious!! Come and get you some!! *AYE!*

**July 9-11, 2010**

**At the Marriott Metairie @ Lakeway Center**

**New Orleans, Louisiana**

**Rooms are \$89 for a double and must be reserved by**

**June 15<sup>th</sup> for this rate**

**Early bird registration for the convention/conference is**

**\$50 until 6/15. After 6/15 is is \$60.**



**PINELLAS TRADITIONS INTERGROUP**

**Treasurer's Report as of April 30, 2010**

|                              |                   |
|------------------------------|-------------------|
| <b>*Beginning Balance</b>    | <b>\$2,794.08</b> |
| <b>Receipts</b>              |                   |
| Meeting Donations            | \$486.25          |
| FSC 2010 Proceeds            | \$615.00          |
| Freedom IG Web               | \$30.00           |
| Scholarship Fund             | \$104.44          |
| <b>Total</b>                 | <b>\$1,235.69</b> |
| <b>Disbursements</b>         |                   |
| Anne G. Scholarship/Memphis  | \$318.31          |
| MaryJane Wells/Website       | \$29.97           |
| Service Charge               | \$17.00           |
| Claudia/receipts SOAR 8      | \$105.06          |
| Linda Mc./receipts SOAR 8    | \$124.12          |
| Newspages                    | \$42.00           |
| WSO                          | \$145.88          |
| Linda H/FSC Planning Meeting | \$30.72           |
| Supplies                     | \$7.60            |
| Region 8                     | \$48.62           |
| <b>Total</b>                 | <b>\$869.30</b>   |
| <b>Beginning Balance</b>     | \$2,794.08        |
| Receipts                     | \$1,235.69        |
| Sub Total                    | \$4,029.77        |
| Disbursements                | \$869.30          |
| <b>Ending Balance</b>        | <b>\$3,160.47</b> |

| <b>Meeting Donations for March 2010</b> |        |                  |                 |                 |                 |                |
|---|--------|------------------|-----------------|-----------------|-----------------|----------------|
| #                                       | Day    | Name             | Amount          | PTI             | WSO             | Region 8       |
| 27235                                   | Sat.   | Sat. Serenity    | 246.00\$        | \$147.60        | \$73.80         | \$24.60        |
| 49012                                   | Sun.   | Joy of Abs       | 60.00\$         | \$36.00         | \$18.00         | \$6.00         |
| 41039                                   | Wed.   | Renewed Hope     | 100.00\$        | \$60.00         | \$30.00         | \$10.00        |
| 49784                                   | Thurs. | Steps to Freedom | 50.00\$         | \$30.00         | \$15.00         | \$5.00         |
| 10359                                   | Wed.   | Beach Bunch      | 15.00\$         | \$9.00          | \$4.50          | \$1.50         |
| 9412                                    | Fri    | PTI              | 15.25\$         | \$9.15          | \$4.58          | \$1.52         |
| <b>Total</b>                            |        |                  | <b>\$486.25</b> | <b>\$291.75</b> | <b>\$145.88</b> | <b>\$48.62</b> |

