



Step 1: We admitted we were powerless over food – that our lives had become unmanageable. Some of us have difficulty with this admission because we've had so much experience in trying to control our eating.

Twelve Steps and Twelve Traditions of Overeaters Anonymous, page 1

Overeaters Anonymous
PO Box 620
Clearwater, FL 33758

January, 2010
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 15, 2010 at 7:00 PM
Morton Plant Hospital
1st Floor – Tuttle D Auditorium
300 Pinellas Street
Clearwater, FL 33756

Our Trusted Servants Are:

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

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



From the Chairman

January, a new beginning!

We are starting a new year and January reminds me of Step 1, "Admitted we were powerless over food and that our lives are unmanageable". A tall order. Any time I went up against food, it always won. The lie my disease told me was that this time it would be different. It never was. So I accept without debate that I am powerless over food.

My life was unmanageable and even now there are times that I am overwhelmed. It is usually because I am doing too much and not getting enough rest. I have a life today and want to do it all. I spent many years sitting in front of the TV eating, wishing for a life. Now I have one and I am trying to cram so much in. Balance is something I strive for. My wish for everyone is that with the acceptance of powerlessness comes freedom. I could not imagine being happy not eating. There is so much life to be lived and food has its place, it is not my life today. The journey is simple but not always easy. The OA program gives me the map, HP is my guide, fellowship is my companion. I am not alone, come join the journey, it is a wonderful ride.

In service to OA,

Karen C.

Chairman PTI

Pinellas Traditions Intergroup presents
THE 50TH ANNIVERSARY PARTY OF O.A.



AND.....YOU'RE INVITED

TO HAVE SOME FUN IN RECOVERY

WHEN: Saturday Jan. 16, 2010 from 1 to 4 p.m.

WHERE: Friendship United Methodist Church

2039 E. Druid, Clearwater (between Hercules and Belcher) at Canterbury

There will be early OA pamphlets, I Put My Hand In yours by Rozanne and a special mystery speaker!

Enjoy a sing along to OA songs, a 50/50, a silent auction and let's not forget our bargain boutique! Come spend an afternoon and enjoy the camaraderie with the friends we love!

Love Donation: \$5.00 Coffee, Tea and Water

This is a fund raiser for our 12th Step Within and Ways and Means Committees



OA TOOLS WORKSHOP

Saturday February 20, 2010

9:30 am - 2:30 pm

Friendship United Methodist Church

2039 E. Druid (between Hercules & Belcher)

Clearwater, FL 33764

*** * * 3 SPEAKERS from OUT-OF-TOWN with * * ***



Years of Abstinence talk about the tools and share their stories

(Treat yourself for Valentine's Day)

Boutique **BRING YOUR LUNCH**

Microwave & water available



**OVEREATERS ANONYMOUS
PROUDLY PRESENTS
THE FLORIDA STATE CONVENTION
20TH ANNIVERSARY
TOGETHER WE CAN SURRENDER TO WIN IN 2010**

February 26-28, 2010
Cocoa Beach Hilton Oceanfront
1550 N. Atlantic Ave
Cocoa Beach, FL 32931
1 800 445-8667 (reservations only)
321 799 0003 (direct number)



Save the Date
March 19-21, 2010
Greater Memphis Area Intergroup
Invites You to
“Walking in Memphis:
12 Stepping Away the Blues”
For more information visit

www.caregion8.org or camemphis.org or call Nina 901-275-8272



Convention Report – Linda

I had the fortune to attend one of the committee meetings at the OA Convention. The theme of the committee meeting I attended was fundraising. One of the items discussed was the beautiful stainless steel water bottles which read “Turn It Over” on the outside of the bottle. The cost: \$15. If anyone wishes to order a bottle you can reach Samantha at samrnmsw@hotmail.com .

We were also considering ways to generate money without selling something; having recovery events like speaker marathons requesting a \$5 donation.

Also knowing the importance of the 7th tradition with a \$2 to \$3 donation incorporating it in every meetings’ format throughout Florida.

I really like how everyone’s opinion of heard and honored. It is truly God’s work at hand.

It would be nice if this country could be run the way OA committee meetings were run. We might get something done!