



Pinellas Traditions Intergroup NewsPages



Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Overeaters Anonymous

August 2013

**PO Box 6202
Clearwater, FL 33758**

www.oapinellas.org

Pinellas Traditions Intergroup meets every third Friday of the month. EVERYONE is welcome to attend. The next meeting will be:

**Friday, August 16, 2013 at 6:30PM
Morton Plant Hospital
1st Floor – Tuttle D Auditorium
300 Pinellas Street/off Ft. Harrison
Clearwater, FL 33756**

Our Trusted Servants Are:

Dawn	Chair	727-743-7590	boobalah63@aol.com
Donna D.	Vice Chair	727-480-0865	info@findthemusicinyou.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 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

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

"Abstinence in Action "Adventure" Fellowship"

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

October 26 Abstinence through the Holidaze Marathon, Palm Harbor

November 15-17 SOAR 8, Jacksonville

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Chair Chatter

The eighth step tells us to "Make a list of those we have harmed and become willing to make amends to them all". I learned last year at the Florida State Convention that I wasn't willing to make amends to certain people close to me. These folks were on my "when pigs fly list" so I had put off making these amends. What I learned at the Convention was that if I wasn't willing to make amends I had not forgiven these persons for the harm they had caused me in the past. I felt justified what brought this to light be the fact that I was judgmental with them. I then found out I needed to go back and examine my feelings had I really forgiven the hurt they caused me? For me the answer was clear I had not forgiven or healed the hurts caused. I then did some writing about this and shared with some others and sponsor. My higher power showed me that I can forgive and move on and now am prepared to make amends to last ones on that exclusive list above. Thank you Higher Power and program for helping me work through life issues. This way of life offers hope to those who wish to take advantage of it. Remember to keep coming back till the miracles start to happen for you.

Respectfully,

Dawn
P T I Chair Person

"As long as we have not forgiven people for harms they have done to us, we will find it impossible to make sincere amends to them for our side of the conflicts." 12&12 pg71

For me the essential element in Step eight is forgiveness. Until I learned how to forgive I could not even see where I was at fault.

I was not aware of the deep resentment I had against my parents for the abuse I endured as a child. My insecurities, fear of rejection, and low self-worth were all a direct result of suppressing those feelings. I began to truly search my past, and the old memories of abuse returned. As I examined them, hate, humiliation, and deep rage boiled out of me in floods of tears. I knew I could not forgive these wrongs myself, especially where my own defiance was often at fault.

It suddenly occurred to me to pray for a "spirit" of forgiveness. Gradually a peace enfolded me. Forgiveness came, and with it came complete deliverance from those damaged feelings. From that moment, I was healed. Once the miracle of forgiveness occurred, the amends happened naturally.

"Voices of Recovery" Pg 214

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CONGRATULATIONS

We want to congratulate and welcome Donna D. as our new Vice Chair; she will do a great job. Thank you Donna! We are now in dire need of a secretary, as ours had to resign due to her new work hours interfered with the time of the intergroup meeting. Please, someone out there, looking to do service, apply. The position requires six months of continued abstinence.

Someone, please step up! Everyone is invited to attend intergroup and bring the news back to your group about what is happening around Pinellas county and other OA events. Please get involved in service for your group. Remember, "service is slimming"!

P.T.I. Meeting Minutes 7-19-2013

Roll Call

1. Linda H
2. Toni W.
3. Dawn B.
4. Donna D
5. Kit K
6. Joan R.
7. Lyn E.
8. Linda S.
9. Julie

The meeting opened with the Serenity Prayer at 6:30 pm. Toni read step seven, Linda H read the seventh tradition, and Kit read the seventh concept of service. Dawn presented last month's Secretaries' report. Linda S motioned to approve the minutes as read and Donna seconded motion. The minutes were approved. Toni presented the treasurer's report for the month of June. Donna motioned to approve the report, and Linda S. seconded motion, all approved the report.

Committee reports were given from the Ways and Means by Donna she states as a possible fundraiser we could possibly sell the serenity prayer knots necklaces. Kit on ways and means announces her church would be willing to host an OA function. Unity with Diversity committee report given by Donna standing in for Margie, Intergroup outreach committee report given by Dawn she informs intergroup that the goal is to reach out to intergroups who have not attended the SOAR8 conventions and investigate why there is not attendance, Region8 has scholarship forms that will be posted in digital form on the Region8 website., also looking for volunteers to go to meeting in Tampa to reach out to our neighboring counties intergroup to go with this counties chair. PI/PO report delivered by Lynn E. Who has gotten two OA Notices put up on a rotating marquis at two locations as a way of public outreach. Donna passes around a summary sheet of committee jobs description as well as a sign up sheet for the entire lists of committees. Donna encourages everyone to sign up for some or any committee.

Toni reports that the semi-annual audit was completed.

Old Business

Franciscan Center Retreat- Toni reports we have nine persons registered and eleven registered with the Franciscan Center. The program is being finalized this week. All things and food provided all you need to bring is the personal toiletries you need. Linda H will be going over the menu for the meals with the cook or chef. Christmas Under the Oaks - The North Pinellas Women's Club is going to host the event so we will be participating in this event with an Information table this is a public outreach opportunity for us to help spread the Oa message to others. The event is Sunday November 10, 2013.

Florida State Convention Hospitality Committee- Dawn announces we need volunteers to help with this committee; the next meeting is on October 19, 2013. The planning meetings are held in Davenport, Florida.

New Business

A motion was made by Donna for P.T.I. to reimburse Margie for the cost of Unity with Diversity pamphlets, Joan seconded motion. Discussion followed the Linda H makes a friendly motion to purchase one pamphlet per committee so that each committee has one to read go over and follow its suggestions and guidelines, Linda S. seconded the motion all approved the amended motion.

Holidaze workshop- Does intergroup want to have a workshop around the start of the holiday season? Discussion follows Joan offers to get the venue for the workshop, Toni says she can get some speakers; the tentative date is November 2nd, 2013 or October 26th, 2013. Maybe possible OAer can make the flyer for this event. The theme will be staying abstinent through the holiday season.

Meeting List for county Updated- Joan offers to do this service listing changes on website it is suggested to post somewhere on the meeting list if any changes need to be made then email changes to Joan R.

Lending Library of cd's- Lynn is chair of this committee it is brought to everyone's attention that now there are podcast that are free of the SOAR8 Conventions although there is a three month hold placed on the recordings until they can be downloaded on podcast form. Donna motions to buy the last SOAR8 recovery cd, and Toni seconds the motion. Discussion follows a suggestion is made to put out flyers about the podcast on computer. Lending library please announce at meetings that one may borrow recovery cd's but must come to intergroup meetings to get them and find out about the process of borrowing them.

A motion was made to extend the meeting five more minutes as the business was not finished, Linda S. seconded motion all approved. Toni makes a motion to wait and see if anyone comes to take advantage of the lending library before purchase of the SOAR8 Recovery Convention cd's, Linda S, seconded motion all approved.

Vice Chair Position- There is a volunteer for the vice chair position an application is submitted by Donna to fill the vacancy. Linda S. motions to nominate Donna for vice chair and Toni seconded it.

Circus Markus- does Intergroup want to participate in the event? The date may be conflicting with the date of the Holiday workshop as it is October 26th, 2013. Joan motions to wait till a later date to decide wait and see if dates conflict, Linda S seconded motion all approved the motion.

Secretary resignation- Unfortunately our secretary Sam has resigned because of her job schedule conflicting with this service position. We now have a vacancy of intergroup secretary the abstinence requirement is six months. Please announce that we need this position filled at the individual meetings.

Please remember things to bring back to the meeting. Meeting adjourned with the serenity prayer at 7:45 pm.

It has been recommended to the Twelfth Step Within Committee to suggests that all members copy down phone numbers of 2 people you haven't seen for some time in a meeting and give them a call. Let's see if we can get some of them back to meetings.

PINELLAS COUNTY MEETING LIST

August 2013

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 *	Unity of St. Petersburg 6168 First Ave. N, St. Pete	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 <i>(Between Belcher & Hercules)</i>	Mary 595-6644
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 <i>(Jackson Street entrance)</i>	Cynthia 561-254-3642
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	Big Book Meeting	Big Book Study *	Northwood Presbyterian Church 2875 State Road 580, Clearwater	Beth M. 452-6139
Wed	1:30 PM OA#52863	Message Carriers	NEW MEETING *	Metro Center 3251 Third Ave. N., St. Petersburg	Rikki 323-0132
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch	Open Discussion *	<i>On the beach in front of the snack shack</i> 15100 Gulf Blvd., Madeira Beach <i>(Bring chair)</i>	Linda H. 647-8280 Donna D. 480-0865
Thur	10:30 AM OA#53015	Hope	NEW MEETING All Literature *	Aldersgae Methodist Church 9501 Starkey Rd., Seminole <i>(Back of church near the office)</i>	Jeanette 392-3108 Lynn E. 901-830-1092
Thur	11:00 AM OA#40873	Key to Freedom	Literature Meeting *	First Presbyterian Church 455 Scotland St., Dunedin <i>(Downtown Dunedin)</i>	Pat 733-6858
Thur	5:30 PM OA#49784	Steps to Freedom	Focusing on recovery through the Steps and Traditions - 90 Days Meeting **	St Cecelia's Church, Room A 820 Jasmine Way, Clearwater	Mary Mc 319-4321
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 B. 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 of St. Petersburg 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	Dawn B. 743-7590
Sat	9:30 AM OA#36776	Great Reality	Beginners *	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	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	10:30 AM OA#17950	Pasco Pioneers	Pasco County <small>This meeting now affiliated with our Intergroup</small>	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Jeannine 849-3048
Sat	5:00 PM OA#52497	Clearwater Men's	Men's Meeting	Friendship United Methodist Church 2039 E. Druid St., Clearwater <i>(Between Belcher & Hercules)</i>	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	Cora 813-957-4642
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.oa.org>

To find telephone or online meetings, please go to: <http://www.oa.org/membersgroups/find-a-meeting/>
Hotline #'s - Hillsborough: (813) 254-4190; Pasco: (813) 842-7840; Pinellas: (727) 647-8280

REVISED Aug 2013