



Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Overeaters Anonymous

**PO Box 6202
Clearwater, FL 33758**

December 2012

www.oapinellas.org

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

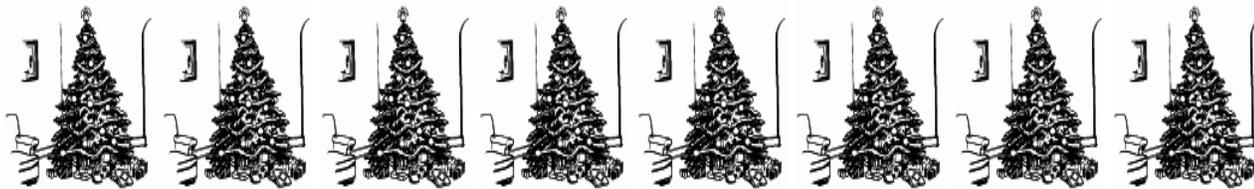
**Friday, January 18, 2013 at 6:30PM
Morton Plant Hospital
1st Floor – Tuttle D Auditorium
300 Pinellas Street/off Ft. Harrison
Clearwater, FL 33756**

Our Trusted Servants Are:

Linda H.	Chair	(727) 647-8280	fdnymom@msn.com
Dawn	Vice Chair	(727) 743-7590	boobalah63@aol.com
Toni	Treasurer	(727) 528-7011	toni.weigel@yahoo.com
Linda S.	Secretary	(727) 735-5700	linaali2004@yahoo.com
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 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



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@aopinellas.org

Chair Chatter

December 2012

Wow the end of another abstinent year for me. Never in a million years would I have thought I would be in this program for 23 years. I remember my first sponsor saying she was in for 25 years at the time..and I thought..... Geez I won't need this for that long!
I'm looking forward to another abstinent year..one day at a time. To do this I need to continue to work with my sponsor..make my calls...journal and continue to do all the other tools. Service is a big part of my recovery. I have served at the group level..intergroup level, region level and now through the Grace of God I have been nominated and ratified by the Region 8 Business Assembly to be the next Region 8 trustee. Hopefully I will find out in May at the World Service Business Assembly.
It's all in God's hands now.
Until that time I will still serve as the PTI chair.
I'm hoping that the 2013 year will bring more newcomers to the PTI meeting which is held the third Friday of the month, 6:30 p.m. at Morton Plant Hospital, Tuttle Auditorium across from the cafeteria. In order to

have a more successful and informed meeting please send a rep. Freedom Intergroup is closing after all the years of service to their community because there was not enough support. This is a we program!!! If we don't have the we's.....there will be no more intergroup. We did hold the election this meeting Nov. 23. our new officers are as of January 2013:

Vice Chair...Dawn B.

Secretary...Linda S.

Treasurer....Toni W.

Thank you for honoring me with your confidence to serve you!

Hope your holidays are sunny and bright!

Love N Hugs,

Linda

PS...Next meeting will be Jan. 18th. Same time..same place...

Hope to see you there.

.....

Thought for today

"We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them. Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse.

Perhaps there is a better way - we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity." Alcoholics Anonymous Pg 68

Hello my name is Claudia, a food addict and the chairman for the region 8 convention at the Tradewinds at St Petersburg Beach. I have to say what was a hope and dream for me was greater than I ever expected. When we first started working on the convention, it was best that we break up the committees based on each of the local groups. The south county groups took on registration, program, hospitality, publicity and public outreach. North county took on all the fund raising. Central county took on the boutique, decorations and love notes. It was amazing to me that each and every group work diligently and hard to bring this convention to success. I being a person who would like to control everything felt totally powerless. I really wanted to get into each and every committee and help out. I had to find a way to let go and let God. During this past year after we had been awarded the convention, I had been awarded a promotion at work with a lot more responsibility and into management. Just 2 months before the convention, I thought I would have had to back out of helping out with the convention because my job had really become very complicated and stressful to 2 major projects on my plate to bring in within 30 days of each other along with this convention in between. I about freaked out. I had called upon my co-chair of this convention crying over her answering machine thinking I can't do all this. But after allowing myself to get quiet, talk about it with OA people, I was able to come down to reality of working in the moment. As I write this convention write up, I have made all 3 deadlines and today I am feeling total serenity and think with more wisdom. I have learned to take my job a day at a time and laugh at mistakes. I feel light as a feather though with all this off my shoulders. If I had to do it all again...I would!!!

Now for the convention itself. The hotel, Tradewinds, worked to accommodate us for each and every meeting room. All the committees were at the Tradewinds when I arrived setting up. I had a couple of glitches in the beginning when I arrived that I had to take care of. But with the help of the Tradewinds staff we were able to take care of the very few complaints we had. Once the setup and the first meeting started everything smoothed out. And before I knew it, I was like where did the weekend go.

We were saying our goodbyes. People stepped up to help out wherever they could. We had plenty of help. The business meeting room was a bit tight. It worked out and I thought it was a nicer setup where everyone was on the same level, showing no importance over the group. They all worked together. I enjoyed my service job as a chair, but I do love being a runner/pager in the business meeting. Seriously, I think it is the most important job in the meeting. I feel important when I do that job. It is so cool. The other thing I like about that service position is that I get to learn who is who in OA. It is powerful. Chairman is ok but a runner/pager is the ultimate. Cell phone service was very handy among all the committees chairs. We shared our cell phone numbers and it was like having a walkie talkie service. We could communicate and help each other in our dilemmas. There are several people I would like to mention and then I would like to make mention to those that I know really took this convention to the top. My committee members were as follows:

Registration/co chair/treasurer: Linda Hartmann

Program: Toni Wiegler/Linda Mc

Boutique: Judy along with Mary Mc, Cora, Diane

Fund Raising: Joan Russell along with Carol, Beth P, Shirley, Julie O, Jane T.

Hospitality and Literature Table: Cynthia

Love Notes and Decorations: Dawn along with Stephanie D.

Public Information/Publicity: Arthur with Linda Hartmann

Entertainment: Claudia S., Jen, and Donna D

There were so many volunteers but the above names were dedicated and committed OA service members who are committed to OA and give so much of themselves to OA in helping others. At the committee we had Cindy, Kitt, Karen, and so many more volunteers just stepping in to help make it happen. When the convention manual said let go and let God. This is where I truly felt it was working. God was really working.

I was able attend a few of the recovery meetings. Of course my favorite meeting was step 11. I was grateful to be able to slip into that meeting because a fellow member of which I have gotten to know over the few years is a great inspiration to my recovery who is helping me to make

conscious contact with HP and I can say that I am seeing changes happening in just 2 weeks after the weekend. I have been on a pink cloud and feeling so positive and becoming wise to my external world that it is amazing even me.

If you missed the convention it has been taped and Jim Hoffman would be happy to sell the complete set of the convention on CD. The 3 opening speakers spoke on the Action Plan and how they put their recovery into Action.

Our solo speakers brought a strong message about recovery in OA and their Hope, Strength and Experience. I am now listening to the luncheon speaker on CD again. What I was unable to hear at the convention I am now catching up.

Chairman is a big job and I was flitting from one area to another all the while keeping up with my abstinence and recovery as well. My sponsors past and present have told me to keep my abstinence and recovery first. I took it a moment at a time and everything fell in place.

Now for the highlight of the convention was our banquet theme "The Prom". The locals all came all in dolled up dresses.

I have to admit, due to my insecurities and feelings about myself due to my food addiction, I did not attend my prom in High School. In fact I missed out on most of the extra-curricular activities in High School, especially dances because I thought you had to have a date to go and fit in. I was overweight in high school and tall and large girl that the boys weren't interested in me. I was not asked to the dance. I have to admit, because of the way I felt about myself in High School before I went to Food Addiction Treatment, I was a shy, lonesome and scared teenager. Wanted life but sat on the sidelines while life passed me by. The Prom theme was a way for all of us that went through our teenage years missing our proms was a way to be able to live it. We hired a DJ, a friend a fellow co-worker who has a great reputation at work for his ability to get people on the dance floor. As soon as the music started in less than 5 minutes the dance floor was totally filled with so many different people. We had group

dances, individuals and smaller groups up dancing. I didn't sit down for 1 song. Every song kept me be bopping. I had a ball.

Despite the pressures at work, and trying to pull the odds and ends together for the convention, 1 week before the dance, I was going to wear a different dress that my mother had made for herself at my wedding about 18 years ago. But that felt like yesterday. So I thought my mother's dress would fit me. So I waited to try it on. Well lets just say my mother's body was slightly smaller than the way my body is today. I needed about another inch of room to get it up over my hips. So 1 week before the convention, with the help of my mother, I pulled off a dress that I had planned to make over the summer for the convention, when I decided to take a shortcut. Being tall, I have to make my clothes so they are not skimpy or sleeves and wasteline falls in the right spot. The dress has so many mistakes, it would take a book to write the story about the dress. But it turned out well and now I have a beautiful dress to wear when I have fancy and elegant places to go.

I also have to honor my daughter for her talent skill on the piano as she played classical music during the banquet dinner. She was disappointed at first that nobody could hear her and that she was playing for nothing. But as she took a small break to get a glass of water the entire room of people started clapping and took her and myself by total surprise. She then realized people were listening and could hear her. She played her itineary that she played 1 week before for the Dali Museum where her school had hand selected her to play piano for a \$200 to \$300 dollar a plate dinner. We had the honor of that same itineary and she dressed the same way. I have to say, my daughter sat in on a meeting. I have been praying that the 12 step recovery program would rub off of me on to her. The Sunday morning speaker inspired her about OA. She had opened up to me about how she connected to the speaker. I was like this was the dream that I have always had that some day it would click for her. She is now picking up my literature and reading. So God does work.

Now I have a special note that I want to add before I close my story about the convention. Linda Hartmann was a huge instrument in pulling off

this convention. And as most of us know that just 1 month before our convention she lost her best friend of her life, her husband, may he rest in peace. Despite her loss, I have to say, here is a lady with so much commitment to recovery, with the loss of her husband, she wasn't going to let our convention fall by the wayside. I even called her upon hearing about her husband, reaching out to her to help her with the registration. She never called me back and I don't think she wanted to hear that. About 2 weeks before the convention, she reached out and asked for help and with 2 Sundays before the convention several people in the south county area stepped in to help her put those packets together. Linda you are amazing to me! God Bless You Girl and your recovery. I love you girl. And we did it!!!!

Now Linda Mc, thank you for the Sunday closing. I feel that I met and connected to so many new people. What a way to close the convention. People really connected and pulled themselves out of their comfort zone. I know I did. My daughter did it too which amazed me. I thought she would run out of the door and say I am not going to do this, no way.

And for those who weren't at the convention and to understand what happened, I have to work my program and not speak about what I see here, hear here, I need to let it stay there.

Keep coming back!!!

Thank you so much to each and everyone who helped in any way large or small for this convention.

Love and Hugs In Recovery

Claudia

And thank you so very, very much, Claudia!

Jan. 19th-PTI Marathon-Palm Harbor 2021 Nebraska Ave

Florida State Convention, February 22-24, 2013, Cocoa Beach, FL go to www.oaregion8.org

YANA Intergroup Weekend Retreat, February 1-3, Dowling Park , FL contact Susanne.houff@yahoo.com

HAPPY 53rd ANNIVERSARY OA!

Come join us for a Gratitude Marathon!

**2 Speakers!.....Skits!.....OA games
Come share your gratitude for the
program!**

When Saturday January 19, 2013

**Where Palm Harbor Presbyterian Church
2021 Nebraska Ave
Palm Harbor, FL 34683**

Time 9:30 to 3:00 (first speaker at 10, second speaker at 2)

**Bring your lunch 11 to 2
Coffee...Water.....Tea....will be available**

\$5 Love Donation



Serenity on the Suwannee



OVEREATERS
ANONYMOUS.

Weekend Retreat
February 1-3, 2013

YANA Intergroup

REGISTRATION FORM:

I WILL GIVE SERVICE:

- Boutique
- Hospitality Room
- Hugger/Greeter
- Literature Table
- Meeting Room Timer
- Registration
- Sell Drawing Tickets
- Service Desk
- Where needed
- I need a roommate

I have 90 days of continuous abstinence
and will volunteer as a workshop
leader/speaker _____
Initial here

*"I put my hand in yours and together we
can do what we could never do alone! No
longer is there a sense of hopelessness,
no longer must we depend upon our own
unsteady willpower. We are all together
now, reaching out our hands for power
and strength greater than ours, and as we
join hands, we find love and understanding
beyond our wildest dreams."*

Rozanne S. 1968

PARTICIPATING FLORIDA INTERGROUPS

- Central Florida
- Freedom
- Miami-Dade
- North Florida
- Palm Beach County
- Pinellas Traditions
- Space Coast
- Sun Coast



For more information contact:
Committee Chairperson - Burt Tucker
Email: showupoa@aol.com
Phone: 904-808-0628

Hotel Liaison - Vivian Watterud
Email: qwatterud@aol.com
Phone: 321-723-6504



If you are reading a paper copy, additional copies
of this flyer can be downloaded at
www.oaregion8.org

OVEREATERS ANONYMOUS
Proudly Presents

The 23rd Annual
Florida State Convention

"Together We Can..."



Become Serene in
Twenty-thirteen."

February 22-24, 2013

Cocoa Beach Hilton Oceanfront
1550 N. Atlantic Ave.
Cocoa Beach, FL 32931
1-800-580-7402 (Reservations)

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	12:00-1 PM OA#48303	Voices of Recovery (Candlelight Meeting)	Literature / Step *	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	Cynthia 561-254-3642 MaryLou 323-6880
Tues	7:00 PM OA#46184	Steps, Traditions and Principles	Steps, Traditions and Principles *	Windmoor Health Care of Clearwater 11300 U.S. 19 North, Clearwater	Linda Mc 804-4610 Donna D. 480-0865
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch	On sand on the beach (Bring chair and look for flag on pole) *	On beach behind Archibald Building 15100 Gulf Blvd., Madeira Beach	Linda H. 647-8280 fdnymom@msn.com
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	A.A. Big Book Study *	Unity Christ Church 6168 First Ave. N, St. Pete	Theresa D. 459-0837
Fri	6:30 PM	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 - 11 AM OA#36776	Great Reality	Beginners Step Mtg. *	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	Linda H. 647-8280 fdnymom@msn.com
Sat	10:00 AM OA#45426	First Fellowship	Step/Tradition Mtg. *	Palm Harbor Presb 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 (Corner of Canterbury Rd.)	Erik 459-6463
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	Linda H. 647-8280 Stan M. (813) 839-7587

*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: Tri-County 800-544-6353

OA website: www overeatersanonymous.org or World Services Telephone 505-891-2664