



**Step Three – Made a decision to turn our will and our lives over to the care of God
*as we understood Him.***

“Made a decision”: We took a positive action even though decision-making had become increasingly difficult for most of us. However, we made this decision relying on our admission of powerlessness in Step 1 and the faith we had found in Step 2.

“To turn our will and our lives over”: To surrender, and let go of our delusion of control over everything in our lives. We stepped aside and got out of our own way.

“To the care of God, as we understood Him”: We entrusted ourselves to a loving Higher Power, not a critical one. One who does have the patience, tolerance and time for us and our problems – no matter how small or insignificant – and loves us even when we aren’t perfect.

Overeaters Anonymous

PO Box 620

Clearwater, FL 33758

March, 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, March 20, 2009 at 7:00 PM

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	

To receive monthly copies, or contribute to the newspaper email the editor at: oanews@yahoo.com

Tradition Three – The only requirement for OA membership is a desire to stop eating compulsively. “God, I offer myself unto thee, to build with me and do with me as thou wilt. Relieve me of the bondage of self, that I may better do thy will. Take away my difficulties, that victory over them may bear witness to those I would help of thy power, thy love and thy way of life. May I do thy will always, Amen.” Third Step Prayer





Pinellas Traditions Inter-Group

January Business Meeting Minutes

Meeting Opened 7:10 p.m. * Serenity Prayer Read * Concepts Read * Tradition Read

OLD BUSINESS

- Motion to accept the Minutes as printed in the newspapers ... Passed
- Motion to accept the Treasures Report as handed out Passed
- Editor of newspapers announces that you can now have the newspapers emailed to you at oanews@yahoo.com , just give email address. Also available at www.oapinellas.org.
- Linda Mc. Suggest little business card printed and brought to meetings.
- Linda Mc. Volunteered to do the sheet and email it.
- W.S.B.C. application for Linda H. was done verbally. (Karen forgot the written one to give to the group).
- Linda H. met all the requirements. Linda H. voted in as another representative for the Pinellas Traditions Inter-Group.
- Sea of Hope cancelled by Stephanie due to poor response.
- New Mini-Marathon April 18th. See flyers.
- \$323.21 Collected for Leapin' to Lil' Rock. Partial scholarship available.

NEW BUSINESS

- PTI will donate up to \$30.00 for the Florida State Convention raffle basket. Linda volunteered to make the basket. Stephanie made the motion for this ... Motion passed.
- Stephanie put OA announcement on Craig's List. This needs to be updated daily. Volunteers needed.
- Donna brought it to our attention that our web site is large enough to share with Suncoast and Freedom Inter-Groups. Questions were asked, not enough information about this was available.
- Linda Mc. made a motion to allow Suncoast and Freedom Inter-Groups to use separate domains, agree to pay \$10.00 quarterly and maintain their own web site, with Mary Jane's approval ... Motion approved.
- Karen will call or email these inter-groups to clarify the information given to our inter-group from Donna D.

Meeting ended at 8:00 p.m. with the Serenity Prayer.

Respectfully submitted for approval, Linda H.



PINELLAS TRADITIONS INTERGROUP
Treasurer's Report Thru Jan 31, 2009

*Beginning Balance			\$5,222.01
Receipts			
Meeting Donations		\$	667.00
WSO Public Awareness Campaign		\$	29.24
Leaping to Little Rock		\$	34.88
Fundraising- cd		\$	5.00
	Total	\$	736.12
Disbursements			
WSO		\$	200.10
WSO Public Awareness Campaign		\$	29.24
Region 8		\$	66.70
Morton Plant Mease - Rent		\$	60.00
Freedom Intergroup (telephone)		\$	16.00
Website expense		\$	29.97
Newspages		\$	79.12
WSBC delegates expense		\$	198.00
Region 8 delegates expense		\$	556.80
	Total	\$	1,235.93
Beginning Balance		\$	5,222.01
Receipts			\$736.12
Disbursements		\$	(1,235.93)
Ending Balance		\$	4,722.20

Meeting Donations for Jan 2009						
#	Day	Name	Amount	PTI	WSO	Region 8
48303	Monday	Voices of Recovery	\$ 50.00	\$ 30.00	\$ 15.00	\$ 5.00
10359	Wednesday	Maderia Beach Bunch	\$ 30.00	\$ 18.00	\$ 9.00	\$ 3.00
40873	Thursday	Key to Freedom	\$ 100.00	\$ 60.00	\$ 30.00	\$ 10.00
46183	Thursday	Thur 1st Fellowship	\$ 75.00	\$ 45.00	\$ 22.50	\$ 7.50
49602	Friday	Nitty Gritty	\$ 14.00	\$ 8.40	\$ 4.20	\$ 1.40
47749	Friday	A Step Up	\$ 100.00	\$ 60.00	\$ 30.00	\$ 10.00
9412	Friday	PTI	\$ 13.00	\$ 7.80	\$ 3.90	\$ 1.30
45420	Saturday	Sat 1st Fellowship	\$ 75.00	\$ 45.00	\$ 22.50	\$ 7.50
36776	Saturday	Great Reality	\$ 50.00	\$ 30.00	\$ 15.00	\$ 5.00
32923	Sunday	Oasis	\$ 140.00	\$ 84.00	\$ 42.00	\$ 14.00
49012	Sunday	Joy of Abstinence	\$ 20.00	\$ 12.00	\$ 6.00	\$ 2.00
		Total	\$ 667.00	\$ 400.20	\$ 200.10	\$ 66.70

Jan-09 WSO Public Awareness Campaign (PAC)			
Meeting #	Day	Name	Amount
49602	Friday	Nitty Gritty	\$ 19.24
36776	Saturday	Great Reality	\$ 10.00
		Total	\$ 29.24

sjd 2/6/09

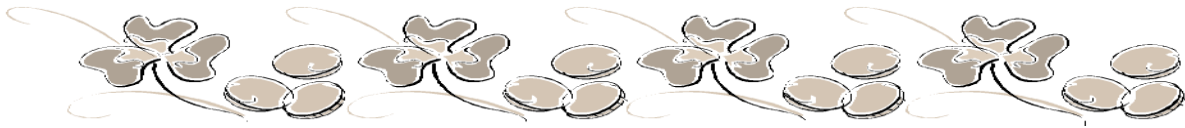
January Donations for Leaping to Little Rock			
#	Day	Name	Amount
48303	Monday	Voices of Recovery	\$ 15.86
49602	Friday	Nitty Gritty	\$ 9.02
36776	Saturday	Great Reality	\$ 10.00
		Total	\$ 34.88

2008 LEAPING TO LITTLE ROCK Fund was \$327.23
CURRENT TOTAL BALANCE IS \$327.23 + \$34.88 = \$362.11

Call to Action!

Overeaters Anonymous members will be manning an information table at the St. Petersburg College Health Center from 10:30 AM to 1:30 PM on Monday, March 16th. This will be the third time we have participated in the college's career day. It is always great to share our recovery and hope with all the future young health professionals. If you want to be of service contact:
Marion at 727-536-2089

Call to Action! The word is out! OAers around the world are talking the Lifeline talk and walking the Lifeline walk. New subscribers are signing up every day for Lifeline, their number one recovery magazine. Join these enthusiastic members in supporting the second most treasured offering of OA (literature ranks first).
Subscribe on line at:
www.overeatersanonymous.org



OA UPCOMING EVENTS

March 21st - Candlelighting Ceremony

10:00 am - 4 pm, 6168 First Ave. N., St. Petersburg, flyer to follow.

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, flyer to follow.

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

** look for extra flyers on your groups' info table*



The Third Step Prayer Word Search from Judy

S Q L W C O J G Z D F W R F N
R Y I P N S V Z X D U E I M I
F E A V X V T G T C W V R L V
A V L W S Y O V X O T A D G T
B B G I L D M G P M H V V Z B
O E O G E A C Q A M I Z Q N R
N S F V X V A E C C J Z Q X V
D K E I H A E H T A A E V O L
A S V J L I E O F F E R I J D
G E K M E L R E J R O J Z O L
E L D C P Y N N B N Q E K V I
D F O R H I J Z O E F N V A U
A J G O Z R Z S S E N T I W B
J X Z W L U L T J J X Z D G Z
D I F F I C U L T I E S V K Z

ALWAYS

DIFFICULTIES

LIFE

POWER

VICTORY

BONDAGE

GOD

LOVE

RELIEVE

WILT

BUILD

HELP

OFFER

SELF

WITNESS



SPRING IS HERE !!!

COME RENEW YOUR SPIRIT AT A
CANDLE LIGHTING CEREMONY

SAT. MARCH 21, 2009

10 a.m. to 4 p.m.

UNITY CHRIST CHURCH

6168 First Ave. N, St. Petersburg

\$5.00 Donation ☺

THERE WILL BE

SPEAKER and A BOUTIQUE, (Please, bring gently used clothes)

A PLACE TO EAT LUNCH

FOR DIRECTIONS CALL Linda H. 647 - 8280 or Ellen L. 345-0101

SPEAKER MARATHON

Mini Summit

Saturday April 18, 2009

9am-4pm

Friendship United Methodist Church

2039 E. Druid Rd.

Clearwater, FL

(Between Hercules and Belcher Ave.)

Long Term Abstinent Speakers

SYMPTOMS LEADING TO RELAPSE

TOOLS Boutique

Suggested donation \$5

BYOL (Bring Your Own Lunch)

For more information call Stephanie at 727 442-9855

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 *	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 *Special Topic
 Helen 704-547-0627 EST