



# Happy New Year

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

**Overeaters Anonymous**

PO Box 6202  
Clearwater, FL 33758

**January 2013**  
[www.oapinellas.org](http://www.oapinellas.org)

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

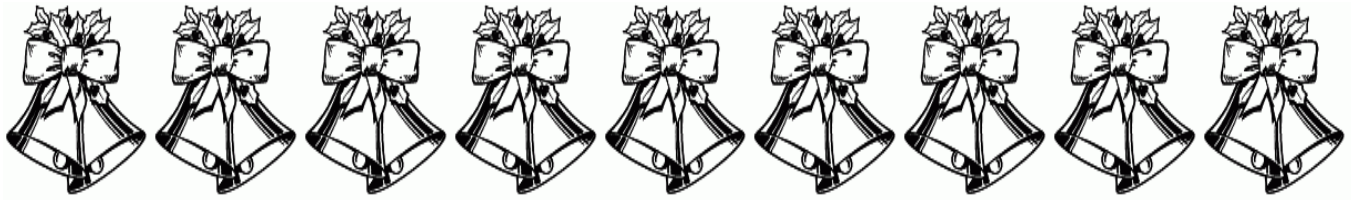
**Friday, February 15, 2013 at 6:30PM**  
**Morton Plant Hospital**  
**1st Floor – Tuttle D Auditorium**  
**300 Pinellas Street/off Ft. Harrison**  
**Clearwater, FL 33756**

**Our Trusted Servants Are:**

<b>Linda H.</b>	<b>Chair</b>	<b>(727) 647-8280</b>	<b>fdnymom@msn.com</b>
<b>Dawn</b>	<b>Vice Chair</b>	<b>(727) 743-7590</b>	<b>boobalah63@aol.com</b>
<b>Toni</b>	<b>Treasurer</b>	<b>(727) 504-8918</b>	<b>toni_weigel@yahoo.com</b>
<b>Jason</b>	<b>Acting Secretary</b>		<b>jj2955@hotmail.com</b>
<b>Joan R.</b>	<b>Newspages Editor</b>	<b>(727) 785-9208</b>	<b>russelljo1@verizon.net</b>

To receive monthly copies, or contribute to the Newspages email the editor at [newspages@oapinellas.org](mailto:newspages@oapinellas.org)  
Contributions must be received by the first Friday of the month.

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



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](mailto:newspages@oapinellas.org)

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### Chair Chatter January 2013

Happy New Year!!!! Seems that December flew by! I spent 2 weeks in NYC with the family. It was a different trip without Billy this year. I wanted to get back to Florida for the warm weather :-)...Guess I brought some of the cold back with me!

Our new board is ready to serve. Our first meeting of the year is Friday 1/18 at 6:30 Morton Plant Hospital, Tuttle Auditorium. Please send a member from your group as a rep. This year we will probably be having more events since we don't have the Convention planning to do. We that said we did a great job..got rave reviews.....and made some money for our treasury. The full report will be on the website soon. The Fellowship Committee has many things planned . See our webpage for all the events at OAPINELLAS.ORG. Our first event is Anna Maria Island Jan 11, 12, 13. Come for the fun of fellowship and share an abstinent meal. Come for the weekend or just for Saturday...all is invited. For directions call Theresa727459-0837. We are celebrating OA's 53rd birthday...Come join us for our Gratitude Marathon... When: Saturday January 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..Games and Skits will be performed during lunch Coffee...Water....Tea....will be available Don't forget...the Florida State Convention in Cocoa Beach Feb 22-24, 2013. 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. PS...I want to thank everyone for your kind words and actions. Without the fellowship I would have been lost....Thanks for keeping me on track!**

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**Let's congratulate our new chair members, Dawn has taken on the position of Vice Chair; Toni has become the new Treasurer; and Jason.is the acting Secretary. Let's support them by getting all our groups to have a representative go to the Intergroup meeting on the third Friday of the month. It can be different people each month. Let's start this year off right, get up and do the service and remember, "service is slimming!"**  
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**"And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation-some fact of my life- unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes." Alcoholics Anonymous pg. 417**

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**"Abstinence in Action "Adventure" Fellowship"**

**Jan. 25<sup>th</sup>** Swim with the manatee call donna 480-0865

Anna Maria Island Getaway - Come for the day or for the weekend, start the New Year off right with some fun fellowship. February 1-3, 304 North Shore Drive, Anna Maria, FL. For info call Linda H 727-647-8280, email [fdnymom@msn.com](mailto:fdnymom@msn.com).

**Feb. 9<sup>th</sup>** Florida State Fair Call Donna for details 480-0865

**Feb. 17<sup>th</sup>** Afternoon Tradewinds Gambling Cruise at Johns Pass call Linda or Toni

**Feb. 22-24** Florida State Convention Cocoa Beach

**March 15-17** SOAR 8 in Memphis - \$200 Scholarship available on [oapinellas.org](http://oapinellas.org), if interested - Fill out and bring to PTI meeting.

**April 18-21** Free camping trip at Fort White

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**PTI has a set off the SOAR 8 November Convention CD's that will be raffled off in April. Hopefully, there will be someone in your group selling raffle tickets, \$1 each or 6 for \$5. Tickets are also available at Intergroup meetings. There is an extra set that will be set up for lending out through Donna D, if interested, please call her.**

**Report on Saturday, Jan 19<sup>th</sup> Gratitude Marathon, well attended, fabulous, Everyone participated; dancing, acting, singing, etc., great speakers, great fellowship!**

## Overeaters Anonymous Twelve Steps

1. We admitted we were powerless over food that our lives had become unmanageable
2. Came to believe that a Power greater than ourselves could restore us to sanity
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves
5. Admitted to God to ourselves and to another human being the exact nature of our wrongs
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and mediation to improve our conscience contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

## Overeaters Anonymous Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon OA unity.
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.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. OA should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, out never be organized; but we may create service boards or committees directly responsible to those they serve.
10. OA has no opinion on outside issues; hence, the OA name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the lever of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.



## IS FOOD A PROBLEM FOR YOU?

### Pinellas Traditions Intergroup MEETING LIST

For Telephone and Online Meetings go to:  
[www.oapinellas.org](http://www.oapinellas.org)  
[www.oaregion8.org](http://www.oaregion8.org)  
[www.oa.org](http://www.oa.org)

### OA PREAMBLE

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.

OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

# 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 PM OA#48303	Voices of Recovery (Candlelight Meeting)	Voices of Recovery Discussion *	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 <i>(Between Belcher &amp; Hercules)</i>	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 <i>(Jackson Street entrance)</i>	Cynthia 561-254-3642 MaryLou 727-323-6880
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
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch	On sand on the beach <i>(Bring chair and look for flag on pole)</i> *	15100 Gulf Blvd., Madeira Beach <i>On the beach in front of the snack shack -- bring a chair</i>	Linda H. 647-8280 fdnymom@msn.com Donna D. 480-0865
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 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	Big Book *	Unity Christ Church 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	Linda H. 647-8280 fdnymom@msn.com
Sat	9:30 AM OA#36776	Great Reality	Beginners *	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	Linda H. 647-8280 fdnymom@msn.com 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	4:00 PM OA#52497	Clearwater Men's	Men's Meeting	Friendship United Methodist Church 2039 E. Druid St., Clearwater <i>(Between Belcher &amp; 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	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	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 3<sup>rd</sup> Friday of each month: 6:30PM - Morton Plant Hospital, 1<sup>st</sup> Floor – Tuttle Auditorium

Hotline #'s - Hillsborough: 813-254-4190; Pasco: 813-842-7840; Pinellas: Tri-County 800-544-6353

OA World Service Telephone: 505-891-2664 Website: <http://www.oa.org>