



# OA pinellas newspapers

traditions intergroup

March 2007

## Pinellas Traditions Intergroup (PTI) St. Pete, FL 33732

**Step 3 - Made a decision to turn our will and our lives over to the care of God as we understood him.**

**Tradition 3 - The only requirement for OA membership is a desire to stop eating compulsively.**

I get so much comfort from this. I have the desire because I showed up at that very first meeting. I have kept coming back, abstinent or in relapse, because OA is the only thing that has worked for me. I have a "living" problem, and no diet has ever taught me how to cope with life. Food, people, or material things can always fail me. The only real thing I can count on is my Higher Power to see me through whatever today may bring. Some days I have to act as if. I must act as if I have desire to not eat compulsively and act as if I believe that my Higher Power is there for me. If I take this action, my Higher Power takes care of my needs; the obsession is lifted, and abstinence comes. So for today, I will not give up. I will just keep trying, with my Higher Power helping me along the way. I will become a much happier person with my life held in my Higher Power's loving embrace.

-Voices of Recovery

After going online to the OAPinellas.org website to make an entry in the daily check-in topic of the forum, I was reminded there's an 11:00am Thurs. mtg. I was excited to attend as I was on vacation and rarely have the opportunity. This meeting uses a book I'd bought years ago when it first came out, *Abstinence*. I'd forgotten I had it, but was so inspired by the meeting I decided to search until I found where I'd tucked it away thinking, "Finished with that, what's next?" So far it's already like uncovering a treasure. Just the first entry from one of OA's co-founders, Rozanne S., is a jewel for me.

Only days before, I attended a meeting & someone shared that their sponsor had declared they didn't know anyone in OA who ate bread. I gasped in disbelief aloud, even though cross-talk is discouraged. Recently I have been struggling with comparing my abstinence to others (first mistake), thinking my "progress isn't perfection" like others (another mistake), until I've been contemplating leaving OA because I'm not "doing it right"! (deadly mistake!)

What soothing medicine for my spiritual & emotional disease it was to read OA's co-founder, Rozanne write the words from the Overeaters Anonymous Bulletin in May 1962, "Abstinence means simply three moderate meals a day with absolutely nothing in between. It means also no 'meals' while we're preparing a meal and no 'meals' while we're cleaning up the kitchen afterward. In other words, total abstinence from compulsive eating!" (Abstinence 3). She continues, "Will the time come when we all understand that the concept of abstinence is the same for everyone...to stay away from compulsive overeating? Can we recognize that it is the eating plan which may be different from one person to another, perhaps different for an individual at various times in his or her life?" (4) I know the OA preamble states, "The only requirement for membership is a desire to stop eating compulsively." What a relief! I'm a member who's "doing it right"! Consequently, I just wanted to take the time to express my gratitude for the website, the Abstinence meeting, and Rozanne for my program of recovery; it's not the same as everyone else's, but as long as I am heading in the right direction on that road of happy destiny to freedom from my eating disorder, it doesn't matter how I get there. Thanks for being on the road with me.

-Vickie H.

## Acting as if.....

Fake it 'till you make it. Good practice& it really will happen. -D

The mind is a very powerful thing. We can trick ourselves in many ways - my pathway was not seeing my disease in reality. Now, I try to go beyond reality & make my hopes and dreams a reality by faking it until I make it. I am a beautiful, wonderful child of God who deserves to have an incredible life just because I am me. -SH

"Acting as if" means that I must take an action I don't think I am strong enough to take. In order to "act as if," I need to ask my Higher Power for help. It also helps me to mentally rehearse the action I want to take.-DM

"Acting as if" is the story of my life. Before OA I tried so hard to "act as if" I was a normal person with food, in my relationships and at work. I learned to exist in the outside world by observing and copying the behaviors of others. When I committed myself to OA meetings I "acted as if" I was powerless over food, not knowing how unmanageable my life truly was. I always believed there was a power greater than myself but not a power to help me with food. I had to "act as if".

In the beginning I had to "act as if" I had "turned my will and my life over to the care of God." There are days now when I am blessed knowing my will is clearly in the hands of my HP and I do not struggle. Other days, I "act as if" God will guide me - and God does for me what I cannot do for myself. I am grateful for "act as if".

### Keep Practicing

"When the student is ready, the teacher appears." That saying came true in my life. At an OA meeting, I said I didn't understand the concept "act as if." Did anyone have any suggestions to help me? One friend described "act as if" as an action to take action. Another friend used the slogan, "fake it till you make it." Keep practicing an action until you know how to do it. As I was quilting tonight, I realized that I had been acting as if I knew how to quilt for quite a few months. I am new at quilting, but I've been following the directions in the quilting book, and the results have been pleasing. I had been "acting as if" and didn't realize it. When I was ready to learn the concept of "act as if," a teacher appeared who could explain it to me in understandable language, so I could apply the concept to my daily life. It opened a new area of thoughts and ideas. I'm continually amazed at the ways OA helps me in my daily life. Don't give up until the miracle happens.

## OA Calendar of Events

March 17 & 24 A Back 2 Basics Marathon 9AM - 4PM, St Davids Epis Church, 145 E. Edgewood Dr, Lakeland,FL, \$20, Dianne D 863-646-9307

April 30 - May 5 World Service Business Conference, Albuquerque, NM, 1-800-237-2133

May 18, 19, 20, 2007 - Big Book Retreat At the Franciscan Center in Tampa hosted by Pasco County, call Barbara Joy

July 13, 14, 15, 2007 - SOARING OVER WAVES OF SERVICE- Region 8 Convention and Business Assembly Dolphin Beach Resort, St Pete Bch, Flier: [www.oapinellas.org](http://www.oapinellas.org)

August 30th - September 2, 2007 - OA - WSO - World Convention, Philadelphia, PA - call Donna for roommates 727-526-4082

2010 - OA's 50th Birthday, World Service Convention, Los Angeles, CA - call Donna for roommates 526-4082

### Sponsor List

Ann V. - 787-7652;

Addie S. - 327-4555/ email: [emietoss@hotmail.com](mailto:emietoss@hotmail.com)

Beth P. (anorexia/bulimia only) - 894-4090

Joanne (early morning only) - 669-5168

Maryl email: [mmroan1@tampabay.rr.com](mailto:mmroan1@tampabay.rr.com)

Please let me know if you'd like to add your name to the list.

Next month, I will be looking for comments on "How do you stay on your food plan??", anyone liking to contribute to the "Newspages" please email me at:

[russelljo1@earthlink.net](mailto:russelljo1@earthlink.net) by the 5th of the month.

Since I came to OA and have been working the steps, I have learned that in my life I used excess food to control my feelings. When I feel my serenity slipping and insanity creeping back into my day, I ask myself if I am truly working the Twelve Steps. Is there something I'm forgetting to use? My sponsor told me early in my program that is a situation or person was bothering me, I could insert the situation or person into Step One. I'm happy to say I can do this now. Once I admit I cannot control everything in my life, I say the Serenity Prayer about the situation or person. These things usually restore my serenity and sanity. If I am having a hard time with something, I read about resentment on page 552 and acceptance on page 449 of the AA Big Book (3rd edition). I write about what I am experiencing and then share it with another OA member. Using these tools of recovery clarifies my thinking. I am experiencing recovery in all three areas - spiritual, emotional and physical - by working the Twelve Steps and looking into my resentments and acceptance of life. I can leave the fantasy world where excess food makes everything all right and step into reality when I accept that I have no control over situations or other people. God is in control, and I have to let him be in control. Using all aspects of the OA program allows me to live with peace and serenity. No matter what is happening around me, life is great!

-Lifeline 2004

.....July 13-15.....Is being sponsored by Pinellas Traditions Intergroup....That's us!!

We all need to step up to the plate and help out with lots of service!!!! Every group is being asked to donate a basket with a theme of your choice.....The contact person will be called on to name the theme for your group. If you do go to a couple of small groups, you may choose to combine your basket so it will have nicer items. If you are unable to wrap the baskets, it will be done for you. Please list the items along with the group which it comes from and send it to be collected at the June Intergroup meeting, June 15th.

If you are able to stay at the Dolphin, it will help with the conference rooms cost. Early registration ends June 29, 2007. We also will be having a boutique (good service position), so please get you donations to your Intergroup rep. We are looking for novels, good usable clothing, jewelry, CD's and also some silent raffle items of a value more than \$ 20. Help is needed for registration, hospitality, boutique, decorations, entertainment, publicity, love notes, fund raising, greeters and on and on.... Please help us spread how this program really works!

Contacts..Donna D 727-239-0098, Claudia 781-7411, Stephanie 442-9855.

Beginning Balance	1	443.32		
January Donations		419.79		
01530 S.O.S. website		10.00		
Serenity Key Ring sales		85.00		
PTI November meeting		8.00		
Total		1966.11		
<b>Meeting</b>	<b>Name</b>	<b>Amount</b>	<b>WSO</b>	<b>Reg. 8</b>
47788	Focus on Abstinence	150.00	45.00	15.00
36656	New Largo Step	50.00	15.00	5.00
47934	Wake Up Call	54.00	16.20	5.40
27235	Serenity/Serenity	65.79	19.74	6.58
32923	Clearwater Oasis	100.00	30.00	10.00
Total		419.79	125.94	41.98
Dispersments				
support for website		10.00		
Copying		8.99		
WSO		124.74		
Soar 8		41.58		
Key Rings		102.44		
Total		287.75		
Ending Balance		1678.36		

**Pinellas Traditions Intergroup  
Treasurer's Report  
January 2007**

Respectfully Submitted By Karen C

## Get your Soar 8 Wings O' Service Commemorative TShirts!!

First Name	
Last Name	
Home Phone	
Cell Phone	
Address	
City	
Zip Code	

Item	Size	Price	Quant	Item Total
T Shirt	3X	\$14		
T Shirt	2X	\$12		
T Shirt	XL	\$12		
T Shirt	Large	\$12		
T Shirt	Med	\$12		
Tote Bag	Small	\$8		
Tote Bag	Large	\$14		
				Total

All items have designs front & back, are hand decorated, and need to be gently hand washed and dried.

Checks Payable to: PTI-SOAR  
 Send to:  
 Order Items  
 5145 55<sup>th</sup> St N  
 St. Petersburg, FL 33709

How do you plan to get your item(s)?

Next PTI Intergroup meeting \_\_\_\_\_  
 From Donna or Joan at a meeting \_\_\_\_\_

## Get your Soar 8 Wings O' Service Commemorative TShirts!!

First Name	
Last Name	
Home Phone	
Cell Phone	
Address	
City	
Zip Code	

Item	Size	Price	Quant	Item Total
T Shirt	3X	\$14		
T Shirt	2X	\$12		
T Shirt	XL	\$12		
T Shirt	Large	\$12		
T Shirt	Med	\$12		
Tote Bag	Small	\$8		
Tote Bag	Large	\$14		
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 From Donna or Joan at a meeting \_\_\_\_\_

For Pinellas County

# Is Food A Problem For You?

- Do you eat when you're not hungry?
- Do you go on eating binges for no apparent reason?
- Is your weight affecting the way you live your life?
- Is your eating overwhelming you?

Call Overeaters Anonymous  
1-800-544-6353

Visit [www.oapinellas.org](http://www.oapinellas.org)

- No dues
- No Fees
- No Weigh-Ins
- No Diets

We are a 12-Step Fellowship  
You are not alone.

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**Pinellas County Overeaters Anonymous Meeting List**

The only requirement for membership is the desire to stop eating compulsively.

Day	Time	Meeting Name	Meeting Type/Notes	Location	Contact
M O N D A Y	10:15AM oa#46182	<b>Just For Today</b>	1-step/ 2-Lifeline/ 3-lit/4-BB/5speaker	Lutheran Church of the Resurre 1555 Windmill Point Rd, Palm H	MaryEllen 781-2597 Joan 785-9208
	12:15PM oa#48303	<b>Voices of Recovery</b>	Brown Bag/Group * Discussion	Mirror Lake Branch Library 280 5th ST N, St Pete	Gayle 322-8486
	7:00PM oa#47788	<b>Focus on Abstinence</b>	Speaker Meeting Spkr abstinent 90+day	Friendship United Meth Church 2039 E Druid, Clw, between Hercules & Belcher	Stephanie 442-9855
	7:15PM oa#01530	<b>"SOS"</b> Search Out Serenity	Leader/Discussion Follow arrow signs	St Anthonys Hospital, 1200 7th St Pete, clsrn F, E entrance	Addie 327-4555
	5:30PM oa#46184	<b>Tuesday Lifeline</b>	Lifeline Meeting **	Center for Conscious Living Banquet Masters Bldg, Suite 500 6152 126 Av, Pinellas Park	Donna 526-4082
T U E S D A Y	7:00 PM oa#40354	<b>Turning Point</b>	Beginners * BB / Last Tues-Tradit	St Marks Lutheran Church 1120 Curlew Rd, Dunedin	Cathy G 773-9863
	7:30PM oa#36653	<b>New Largo Step</b>	Step **	St Pauls LifeEnrichment Cntr-R Highland Av, NW corner of Rosary Rd, Largo- Elevator Available	Karen 533-8403
	9:30AM	<b>Walking Serenity</b>	New Beginners Forma	49th St & 102 AvN (Lake Blvd) Freedom Lake Park, Pinellas Park	Marcos 548-4303
W E D N E S D A Y	6:45PM oa#10359	<b>Madeira Beach Beach Bunch</b>	Go to Stone Jetty on le Bring chair/find red boy	On Beach behind Archibald Bld 15100 Gulf Blvd, Mad Bch	Ellen 727-871-7451
	7:30PM oa#41069	<b>Renewed Hope</b>	Relapse Prevention **	Anona United Methodist Church 13233 Indian Rocks Road, Largo	Patti 596-2087
	6:00AM oa#47934	<b>Wake Up Call</b> Step/Trad Meeting	OK to bring Breakfast food *	Bon Secours Maria Manor 10300 4th ST N, St Pete	Colleen 464-8200
T H U R S D A Y	11:00AM oa#40873	<b>Key to Freedom</b>	Literature meeting*	First Presb Church, 455 Scotlan St, corner Scotland & Highland,	Pat 733-6858 Downtown Dunedin
	5:30PM oa#49784	<b>Steps to Freedom</b>	Focusing on Steps 1, 2, & 3	St Cecelia's Church, 820 Jasmi Way, Clw Clsrn A	Mary Mc 319-4321 Stephanie 442-9855
	7:00PM oa#39121	<b>Abstinence First</b>	Womans Discussion *	Grace Lutheran Church, Kramer 16th ST & Haines Rd, St Pete	Rhonda 526-4208
	7:30PM oa#46183	<b>First Fellowship</b>	1-step/ 2-speaker/ 3-lit/4-BB/5-Lifeline	Palm Harbor Presb Church 2021 Nebraska Av, Palm Harbor	Maryl 772-7043
F R I D A Y	2:00PM oa#49602	<b>Long Term Care</b>	Step/Workbook Study	Long Term Care 3479 54th Ave, Rm 50, St Pete	Vickie 239-0098
	6:00PM oa#47749	<b>A Step Up</b>	Beginners *	Mortan Plant Hospital, 1st Floor Board Room, Clearwater	Colleen 464-8200
	7:00PM	<b>Pinellas Traditions Intergroup Meeting</b>	Third Friday Only All are welcome	Mortan Plant Hospital, 1st Floor Board Room, Clearwater	Donna D 526-4082 Vicki 239-0098
S A T U R D A Y	9:30AM- 11:00AM oa#36776	<b>Great Reality</b>	Beginners * Step Mtg	Pinellas Park Public Library 7770 52nd St N Pinellas Park	Lori 545-5004 Lisa H 546-3551
	10:00AM oa#45420	<b>First Fellowship</b>	Step/Tradition Mtg *	Palm Harbor Presb Church 2021 Nebraska Av, Palm Harbor	Pat 784-3375
	10:30AM oa#27235	<b>Saturday Serenity</b>	Big Book *	First Lutheran Church, 1644 Nursery Rd, Clearwater	Betsy 466-9277
S U N D A Y	6:30PM oa#49012	<b>Joy of Abstinence</b>	Leader/Discussion *	Gulfport Neighborhood Center, 49th St S, Gulfport	Donna S 341-1626
	7:00PM oa#32923	<b>Clearwater Oasis</b>	Big Book (90 day)**	Mortan Plant Hospital, 1st Floor Board Room, Clearwater	Claudia 781-7411

\* Open to all  
\*\* Closed - only for those that have a desire to stop eating compulsively

If this is your first time attending a meeting listed, 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](http://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 of the Tuttle II Auditorium. All are welcome. For directions and/or questions, please call Donna 526-4082.

**Phone Meetings**

Listing #	Procedure for Phone	Meeting Day and Time	Contact Phone Number
55008	Call 641-793-7500, Pin Number 79822#	Sun @ 8:00 p.m. EST	Darlene 978-957-6492
55003	Call 641-297-8000, Pin Number 79822#	Mon @ 10:00 a.m. EST	Pam 813-654-1933
55005	Call 212-990-8000, Pin Number 1067#	Tue @ 8:30 a.m EST	Nahama 718-575-1067
55001	Call 641-793-7500, Pin Number 59002#	Tue @ 8:00 p.m. EST	Maddie 508-624-0502
55006	Call 212-990-8000, Pin Number 1067#	Wed @ 8:30 a.m. EST	Nahama 718-575-1067
55002	Call 641-793-7500, Pin Number 135103#	Thur @ 8:00 p.m. EST	Liz 617-889-2801
	Call 319-256-0100	Pin 1047827#,Friday @10AM, Iowa;	Marcos727-548-4303