Step 4: Made a searching and fearless moral inventory of ourselves. "Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's... "Alcoholics Anonymous pg. 67

Overeaters Anonymous
PO Box 620
Clearwater, FL 33758

Pinellas Traditions Intergroup meets every third Friday of the month. EVERYONE is welcome to attend.

The next meeting will be:

Friday, April 17, 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 newspapers email the editor at: oanews@yahoo.com
Contributions must be received by the second Friday of the month.

Tradition 4: Each group should be autonomous except in matters affecting other groups or OA as a whole.
PINELAS TRADITIONS INTERGROUP
Treasurer's Report thru February 28, 2009

*Beginning Balance  $4,722.20
Receipts
  Meeting Donations  $ 95.00
  Leaping to Little Rock  198.31
  Void check (#1048-4/21/07)  33.58
  Fundraising - book buddies  $ 45.00
Total  $ 371.89

Disbursements
  WSO  $28.50
  Region 8  $9.50
  Freedom Intergroup (telephone) $16.00
  P.O. Box Rental  $70.00
  WSBC delegates expense  $271.00
  Fl State Annual Report  $61.25
  Office supplies & Stamps  $18.08
Total  $474.33

Beginning Balance  $4,722.20
Receipts  $371.89
Disbursements  $(474.33)
Ending Balance  $4,619.76

<table>
<thead>
<tr>
<th>Meeting Donations Feb 2009</th>
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<tbody>
<tr>
<td>#</td>
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<tr>
<td>------</td>
</tr>
<tr>
<td>10359</td>
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<tr>
<td></td>
</tr>
<tr>
<td>47749</td>
</tr>
<tr>
<td></td>
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<td>Total</td>
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2009
Feb  Donations for Leaping to Little Rock
<table>
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<tr>
<th>#</th>
<th>Day</th>
<th>Name</th>
<th>Amount</th>
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<tbody>
<tr>
<td>47788</td>
<td>Monday</td>
<td>Focus on Abstinence</td>
<td>148.25</td>
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<tr>
<td>49784</td>
<td>Thursday</td>
<td>Steps to Freedom</td>
<td>26.61</td>
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<tr>
<td>27235</td>
<td>Saturday</td>
<td>Sat Serenity</td>
<td>23.45</td>
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<tr>
<td></td>
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</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td>$198.31</td>
</tr>
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</table>

Total to date = $560.42

sjd 2/28/09
Coming to the Dry Dock:

**S(HE) (Strength, Hope, Experience)**

A Weekly Overeaters Anonymous Literature and Discussion Gathering

*Open to Everyone*

Each Saturday at 2 p.m.

Beginning Saturday, March 28, 2009

S(HE) is a weekly 12 step based OA program designed to share our collective experience, strength and hope related to food addiction and its effects on our lives.

This is not a diet or calories club, it is a spiritual solution for food addicts based upon the help of sponsors and other food addicts.

Find unconditional acceptance and support with other OA members.

Dry Dock

1733 Alt 19 S
Tarpon Springs, FL 34689

Located just north of Klosterman Rd.

For any questions, please contact Krista at 727-644-0250 or Joan 727-785-9208.
Hi Fellow OAer’s,

I just wanted to drop a line to our news pages so all of you could read about the Convention. IT WAS FABULOUS! I was able to get to many meetings and renew old friendships. As a matter of fact I met a woman there that was in my OA group in NY. It was like old home week. So my circle of OA friends just got a bigger. You never know who or what God will put in your path. The entertainment was fantastic..it was worth the money. Food was well planned out, and everyone’s needs were met. I’m looking forward to next year.

Our inter-group has another year of commitment doing the publicity, which includes the flyer, emails to previously registered guests, getting a flyer published on the SOAR 8 website and having the date published in the Lifeline. I also make it my personal crusade to keep the info fresh and announce it at all the meetings I go to. This year I’m submitting the idea of a different format for the flyer. I would like to streamline it, and make it so it only gets folded in half. We did vote in a new Chair (Gerri Helms) and a new Vice Chair (Linda Hartmann), the Treasurer (Hilde Johnson) and Secretary (Jackie) stayed the same.

If anyone is interested in doing service on this committee please email me, Linda H. at fdnymom@msn.com or Claudia at thefirstbytelady@tampabay.rr.com.

Thanks for giving me the opportunity to do service, Linda H.

---

God,

Grant me the Serenity to accept the things I cannot change, Courage to change the things I can and Wisdom to know the difference. Grant me Patience with changes that take time, Appreciation for all that I have and am, Tolerance for those with different struggles, and the strength to get up and try again,

One day at a time.

Quotes from Billie W’s Collection

Gratitude is the hinge upon which an abstinent life swings.

Sometimes we don’t get what we want.

Sometimes we don’t get what we need.

Sometimes we get what we get.

It’s really hard for God to guide you if you keep running out ahead!
“Together We Can”  OA UPCOMING EVENTS

April 18th – Speaker Marathon – Mini Summit
For all the information just read the box below and don’t forget to come!

Also start planning on attending: Aug 26th – 29th  World Service Convention, 50th Year Celebration in LA, CA 2010

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
<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>MEETING NAME</th>
<th>MEETING TYPE / NOTES</th>
<th>LOCATION</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>10:15 AM</td>
<td>Just For Today</td>
<td>1-Step/ 2-Lifeline/ 3-Lit/4-BB/5-Speaker</td>
<td>* Lutheran Church of the Resurrection 1555 Windmill Point Rd., Palm Harbor</td>
<td>Mary Ellen 781-2597</td>
</tr>
<tr>
<td>Mon</td>
<td>12:00-1 PM</td>
<td>Voices of Recovery Candlelight Mtg.</td>
<td>Literature / Step</td>
<td>* Mirror Lake Branch Library 280 5th St. N., St. Petersburg</td>
<td>Linda 394-7639</td>
</tr>
<tr>
<td>Mon</td>
<td>7:00 PM</td>
<td>Focus on Abstinence</td>
<td>Speaker Meeting</td>
<td>* Friendship United Methodist Church 2309 E. Druid, Clearwater (between Hercules &amp; Belcher)</td>
<td>Stephanie 442-9855</td>
</tr>
<tr>
<td>Mon</td>
<td>7:15 PM</td>
<td>Search Out Serenity &quot;SOS&quot;</td>
<td>Leader / Discussion</td>
<td>* St. Anthony's Hospital, Classroom F, E 1200 7th Ave. N., St. Petersburg</td>
<td>Addie 327-4555</td>
</tr>
<tr>
<td>Tues</td>
<td>6:45 PM</td>
<td>Tuesday Lifeline</td>
<td>Tuesday OA Magazine</td>
<td>* This meeting is inactive, but may move to a new location…stay tuned for upcoming changes.</td>
<td>Linda Mc 804-4610</td>
</tr>
<tr>
<td>Wed</td>
<td>6:45 PM</td>
<td>Madeira Beach Beach Bunch</td>
<td>On sand on the beach</td>
<td>* On beach behind Archibald Building 15100 Gulf Blvd., Madeira Beach</td>
<td>Linda H 647-8820 Ellen 328-9678</td>
</tr>
<tr>
<td>Wed</td>
<td>7:30 PM</td>
<td>Renewed Hope</td>
<td>Relapse Prevention</td>
<td>** Anona United Methodist Church 13233 Indian Rocks Road, Largo</td>
<td>Patti 596-2087</td>
</tr>
<tr>
<td>Thur</td>
<td>6:00 AM</td>
<td>Wake Up Call</td>
<td>Step / Tradition Meeting</td>
<td>(OK to bring breakfast) * Bon Secours Maria Manor, Conf. Rm. 10300 4th St. N., St. Petersburg</td>
<td>M Jean 482-4075</td>
</tr>
<tr>
<td>Thur</td>
<td>11:00 AM</td>
<td>Key to Freedom</td>
<td>Literature Meeting</td>
<td>* First Presbyterian Church 455 Scotland St., Dunedin (Downtown Dunedin)</td>
<td>Pat 733-6858</td>
</tr>
<tr>
<td>Thur</td>
<td>5:30 PM</td>
<td>Steps to Freedom</td>
<td>Focusing on Steps 1, 2, 3 90 Day Meeting</td>
<td>* St Cecilia's Church, Room A 820 Jasmine Way, Clearwater</td>
<td>Mary Mc 319-4321 Stephanie 442-9855</td>
</tr>
<tr>
<td>Thur</td>
<td>7:00 PM</td>
<td>Abstinence First</td>
<td>Woman's Discussion</td>
<td>** Call for directions St. Petersburg</td>
<td>Rhonda 526-4208</td>
</tr>
<tr>
<td>Thur</td>
<td>7:30 PM</td>
<td>First Fellowship</td>
<td>1-step/ 2-speaker/ 3-lit/4-BB/5-Lifeline</td>
<td>* Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor</td>
<td>Maryl 772-7043</td>
</tr>
<tr>
<td>Fri</td>
<td>6:00 PM</td>
<td>Nitty Gritty</td>
<td>A.A. Big Book Study</td>
<td>* Unity Christ Church 6168 First Ave. N. St. Pete</td>
<td>Ellen L. 381-8043</td>
</tr>
<tr>
<td>Fri</td>
<td>6:00 PM</td>
<td>A Step</td>
<td>Beginners</td>
<td>* Morton Plant Hospital, 1st Floor Tuttle D Auditorium, Clearwater</td>
<td>Colleen 642-5921</td>
</tr>
<tr>
<td>Fri</td>
<td>7:00 PM</td>
<td>Pinellas Tradition Intergroup Meeting</td>
<td>Third Friday Only All OA's welcome</td>
<td>* Morton Plant Hospital, 1st Floor Tuttle D Auditorium, Clearwater</td>
<td>Karen C. 533-8403</td>
</tr>
<tr>
<td>Sat</td>
<td>9:30 -11 AM</td>
<td>Great Reality</td>
<td>Beginners Step Mtg.</td>
<td>* Pinellas Park Public Library 7770 52nd St. N., Pinellas Park</td>
<td>Martha 527-5449 Billy Joe 398-7401</td>
</tr>
<tr>
<td>Sat</td>
<td>10:00 AM</td>
<td>First Fellowship</td>
<td>Step/Tradition Mtg.</td>
<td>* Palm Harbor Presb Church 2021 Nebraska Ave., Palm Harbor</td>
<td>Pat 784-3375</td>
</tr>
<tr>
<td>Sat</td>
<td>10:30 AM</td>
<td>Saturday Serenity</td>
<td>Big Book</td>
<td>* First Lutheran Church 1644 Nursery Rd, Clearwater</td>
<td>Betsey 466-9277</td>
</tr>
<tr>
<td>Sat</td>
<td>2:00 PM</td>
<td>S(HE) Strength, Hope, Experience</td>
<td>1-Voices of Recovery/ 2-Lifeline/3-For Today/ 4-Big Book /5-Literature</td>
<td>* The Dry Dock 1733 Alt 19, Tarpon Springs</td>
<td>Krista 644-0250</td>
</tr>
<tr>
<td>Sun</td>
<td>6:30 PM</td>
<td>Joy of Abstinence</td>
<td>Leader/Discussion</td>
<td>* Gulfport Neighborhood Center 1617 49th St. S., Gulfport</td>
<td>Linda C. 501-6820 Stan M. (813) 839-7587</td>
</tr>
<tr>
<td>Sun</td>
<td>6:00 PM</td>
<td>Clearwater Oasis</td>
<td>Big Book (90 day)</td>
<td>** Morton Plant Hospital, 1st Floor Tuttle A Auditorium, Clearwater</td>
<td>Claudia 781-7411 Stephanie 442-9855</td>
</tr>
</tbody>
</table>

*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:**

- 55008 Call 219-509-8222 Pin Number 79822# Sun @ 8:00 p.m. EST
- 55003 Call 518-825-1300 Pin Number 79822# Mon @ 10:00 a.m. EST (90-Day)* Peggy 719-594-9075 MST
- 55005 Call 712-432-3900 Pin Number 4285115# Tue @ 8:30 a.m EST Marcie 303-805-1881 MST
- 55001 Call 218-938-4700 Pin Number 59002# Tue @ 8:00 p.m. EST
- 55006 Call 712-432-3900 Pin Number 4285115# Wed @ 8:30 a.m. EST (Qualification)* Debbie 214-912-3688 CST
- 55002 Call 319-279-1000 Pin Number 135103# Thur @ 8:00 p.m. EST (90-Day)* Lori 210-829-4195 CST *Special Topic
- 55022 Call 712-432-3900 Pin Number 4285115# Fri @ 8:00 p.m. EST (Lifeline) Helen 704-547-0627 EST
- 55051 Call 712-432-3900 Pin Number 6508933# Sat @ 5:00 p.m. EST (Recovery/Relapse)