



Step 1: We admitted we were powerless over food — that our lives had become unmanageable.

Tradition 1: Our common welfare should come first; personal recovery depends upon OA unity.

Overeaters Anonymous

**PO Box 6202
Clearwater, FL 33758**

January 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 20th 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: oa-news@yahoo.com
Contributions must be received by the second Friday of the month.



Pinellas Awarded SOAR 8 Convention

The Pinellas Traditions Intergroup has been awarded the November 2012 Business Assembly and Convention for Southeast Overeaters Anonymous Region 8 which will be held at the Tradewinds resort on St. Pete Beach on November 9-11.

SOAR 8 comprises Alabama, Arkansas, Bermuda, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina and Tennessee, Puerto Rico, the Virgin Islands, the Caribbean Islands, Central America and South America. SOAR 8 is one of 10 areas around the world formed to serve the regional needs of OA.

The planning and reporting meeting for all the committees working on the convention will be held the first Friday of each month. Our first meeting will be Feb 3, 2012 at 6:30 PM at Morton Plant Hospital, Tuttle Auditorium across from the cafeteria in the same room as the Intergroup meetings. This first meeting will be to pick a committee on which you would like to serve. We would like to have as many people as possible attend this meeting.

◆◆◆ ATTENTION ALL GROUPS ◆◆◆

Baskets for SOAR 8 Convention Raffle

First Fellowship and Just for Today groups will be collecting the baskets to raffle off for the SOAR 8 Convention in the fall. We are hoping ALL groups will donate a basket with alot of literature and have a theme. If your group is not large enough to do one 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. Contact people will be called to see what your group is planning to do or you can contact me, Joan R. at (727) 785-7208 or email russelljo1@verizon.net. We will be working on this during the coming spring. Thank you for your service!



Chair Chatter January 2012

Happy New Year!!!!

Seems that December flew by! The last 2 weeks we spent in NYC with the family. It was a great trip. I wanted to get back to Florida for the warm weather ☺ ... Guess I brought some of the cold back with me!

At the December intergroup meeting we decided to make the first Friday night of each month the “planning and reporting meeting” for all the committees working on the [Nov 2012 Business Assembly and Convention](#), which will be held at the [Tradewinds on St. Pete Beach, Nov. 9-11](#). Our first meeting will be Feb 3, 6:30 at Morton Plant Hospital, Tuttle Auditorium across from the cafeteria (same space as the IG meetings) Claudia is the Convention Chair and will be sending out emails on updates and progress of the committees. This first meeting will be to pick a committee you would like to serve on. Our goal is to have as many people from all the meetings meet and have some fun and fellowship while we're doing service. I also would like to ask anyone who has any Holiday gifts that they don't want to donate them....our goal is to have each meeting plan a raffle basket for the Convention. What a great way to purge your space of unwanted gifts! This will be an ongoing project ... so dig deep! The items must be new for the raffle baskets. Oh and we will be collecting gently used clothing, jewelry and shoes for the Unique Boutique. If you have a craft specialty and want to donate an item we will gladly accept that too!

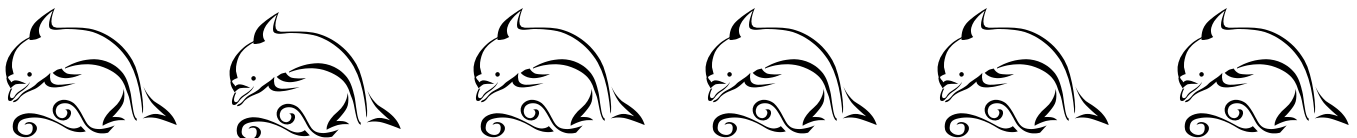
A personal goal of mine is to visit each meeting in the county and carry the message!

The Fellowship Committee has many things planned right through March. See our webpage for all the events at [OAPinellas.org](#) ... Our first event is Anna Maria Island Jan 13, 14, 15. We are celebrating OA's 52nd birthday. Come for the weekend or just for Saturday... all are invited. For directions, call Theresa at (727)459-0837.

[Don't forget the Florida State Convention in Cocoa Beach Feb 24-26, 2012](#). If you haven't been to a recovery convention ... plan to be there!

Thank you for letting me be of service to all of you, it is my pleasure!

Love N Hugs,
Linda H.



PTI Meeting minutes 12-16-2011

| Name | Position | Present |
|----------|------------|---------|
| Linda H | Chair | X |
| Claudia | Vice Chair | X |
| Dawn B | Secretary | X |
| Linda Mc | Treasurer | X |
| Arthur V | Newspages | X |
| Diane | Intergroup | X |
| Karen | | |
| Bestey M | | |
| | | |

ROLL CALL

1. Judy S
2. David B
3. Donna D-Wed night meeting
- 4.
- 5.

The meeting opened with the Serenity Prayer at 6:34pm, David B read Step Twelve, Judy S read Tradition Twelve, and Claudia read Twelfth Concept. The Secretaries notes for last month were not read due to a computer error causing the loss of the report. Linda Mc arrived late so the Treasurer's report to be read later in the meeting. The on next Soar 8 Conference will be held in Raleigh, NC on March 9-11, 2012 -- then Miami July 13-15, 2012 and lastly St. Petersburg on Nov 9-11, 2012.

Old Business

1- Region 8 representatives and Alternates- Linda H announces that anyone interested in considering nomination for these open positions need to fill out applications available on the Region 8 website and submit them to the intergroup by next month.

2-The date for committees supporting Soar 8 20012 Nov convention- Claudia will set the date for the first work session for job assignments the date is Feb 3rd 2012 at 6:30. Sunday night meeting will be the huggers and greeters committee, Linda H will be organizing the registration committee, Tuesday night meeting will be in charge of the program.

3-Gratitude dinner 52nd Anniversary of Oa- After much discussion it was decided to have a gratitude weekend starting with the Anna Maria island weekend and finishing up with the Sunday evening meetings focusing on gratitude.

New Business

1-Substitute for Jan 29th, 2012-Linda H announces that she may need someone to go to Orlando on Jan 29th, 2012 for the final planning meeting for the Florida State Conference she will let us know at a later date we also need to collect items for the gift basket fundraiser for the Florida State Conference.

2-Decorations for Florida State Conference- will be made at Anna Maria Island weekend.

3-Seed monies for the Nov SOAR 8 Convention-Linda H asks if we should accept the seed money which will be paid back later from region 8 to ensure enough funds to secure planned items i.e. decorations, hotel deposits, program printing, entertainment, and other expenses. Donna proposes we call Region 8 to ask how much average budget is usually spent on SOAR 8 conference. Linda Mc moves to extend meeting another fifteen minutes Claudia seconded it. Linda Mc moves to take the seed money and Claudia seconded it.

4- Linda Mc –presents treasurer's report- Dawn B moves to accept report as given with new corrections and Judy S seconded it.

Claudia motions to close meeting and Linda Mc seconded it, closed meeting with serenity prayer at 7:41 pm.

PINELLAS TRADITIONS INTERGROUP

Treasurer's Report for November 2011

Beginning Balance **\$44,930.66**

Submitted by Linda Mc

December 16, 2011

Receipts

| | | |
|-----------------------|----|--------|
| Meeting Donations | \$ | 368.37 |
| Scholarship Donations | \$ | 29.91 |
| Harvest Dance | \$ | 58.00 |

Total **\$ 456.28**

Disbursements

| | | |
|--------------------------------------|----|----------|
| WSO 7th Tradition (Nov) | \$ | 110.51 |
| Region 8 -7th Tradition (Nov) | \$ | 36.84 |
| Phone-1-800 (Oct/Nov) | \$ | 32.00 |
| TradeWinds (deposit for 2012 SOAR 8) | \$ | 1,000.00 |

Total **\$ 1,179.35**

Beginning Balance **\$4,930.66**

Receipts \$ 456.28

Disbursements \$ 1,179.35

Ending Balance **\$4,207.59**

| Meeting Donations November 2011 | | | | | | | |
|---------------------------------|----------|---------------------|-----------------|-----------------|-----------------|----------------|--|
| # | Day | Name | Amount | PTI | WSO | Region 8 | |
| 48303 | Monday | Focus on Abstinence | \$36.37 | \$21.82 | \$10.91 | \$3.64 | |
| 46184 | Tuesday | Lifeline | \$100.00 | \$60.00 | \$30.00 | \$10.00 | |
| 51708 | Thursday | Beginners | \$40.00 | \$24.00 | \$12.00 | \$4.00 | |
| 49602 | Friday | Nitty Gritty | \$50.00 | \$30.00 | \$15.00 | \$5.00 | |
| 9412 | | PTI | \$22.00 | \$13.20 | \$6.60 | \$2.20 | |
| 27235 | Saturday | Saturday Serenity | \$100.00 | \$60.00 | \$30.00 | \$10.00 | |
| 49012 | Sunday | Joy Of Abstinence | \$ 20.00 | \$12.00 | \$6.00 | \$2.00 | |
| Totals | | | \$368.37 | \$221.02 | \$110.51 | \$36.84 | |

Quarterly Appeal

| Scholarship Funds November | | | | Scholarship Balance | |
|----------------------------|--------|---------------------|-----------------|--------------------------------|-----------|
| Meeting # | Day | Name | Amount | | |
| 47788 | Monday | Focus on Abstinence | \$ 29.91 | Balance Oct | \$ 145.53 |
| | | | | November PTI Scholarship | \$ 29.91 |
| | | | | PTI Scholarship - disbursement | |
| | | | | PTI Scholarship Balance | \$ 175.44 |
| | | Total | \$ 29.91 | | |



Before and After

Pre-Program: Not going to a party, weekend, etc. because I am not happy and fear that I will spoil everyone else's happy time.

After-Program: Suiting up and showing up even when I am crying, sad, miserable, angry etc. and not getting "fixed", just hugged and accepted, not spoiling anyone's good time because the people in recovery don't react to me, just love and accept me no matter what mood I am in.

Pre-Program: Sitting home alone on my birthday and feeling sad because no one remembered my birthday.

After-Program: Taking responsibility for my birthday celebration, making arrangements with people, inviting them to a restaurant, fishing trip, bike ride, walk, movie, play, etc to celebrate my holiday.

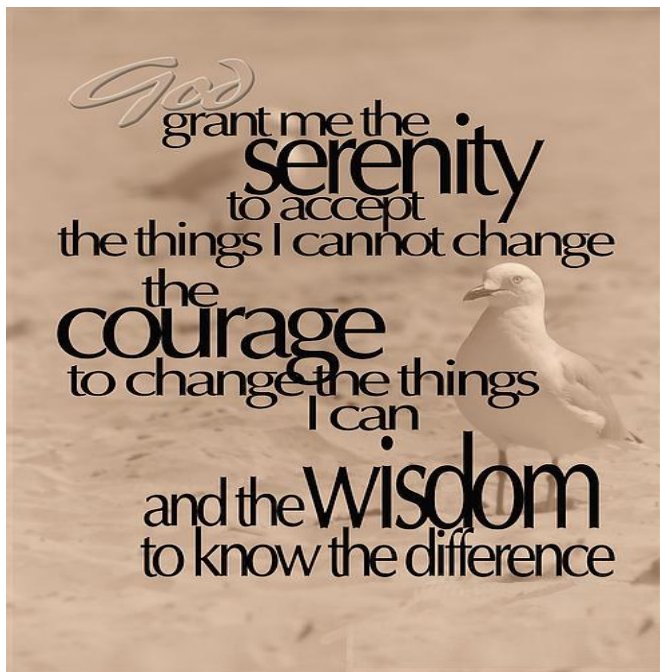
Donna D.

Higher Power

I don't think God is as simple as I was taught. In fact I don't think God is male or female. Native Americans call their God "Mother Earth." Right now I'm imagining Higher Power as a huge electric company running our whole solar system. Prayer seems to help so it is either the way to reach Higher Power or there are so many others plugged in so that when I plug in with prayer I get the benefit of their prayers.

I can't pretend that I know any more than the druids, the ancient Greeks or Romans or even the disciples of Jesus. In this one case I am a child in the dark and frightened. When I pray other people who are plugged in light a candle for me and say "we're here" the way OA says "welcome home."

Mary Lou V.



Calendar of Events for January - March

| DAY | DATE | TIME | EVENT | COST | DESCRIPTION | PLACE | ADDRESS | CONTACT PERSON | PHONE | TEXT |
|-------|------------|-----------|-------------------------------|---|--|---|--|------------------|--------------|----------------------------|
| SUN | 1.1.12 | 9:30a | BURNING BOWL | donation | write old resentments, burn them, write plan for new year | Unity Church, St. Pete, | 1st ave N and 61st St. | Linda Mc | 727-804-4610 | yes |
| SUN | 1.1.12 | 10:30a | BURNING BOWL | donation | write old resentments, burn them, write plan for new year | Unity Church, St. Pete, | 1st Ave N and 61st St. | Linda Mc | 727-804-4610 | yes |
| Fri | 1.6.12 | 8p | Contra Dancing | \$8 | Live band, directions given for each dance, no partner needed, comfortable shoes | Pinellas Park Auditorium | 7690 59th St. N, Pinellas Park 33781 | Donna D | 480-0865 | yes but I don't look often |
| F-S-U | 1/13-14-15 | TBA | OA'S 52ND BIRTHDAY PARTY | donation | just hang out, walk beach, bring musical instruments, games, food, grill Sat nite, | Anna Maria Island home | contact Theresa | Theresa | 727-459-0837 | yes |
| Sun | 1.15 | 6:30p | OA'S 52ND BIRTHDAY PARTY | donation | Gratitude Meeting | Morton Plant Hospital Tuttle Auditorium, Room A (1st Floor) | 323 Jeffords Street Clearwater, FL 34685 | Claudia | 727-781-7411 | yes |
| Sun | 1.15 | 6:30p | OA'S 52ND BIRTHDAY PARTY | donation | Gratitude Meeting | Gulfport Neighborhood Center | 1617 49th St. S. Gulfport, FL | Linda H | 727-647-8280 | yes |
| Sat | 1.21 | TBA | Linda's belly button birthday | none | It's a party, events tba | Linda's home | Near Starkey and Park Blvd | Linda Mc | 727-804-4610 | yes |
| Mon | 1.23 | 7p | Comedy | \$22 unless we get 10 people asap then \$19 | 4 hysterical Canadian women, | Largo Cultural Center | Largo | Donna D | 727-480-0865 | yes |
| 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 |
| Sat | 2.11.12 | tba | Workshop & Dance | tba | Body Image: Learn to love yourself first | tba | tba | tba | tba | tba |
| 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 for info | 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 Dec. 16. 6:30 PM** and meet them! We usually have Coffee and planning sessions after the meeting in the cafeteria.

