



OAPinellas newspages

traditions intergroup

Happy Valentine's Day!

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Overeaters Anonymous

PO Box 6202
Clearwater, FL 33758

February 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, February 17th 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
Claudia	Vice Chair	(727) 781-7411	bytelady@tampabay.rr.com
Linda Mc	Treasurer	(727) 804-4610	lindaproductions@aol.com
Dawn	Secretary	(727) 743-7590	boobalah63@aol.com
Betsey	Correction Secretary	(727) 466-9277	betseymorgan@aol.com
Arthur V.	Newspages editor	(727) 323-6880	avolbert@msn.com

To receive monthly copies, or contribute to the Newspages email the editor at: oanews@yahoo.com
Contributions must be received by the second Friday of the month.

2nd STEP Prayer

God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today.

Big Book, page 59



Theme Adopted, Committees Formed for SOAR 8 Convention



The Pinellas Traditions Intergroup will hold its second planning meeting for the November SOAR8 Convention on March 2. We would like as many people as possible to attend.

At the first meeting on February 3rd we decided that the theme of the convention would be "Soaring Into the Waves of Action" as we emphasize the new ninth tool, the action plan.

- The committees that we formed are:
- Program Committee
- Love Notes
- Registration
- Entertainment
- Public Information and Publicity
- Hospitality
- Boutique
- Fundraising



The Program Committee, the Registration Committee and the Entertainment Committee are especially in need of more members so we hope many of you will join.

We are hoping all groups will donate a basket for the SOAR8 convention which contains some OA literature and which has a theme. If your group is not large enough to do a basket on your own, please join with another group to participate. If you are unable to do that, you can always donate a piece of literature and some money to be added to another basket.

We will call to see what your group is planning to do or you can contact Joan R. at 727-785-7208 or email russelljo1@verizon.net.





FEBRUARY CHAIR CHATTER



OK...Here it is February already...Is it just me...or is time flying? This month we had our first planning meeting for the SOAR 8 convention. We picked committee chairs and had our first planning session. Claudia is our convention Chair, the co-chair spot is vacant, Cora is the secretary and yours truly is the treasurer for our November Recovery Convention and Business Assembly. You are encouraged and welcome to join any of the committees. Please join us the first Friday of every month at Morton Plant Hospital, Tuttle Auditorium (next to the cafeteria) at 6:30 to share ideas and help out.

The 52nd birthday party held in January at Anna Maria was a great weekend. We had a celebration by the fire and talked about our gratitude for this program. Two of our meetings on Sunday also had dedicated the meetings to Gratitude. If you get the chance to come to a weekend ...or just the day...please come...there are no requirements...Oh there is one! You are suggested to have fun.

This month is our first Garage Sale of the year Feb 10-12, Judy S. donated her house again as the sale location. Thanks Judy!

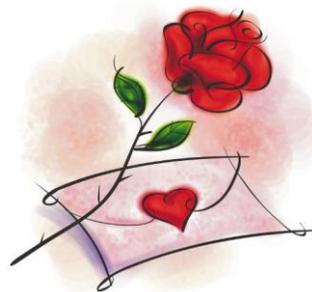
Saturday Feb. 18 is the Body Image/Sexuality workshop, continued...we will have MALE and female speaker, it's a workshop you won't want to miss...brought back by popular demand! 😊

Check out our Web site OAPINELLAS.ORG for all the latest and greatest happenings in Pinellas County. The Calendar of Events has been updated. We are doing a "Swim with the Manatees" in March in Crystal River, everyone is welcome to join. So far 7 have signed up.

If you want to plan an event or a workshop please come to an intergroup meeting and present your ideas!

Hope to see you there!

Love N Hugs,
Linda H.



PINELLAS TRADITIONS INTERGROUP
Treasurer's Report for December 2011

Beginning Balance **\$4,207.59**

Submitted by Linda Mc

Receipts

January 20, 2012

Meeting Donations	\$	220.00
Scholarship Donations	\$	88.07

Total **\$ 308.07**

Disbursements

WSO 7th Tradition (Dec)	\$	66.00
Region 8 -7th Tradition (Dec)	\$	22.00
Website (Oct/Nov/Dec)	\$	29.97
Soar 8 Rep (Nov 4, 2011)	\$	116.00
WSO Rep Registration 2012	\$	99.00

Total **\$ 332.97**

Beginning Balance **\$4,207.59**

Receipts **\$ 308.07**

Disbursements **\$ 332.97**

Ending Balance **\$4,182.69**

Meeting Donations December 2011							
#	Day	Name	Amount	PTI	WSO	Region 8	
48303	Monday	Voices of Recovery	\$31.00	\$18.60	\$9.30	\$3.10	\$3.10
47788	Monday	Focus on Abstinence	\$70.00	\$42.00	\$21.00	\$7.00	\$7.00
10359	Wednesday	Madeira Beach Bunch	\$50.00	\$30.00	\$15.00	\$5.00	\$5.00
49784	Thursday	Steps to Freedom	\$35.00	\$21.00	\$10.50	\$3.50	\$3.50
9412	Friday	PTI	\$14.00	\$8.40	\$4.20	\$1.40	\$1.40
49012	Sunday	Joy of Abstinence	\$20.00	\$12.00	\$6.00	\$2.00	\$2.00
Totals			\$220.00	\$132.00	\$66.00	\$22.00	\$22.00

Quarterly Appeal

Scholarship Funds December				Scholarship Balance	
Meeting #	Day	Name	Amount		
				Balance Nov	\$ 175.44
47788	Monday	Focus on Abstinence	\$ 40.12	December PTI Scholarship	\$ 88.07
10359	Wed	Madeira Beach Bunch	\$ 20.00	PTI Scholarship - disbursement	
49784	Thru	Steps to Freedom	\$ 27.95	PTI Scholarship Balance	\$ 263.51
Total			\$ 88.07		

Remembering Past Pain Promotes Current Abstinence

When I was first in the program, I got a Dignity of Choice, sponsor, picked a food plan, started on it, the steps, and tools, lost between 6-10 pounds a month and waited to have the life I thought all thin people had, namely, to live happily ever after. Instead I was dropped into the sea of life complete with an equal amount of pain and happiness. It seemed, however, like 90-10 with the 90 being disappointment, fear, anxiety, sadness, anger, anger, anger and mostly anger at not having my way. I survived abstinently because I existed in all of the misery until I surrendered all my dreams and hopes. I became willing to give up everything: job, home, baby, husband, family, belongings, everything I held dear. I didn't lose it all but I was willing to surrender it all because without the compulsive overeating, the pain of life that I had created had to go. I didn't know what else there was so it was like being totally lost with no landmarks, like pushing myself off the cliff over and over and falling into nothingness. As change came it was accompanied by wrenching loss and grief.

The only thing worse than the pain of real life, sometimes, is the pain of not being able to stop eating, to be taken over by something that is controlling me, not having my own way with food and eating. I want to remember that pain. I need to remember that there is a part of me that wants me to return to that pain, the part that spends 100% of its time trying to convince me to take that first bite off my food plan. At that point there may be no turning back for me. I appreciate hearing from some people in meetings who are stuck in that nightmare week after week, month after month and year after year. That is the reality of compulsive overeating, the reoccurring thought that I can eat this now and make up for it later or get back on my food plan later, always later. The compulsion could publish a daily reader: Just for Later. I could write it. Or The Voices of the Compulsion. They never give up. Actually, I think those voices have their own book and read it to me daily. If the voices of recovery are strong, I don't hear it as often. who knows.

In abstinence, for right now,
Donna D.

Calendar of Events for February – March

DAY	DATE	TIME	EVENT	COST	DESCRIPTION	PLACE	ADDRESS	CONTACT PERSON	PHONE	TEXT
Fri	2.3	6:30p	SOAR 8 Planning	donation	meet with others willing to help put on the huge Nov.SOAR 8 conv	TBA	TBA	Claudia	727-781-7411	yes
Sat	2.4.12	3p 'til ?	Fishing	??????	bring equipment or share ours	Sunshine Skyway or	North span	Toni	727-504-8918	yes
F-S-U	2/10-12/12	7a - 3p	GARAGE SALE		garage sale items		1338 Woodcrest Ave Clearwater, FL	Judy	727-442-9234 [H] 727-644-3443 [C]	
Thu	2.16.12	6p - ?	Dinner & Funny Play	Less than \$10	6p - Dinner (\$10ish) then next door 8p - A Funny Play		Pinellas Park, FL	Donna D	727-480-0865	yes
Sat	2.18.12	9:30a - 3:00p	Workshop & Dance	Suggested \$8	Body Image: Learn to love yourself first	Friendship United Methodist Church	2039 Druid St, Clearwater, FL <i>(Between Hercules & Belcher)</i>	Toni	727-504-8918	yes
F-S-U	2.24-25-26	see flyer	OA FL State Convention	see flyer	go to oapinellas.org and see flyer	Cocoa Beach	Call Donna for roommate	Claudia	727-781-7411	yes
Fri	3.2	6:30p	SOAR 8 Planning	donation	meet with others willing to help put on the huge Nov.SOAR 8 conv	TBA	TBA	Claudia	727-781-7411	yes
Sat	3.3	3p 'til ?	Fishing	??????	bring equipment or share ours	Sunshine Skyway or	North span	Toni	727-504-8918	yes
Sat	3.17	9a	Women's Celebration	donation		Unity church, St. Pete,	1st ave N and 61st St.	Linda Mc	727-804-4610	yes
Sat	3.17	3-9p	Lucky Abstinence	\$10	Dinner, games, see flyer	tba	tba	tba	tba	tba
Sat	3.24	4-9p	Celebration	none	Donna 32 years	St. Pete home	call her	Donna D	727-480-0865	yes



If anyone has a wish or an Idea to do something for fellowship ... make a plan and contact the committee, you can reach them by calling Donna D. 480-0865 or Toni W. 504-8918. Better yet come to the **Intergroup Meeting at Morton Plant Hospital, Friday, Feb. 17th 6:30 PM** and meet them! We usually have Coffee and planning sessions after the meeting in the cafeteria.