



Step 4: Made a searching and fearless moral inventory of ourselves.

Overeaters Anonymous		April 2013	
PO Box 6202		www.oapinellas.org	
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 26, 2013 at 6:30PM			
Morton Plant Hospital			
1 st Floor – Tuttle D Auditorium			
300 Pinellas Street/off Ft. Harrison			
Clearwater, FL 33756			
Our Trusted Servants Are:			
Linda H.	Chair	(727) 647-8280	fdnymom@msn.com
Dawn	Vice Chair	(727) 743-7590	boobalah63@aol.com
Toni	Treasurer	(727) 504-8918	toni_weigel@yahoo.com
????	Secretary		
Joan R.	Newspages Editor	(727) 785-9208	russelljo1@verizon.net
To receive monthly copies, or contribute to the Newspages email the editor at newspages@oapinellas.org			
Contributions must be received by the first Friday of the month.			

Tradition 4: Each group should be autonomous except in matters affecting others groups or OA as a whole.

.....

The opinions expressed in this newsletter reflect those of the writer and do not represent OA as a whole. Serve your group by sharing your experience, strength and hope in this newsletter. Please submit your article by the first Friday of the month for publication in the next month's newsletter. Email: newspages@oapinellas.org

.....

Chair Chatter April 2013

"Made a searching and fearless moral inventory of ourselves."

As a matter of fact, I am working on myself in a current step group and we are doing step four. It is hard work to look at yourself. Most of us came in to lose weight, not look at what was wrong with us. For the most part I thought there was nothing wrong with me -- It was all of YOU! If you haven't done a fourth step I'll tell you what my sponsor told me, "Just do it!" No perfection required!

Sorry this is late. My life has been a whirl wind since coming back from my trip to the Orient. Not to mention at least a week and a half to get acclimated to the time change. This month's PTI meeting was fast and was quiet. Here are some highlights:

Toni W. and I will be going to the World Service Business Conference from April 27th thru May 5th, so my next newsletter will be full of information from WSBC.

We decided to open a new PO Box. I volunteered to do that service, but as of this writing I have not gotten the new box. Hopefully I will have it by our next PTI meeting. Two of the scholarship recipients gave their verbal report about the Memphis SOAR 8 to the committee with written reports to follow.

The drawing for the St. Pete Beach SOAR 8 CD's will be April 26th at our next PTI meeting.

Toni gave a great treasury report (verbal and written).

Thank you again to Dawn our Vice Chair for doing double duty, she is also taking notes for the intergroup and giving a great verbal and written report. We are still looking for a Secretary to fill the post. Please consider this post. Think of how much OA has done for you. Is it time for you to give back? We cannot do this alone.

Speaking of posts to fill, we will be looking for volunteers to help with the Florida State Convention this year. Our part in the convention is staffing and stocking the hospitality room. We get a nice profit from this, so please think about doing some service for this event. We had a great turn out of staffers this year, but we need the planners to go to the meetings.

We are having our 3rd Annual Retreat August 2-4, 2013 at the Franciscan Center. This year's retreat theme is Self Awareness. We will gently be working on ourselves through the 12 steps.

That's all I can think of for now. Hope to see you at our PTI meeting on Friday April 26th, Morton Plant Hospital, .

Hope you have a great abstinent day! Thank you for letting me serve!

Linda H.

“Repetition is the only form of permanence that nature can achieve.” (By George Santayana)
This helps me remember that repetition in recovery is a wonderful gift, not the enslavement to rote behavior that my relapse would have once had me believe. I felt angry that I had followed a food plan for over 7 years, attended several meetings per week, kept eighty pounds off, and still relapsed. My new denial was not that I had a problem with food, but that the OA program would work for me. Though it worked for many others, I was convinced that it would not work again for me. And even if it would, it was only temporary – like everything else.

During my ten-year relapse, the repetition of the OA program sounded like an impossible chore. But today in recovery, I feel like OA’s repetition has a beauty and a rhythm. It adds a life-saving structure to my day on three levels: physical, emotional and spiritual. Conversely, the nightmare is repeated daily if I live in the disease. It can also achieve a form of permanence. So for today, I use the tools and work the Steps to stay spiritually fit. And I accept that everyone’s recovery, not just mine, is permanent only through repetition.

Voices of Recovery p. 93

“Abstinence in Action ‘Adventure’ Fellowship”

April 18-21: Free camping trip at Fort White- tubing on the Ichtucnee River

May 17-19: Anna Maria Getaway - For info, call Toni @ 504-8918

July 12-14: SOAR 8 Regional Assembly - Boca Raton

August 9-11: Franciscan Center Retreat

August 29-Sept 1: World Service Convention - Cleveland, OH

November 15-17: SOAR 8 Regional Assembly - Jacksonville

Pinellas Traditions Intergroup is in dire need of a secretary. Please consider giving service. The only requirement is 6 months of continued abstinence. Isn’t there someone out there with that??? We meet, generally, the third Friday of the month at 6:30pm at Morton Plant Hospital. Please someone, we are calling you ☺☺☺☺

PTI gave away three \$200 scholarships last month to Diane C., Karen C., and Lynne S. They all had a wonderful time.

PTI has a set off the SOAR 8 November Convention CD’s that will be raffled off in April. Hopefully, there will be someone in your group selling raffle tickets, \$1 each or 6 for \$5. Tickets are also available at Intergroup meetings. There is an extra set that will be set up for lending out through Donna D, if interested, please call her.

PINELLAS COUNTY MEETING LIST

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 Pt Rd., Palm Harbor	Mary Ellen 781-2597 Joan 785-9208
Mon	12:00 PM OA#48303	Voices of Recovery (Candlelight Meeting)	Voices of Recovery Discussion *	Jewish Community Center 5023 Central Ave., St. Pete 33710	Linda H. 647-8280 fdnymom@msn.com Ann G 212-399-7099
Mon	7:00 PM OA#47788	Focus on Abstinence	Speaker Meeting Speaker Abstinent 90+ Days *	Friendship United Methodist Church 2039 E. Druid St., Clearwater (Between Belcher & Hercules)	Stephanie 442-9855
Mon	7:00 PM OA#01530	Search Out Serenity "SOS"	Leader / Discussion Jackson Street entrance *	St. Anthony's Hospital, Classroom B 1200 7th Ave. N., St. Petersburg (Jackson Street entrance)	Cynthia 561-254-3642 MaryLou 727-323-6880
Tues	7:00 PM OA#46184	Principles	Steps & Traditions Meeting *	Windmoor Health Care of Clearwater 11300 U.S. 19 North, Clearwater	Linda Mc 804-4610 Donna D. 480-0865
Tues	7:30 PM OA#52602	NEW Big Book Meeting	Big Book Study *	Northwood Presbyterian Church 2875 State Road 580, Clearwater	Beth M. 452-6139
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch	On sand on the beach (Bring chair and look for flag on pole) *	15100 Gulf Blvd., Madeira Beach On the beach in front of the snack shack -- bring a chair	Linda H. 647-8280 fdnymom@msn.com Donna D. 480-0865
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#51708	Beginners In Action	1-Step/ 2-Traditions/ 3-Big Book/4-OA Brown Book/5-Speaker *	Anona United Methodist Church 13233 Indian Rocks Road, Largo	Dawn 743-7590
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	Diane S. 781-1814
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book *	Unity Christ Church 6168 First Ave. N, St. Pete	Theresa D. 459-0837
Fri	6:30 PM OA#09412	Pinellas Tradition Intergroup Meeting	Third Friday Only All OA's welcome *	Morton Plant Hospital, 1st Floor Tuttle D Auditorium, Clearwater	Linda H. 647-8280 fdnymom@msn.com
Sat	9:30 AM OA#36776	Great Reality	Beginners *	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	Linda H. 647-8280 fdnymom@msn.com Donna D. 480-0865
Sat	10:00 AM OA#45426	First Fellowship	Step/Tradition Meeting *	Palm Harbor Presbyterian 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 Judy 442-9234
Sat	4:00 PM OA#52497	Clearwater Men's	Men's Meeting	Friendship United Methodist Church 2039 E. Druid St., Clearwater (Between Belcher & Hercules)	Ron E. 727-584-4522 Joel M. 703-609-5110
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
Sun	6:30 PM OA#49012	Joy of Abstinence	Leader/Discussion *	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Ann K. 251-0133

*All meetings are open meetings **OA members only

If this is your first time attending a meeting listed, please be sure to call to clarify directions and meeting specifics.

Pinellas Traditions Intergroup meets the 3rd Friday of each month: 6:30PM - Morton Plant Hospital, 1st Floor – Tuttle Auditorium

OA World Service Telephone: 505-891-2664 Website: <http://www.aa.org>

To find telephone or online meetings, please go to: <http://www.aa.org/membersgroups/find-a-meeting/>

Hotline #'s - Hillsborough: (813) 254-4190; Pasco: (813) 842-7840; Pinellas: (727) 647-8280