



Step 11: Sought through prayer and meditation to improve our conscious contact with *God as we understood Him*, praying only for the knowledge of His will for us and the power to carry that out.

We shouldn't be shy on this matter of prayer.

Alcoholics Anonymous, page 85

Overeaters Anonymous

**PO Box 620
Clearwater, FL 33758**

November, 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, September 18, 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	
Judy S.	Newspages editor 727-442-9234	vieweton@aol.com

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

Contributions must be received by the second Friday of the month.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.



Pinellas Intergroup Prayer Requests

- ❖ Debra from OA. I mentioned my nephew David last night. He is 24 yrs old, has stage 3 cancer, inoperable tumor on optic nerve which has impaired his vision. He was given 2 mos life expectancy 2 yrs ago. His tumor has been mostly unresponsive to treatment. While it has shrunk by half, it has stabilized where it is, and he was recently told he will need chemo periodically for the rest of his life. He has his down times, of course, especially as he sees his younger brother going about his life, but is trying by the grace of God to be as grateful as he can for the life he has, for all those who care for him, and for his supportive family. I ask yours and anyone else's prayers for this brave young man.



- ❖ Linda S. requests prayers for great nephews, Adam and Mark; and for car trouble.



- ❖ Please pray for Connie. Diane C.



- ❖ Pray for Connie, Judy, Thomas, and for God's guidance.



- ❖ Family healing & recovery; sister's recovery. Anonymous



- ❖ Pray for physical healing for Judy and myself in God's grace. Anonymous



- ❖ Please pray for my daughters' recovery from compulsive overeating. Judy S.



From the Chairman

The Holiday Season is upon us. We have celebrated (or not) Halloween; Thanksgiving is fast approaching, and then December with all the excitement ending on New Year's Day and asking myself "how am I doing?" Thanksgiving is a time, not about the food, but about gratitude.

What am I grateful for? Every day I try to look at what I have, not what I don't. It is so easy to focus on the negative, what everyone else has that I don't. I try to remember what it felt like to be eating, hating myself, but unable to stop. I never want to forget the person I was when I came into these rooms and with the help of my Higher Power and all of you I never have to go back.

Thanksgiving Day I will remember those dear to my heart, those who are in their disease and how painful this day is for them, and for all of OA throughout the world, working one day, every day, no matter what, knowing that abstinence, the 12 steps, and the tools are gifts freely given.

In service to OA,

Karen C.

Chairman PTI

PTI Minutes

Pinellas Traditions Inter Group

Meeting Minutes September 18, 2009

Serenity prayer 7:20 Connie read concept of the month. Linda read the tradition of the month.

Secretary's report needs a correction for the decals \$1.37 each for 125. Correction noted



Motion made to accept secretary's report. Motion accepted

Treasures report is accepted as written.

News pages handed out.

Old Business

- Ann presented a decal for our fund raiser.
- Clear back: 125 are \$1.37, 250 are \$.75.5, 500 are \$.41.5 Static cling for window. Stick on for any item. This is in planning for the 2011 Business assembly and Convention
- Motion made to pursue the decal. Ann will be Chair of the decal committee. Motion accepted
- Claudia is working on a logo for tee shirts or sweat shirts.
- Circle pin for fundraiser. Linda H. is checking it out.
- No storage for boats?? Donate to an elementary school.
- Linda H. is creating a letter to go along with the mailing of the Lifeline. Linda and Stephanie accepted the responsibility of being contacts. Claudia is creating the letter head.
- Stephanie presented the budget for the Region 8 delegates as being over drawn. A motion was passed to allocate \$400.00 from the PIPO budget and \$100.00 from the WSO budget to the Region 8 delegate fund.
- Linda Mc. presented the new changes for the By-Laws that will conform to Region 8. Motion was made to accept the changes. Motion passed. Thank you Linda for a job well done!
- The policy and procedure changes will be presented at the October meeting.
- Sam ordered the water bottles for the Region 8 Convention to be sold.
- Placemat order was voted down. To be looked at another time.

Submitted by Linda H.



Karen C. gave an excellent presentation at the Addictions and Recovery Symposium which was held at Pasco Hernando Community College. Her presentation on how the 15 questions related to her history as a food addict was humorous and reflected both her gratitude and recovery. Diane C. and Marion C. helped man an OA display table. Many participants were given the meeting lists from the Freedom Intergroup and Pinellas Traditions Intergroup, the 15 questions and copies of *Lifeline*.





OVEREATERS ANONYMOUS
PROUDLY PRESENTS
THE FLORIDA STATE CONVENTION
20TH ANNIVERSARY

TOGETHER WE CAN SURRENDER TO WIN IN 2010
February 26-28, 2010

Cocoa Beach Hilton Oceanfront
1550 N. Atlantic Ave
Cocoa Beach, FL 32931
1 800 445-8667 (reservations only)
321 799 0003 (direct number)



Save the Date
March 19-21, 2010
Greater Memphis Area Intergroup
Invites You to
“Walking in Memphis:
12 Stepping Away theBlues”
For more information visit

www.caregion8.org or camemphis.org or call Nina 901-275-8272



Soar 8 Recovery Convention and Business Assembly
November 6-8, 2009
The Clarion Hotel and Conference Center
2701 E. Fowler Ave.
Tampa, FL 33612

For More Information, contact convention chair, Grace T., at 813-412-5213 or graceterry727@aol.com





TI Overeaters Anonymous presents

The Tool of Writing for the Holiday

A Writing Healing Workshop

October 24, 2009

9:30 am to 4 pm

Where: Friendship United Methodist Church
2039 East Druid Road
Clearwater, Florida 33764

Contact Claudia (727) 781-7411 for more information.

Suggested Donation \$5.00.

Workbook request email bytelady@tampabay.rr.com

Or call 727-781-7411 to pre order

You print for free by email <or> we print for \$3.00 each

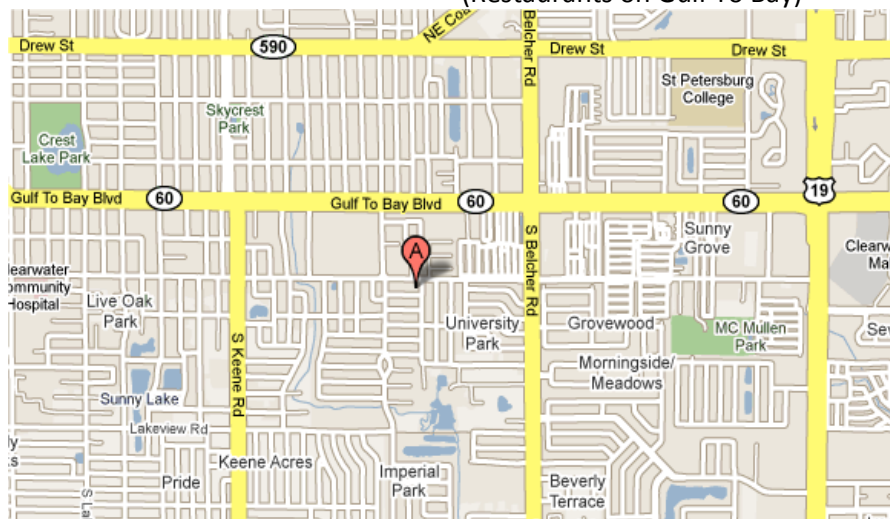
Please bring notebook or a journal and pen or pencil.

If you were at the last writing workshop and purchased the workbook, it is the same workbook.

To attend this workshop **it is suggested** that participants have already been through steps 6 through 9 at least 1 time.

Water will be provided

Brown Bag Lunch <or> Lunch on Own
(Restaurants on Gulf To Bay)





The Tools of Recovery

Abstinence: Not having a plan is planning to fail.

Sponsorship: The best job you'll ever love.

Meetings: Meeting makers make it.

Telephone: Three calls each day.

Writing: Write a food plan; write a 4th step;
write a 10th step.

Literature: The Big Book; A.A. Twelve and
Twelve; O.A. Twelve and Twelve

Anonymity: Who you see here, what you hear
here, let it stay here.

Service: Abstinence is our first act of service.