



# Pinellas Traditions Intergroup NewsPages



**Step 6:** Were entirely ready to have God remove all these defects of character.

**Overeaters Anonymous**

**June 2013**

[www.oapinellas.org](http://www.oapinellas.org)

**PO Box 6202  
Clearwater, FL 33758**

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

**Friday, June 21, 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>Dawn</b>	<b>Chair</b>	<b>(727) 743-7590</b>	<b>boobalah63@aol.com</b>
	<b>Vice Chair</b>		
<b>Toni</b>	<b>Treasurer</b>	<b>(727) 504-8918</b>	<b>toni_weigel@yahoo.com</b>
<b>Sam A.</b>	<b>Secretary</b>	<b>(727) 458-3668</b>	<b>samrnmsw@gmail.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 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.

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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

Hi everyone,

As many of you know Linda H has moved onto a position of Region eight trustee, she has stepped down as the Chair person of the Pinellas Traditions Intergroup because of the new responsibilities of her Trustee job. This left a vacancy of the Chair Person position so the Vice Chair person has become the Chair Person. Most of you know me, my name is Dawn B I have been back in the O A program since 2009. I have been the current Vice Chair person until recently and the previous secretary for Intergroup. I hope to visit some of the local meetings I don't always get to as well as invite anyone and everyone to come visit an Intergroup meeting. There isn't any abstinent requirements to attend a intergroup meeting it lasts an hour long is the third Friday of every month it's a business meeting for OA business. It's not boring I learned a lot the planning of events and got to make many new friends. Intergroup starts at 6:30 pm, the next one is June 21st,2013 hope to see you there. May you find blessings in every day of recovery.

Sincerely,  
Dawn B

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## "Abstinence in Action "Adventure" Fellowship"

July 12-14 SOAR 8, Boca Raton

August 2-4 Franciscan Center Retreat

August 29-Sept 1 World Service Convention, Cleveland, OH

November 15-17 SOAR 8, Jacksonville

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"Your commitment to abstinence from compulsive overeating is the most important thing in your life without exception! You may believe that others come first, but if you do not abstain from compulsive overeating and practice moderation at meals, you may destroy your chance of finding health, happiness, self-understanding, and peace of mind. If you are convinced that everything in life depends upon your practice of abstinence, you almost certainly will achieve these goals." Before You Take That First Compulsive Bite, Remember.....

These words remind me that abstinence requires commitment and consistency. Commitment means I put abstinence first - before anything or anyone. This may sound selfish, but staying abstinent is the only way I can take my focus off food and put it on others. Commitment means I plan ahead for the right foods at the right times and do the spiritual work that allows me to access my Higher Power. Consistency means I remind me that I am not a victim of a disease about which I can do nothing. I alone am responsible for accessing the Higher Power that keeps me abstinent. Voices of Recovery Pg 159

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### Spiritual Inventory Chart

Honesty-----Dishonesty  
Open-mindedness-----Prejudice  
Willingness-----Unwillingness  
Faithful-----Faithless  
Humility-----False Pride  
Forgiveness-----Anger/Resentment  
Tolerance-----Intolerance  
Courage-----Fear  
Service-----Self-Centered  
Gratitude-----Self-Pity  
Unconditional Love-----Hate  
Self-Truth-----Rationalize  
Change-----Complacency  
Acceptance-----Rejection  
Patience-----Impatience  
Unselfish-----Selfish  
Trust-----Jealousy  
God's Will-----Self-Will  
Spiritualistic-----Materialistic

Pinellas Traditions Intergroup

Greater Memphis Area Intergroup  
Gas Up In Memphis (at the Crossroads of Recovery)  
March 15- 17, 2013

The drive to Memphis was 14 hrs and an opportunity to share experience strength and hope. It is hard to imagine going to Memphis and not visiting Graceland. It is an experience.

Thursday evening there was attendance at a local meeting in Mississippi. There were 4 local members and the rest were out-of-towners, mostly from Florida. It was the perfect way to start the weekend, Gassing up early. They were so appreciative to hear about long term abstinence and that it was not only possible but probable.

Friday started with service in the boutique helping hang clothes, putting out treasures and yes, doing a little shopping. Friday night the opening skit was about GAS, having it, wanting it, and how to get it. The discussion panel was also about GAS, God Abstinence, and Service and how the three panelists saw GAS working in their lives.

Saturday, again, relieving the staff in the boutique so they could attend workshops, and attending workshops on Body Image and Sexuality and Recover from Relapse. Each speaker brought there personal experience to the topic and the sharing after the speaker was powerful. What I learned was that we are all the same, maybe different stories, but the core is the same and the solution is the same for us all. The afternoon sessions were Doing Service, Prayer and Meditation, and I chaired the Character Defects workshop.

There was so much to hear and take in. The best part was the one on one sharing when there is that moment when someone was touched or had a Ah Ha! and wanted to share that. It was incredible to see so many reaching out to the newcomers and old timers.

There were tears and laughter, but most of all everyone got GAS.

Thank you so much the scholarship, I believe that I served PTI and brought my experience and hope to the workshops and those I met in the lobby, boutique, and halls.

The expense breakdown is as follows:

Registration	\$ 35.00
Gas, unleaded	135.00
Hotel	<u>115.95</u>
<b>Total</b>	<b>\$286.45</b>

Sincerely,  
Karen Cornacchia

# World Service Business Conference

Search and Fearless A Fellowship Inventory  
April 29-May 4, 2013 Albuquerque, NM

I was honored to go to WSBC as a delegate for Pinellas Traditions Intergroup. Let me just say, before I decided if I would go, I asked questions of what it would be like and what could I expect. I was told it would be like Region 8 business conference only bigger. Wow! I had no idea just what two hundred plus recovering people from all over the world would look like sitting in a conference hall, all providing service for their regions and intergroup. I felt excited and never once felt alone. I was embraced and taken under wings of our fellow oa'ers from our IG and our Region 8 service body members. Once again, I was a green dot, and eager to learn.

My report will be on the workshops and Linda H. will cover the motions and amendments.

Upon arrival at the hotel I jumped into any early bird workshop 12<sup>th</sup> step: What Message Are We Carrying. Lead by 2 speakers, the first questions proposed to the group were, as a group, are we showing the physical recovery to the new comers in our meeting. A picture is a thousand words. Some ideas were to wear a picture button. When qualifying as a sponsor, tell your weight loss or gain. Provide workshops or speaker marathons and conventions on the first three steps. Thought provoking questions were asked... "Am I making Program Attractive?" People watch what we do! I know that to be true, just this past week a person was watching what I was eliminating from my plate of restaurant food that did not serve as my abstinent foods, a complete stranger who I did not know was watching gestured to my plate and what I was doing and quietly said "NICE". People do watch! It was brought up that some members provide service by having business cards made up with name and phone number to hand out when they talk to people who may have an interest in OA. The message can be put on bulletin boards as well in the grocery store. "Is food a problem for you". Overall this was a great workshop.

The next workshop I attended was, a Healthy Meeting: What are the Characteristics? I heard a healthy meeting should have 3-minute shares, 1 minute on the problem and 2 minutes on the solution and to use a timer. Healthy meetings should promote positive messages, and promote service. Each group should be autonomous. Some meetings that are healthy require that sharing should be done standing up in front of a room. This allows the person sharing to be outside the comfort zone however remains in a safe environment. It was suggested that service positions should change every six months. In some meeting groups, a different person each month attends the intergroup, 12 months = 12 different people providing service for a meeting. These are just a few of the items shared. Please find attached the Strong Meeting Checklist.

I then decided I should attend a workshop "All About the Conference" however; I wound up in the wrong room and partially attended Strategic Planning "Into Action in OA". Into Action, we broke off into small groups to brain storm a given topic that was to be compiled later and reported to the committee chairs. Once we started our brainstorming, I was getting into having a voice and input, I realized I was in the wrong meeting when I asked when we would be talking about the conference. I excused myself to attend the other meeting "All About the Conference" I was a green dot and needed to be where I could learn and re- cement the basic parliamentary information for handling main, privileged, subsidiary motions and Rules for Debate procedures and to understand the conference more. Most of this I had been exposed to at our region 8 business conferences. However my experience now is that the World Service Business Conference was definitely on steroids and a lot of fun to learn the procedures.

Over the next few days there were several Green Dot/Mentor Rendezvous. I had Linda as my mentor. This did change when Linda was elected new trustee for Region 8. Congrats Linda! The secretary of Region 8 filled in as my new mentor. My learning curve took off when I found out she was part of the bylaws and reference committee and I asked many questions by passing notes. She also asked me do you know what this is and what that is. Of course she would explain and I found it helpful.

Ok Back to the workshops: when I picked up my registration pack I was assigned to a table for the forum. There were 17 or 18 tables each had about 10 people or so, we were given a series of questions to talk about. My assigned table had the task of 7<sup>th</sup> tradition "How important to your recovery is the 7th Tradition, Being self- Supporting in all you affairs? We were given the results of a survey and most had said it was extremely important. Idea to increase 7<sup>th</sup> tradition is to make aware to the virtual groups that there is a website link on oa.org for contributions. Also having 7th Tradition Workshops. After I took reams of notes on what each group came up with I was told the reports would be listed on oa.org no later than June 1<sup>st</sup>. If I put everything down this report, it would get lengthy. Please visit oa.org for more information or see me.

I attended a workshop on Abstinence and found it to be very interesting. There seems to be a big push for abstinent sponsors and to increase in the awareness of them in the group meetings. It was suggested that sponsors go through the checklist found in the pamphlet Sponsee / Sponsor. There are two pamphlets one is a thin one and the other is a thicker one. Suggested new comers should check in daily and the lion's share should go to the still suffering. The sponsees who have recovery should be checking in every 3 days or so. Sponsors should be providing service of speaking at speakers meeting and modeling how a sponsor uses the tools. In a Survey taken with 2500 responses number 1 on the list was a need for more abstinent sponsors.

The world service convention was a great experience for me. I think after the first or was it the second full day of motions and amendments with debate, and workshops I was exhausted. I went to bed early that night. I had no choice. As remember, I think I fell asleep in a plate of food while out to dinner with new friends, for a recovering eater like me that is unheard of. There is truth to "service is slimming". I am grateful to all you, who have made it possible for me to go and provide this service.

Thank you and may all be blessed in recovery,  
Toni Weigel , PTI WSBC Delegate (Green Dot No longer)  
Phone: 727-504-8918, Email: [Toni\\_weigel@yahoo.com](mailto:Toni_weigel@yahoo.com)

# PINELLAS TRADITIONS INTERGROUP

Treasurer's Report for April 26 2013 to May 16th

<b>Beginning Balance</b>	<b>#####</b>	<b>Submitted by Toni Weigel</b>
<b>Receipts</b>		<b>17-May-13</b>
Meeting Donations	499.24	
Suncoast intergroup website pmt.	40	
<b>Total</b>	<b>539.24</b>	
<b>Disbursements</b>		
WSO 7th Tradition (March 23- April 25, 2013)	149.77	
Region 8 -7th Tradition (March 23-April 25, 2013)	49.92	
Deleget Toni W., WSBC lodging/meals 4/30/13-5/5/13	740.19	
Deleget Linda H., WSBC Lodging/ Meals 4/30/13-5/5/13	651.41	
<b>total</b>	<b>1591.29</b>	
<b>Beginning Balance</b>	<b>#####</b>	
<b>Receipts</b>	539.24	
<b>Disbursements</b>	1,591.29	
	<hr/>	
	<b>2130.53</b>	
<b>Ending Balance</b>	<b>\$5,799.97</b>	

## PTI Scholarship Funds

### PTI General Funds

Meeting Donations Feb 1- March 21, 2013						
OA#	Day	Name	Amount	PTI 6C	WSO 3	Region 8 10%
48303	Monday	Voices of Recovery	\$21.31	\$12.79	\$6.39	\$2.13
46182	Monday	Just for today		\$0.00	\$0.00	\$0.00
1530	Monday	Search out Serenity		\$0.00	\$0.00	\$0.00
47788	Monday	Focus on Abstinence	\$23.75	\$14.25	\$7.13	\$2.38
46184	Tuesday	Principles		\$0.00	\$0.00	\$0.00
10359	Wednesday	Madeira Beach bunch	\$ -	\$0.00	\$0.00	\$0.00
40873	Thursday	Keys to Freedom	\$60.00	\$36.00	\$18.00	\$6.00
49784	Thursday	Steps to Freedom	\$ -	\$0.00	\$0.00	\$0.00
51708	Thursday	Beginners in Action	\$80.00	\$48.00	\$24.00	\$8.00
46183	Thursday	First Fellowship		\$0.00	\$0.00	\$0.00
49602	Friday	Nitty Gritty	\$80.00	\$48.00	\$24.00	\$8.00
9412	Friday	PTI Intergroup	\$9.18	\$5.51	\$2.75	\$0.92
36776	Saturday	Great Reality		\$0.00	\$0.00	\$0.00
45426	Saturday	First Fellowship		\$0.00	\$0.00	\$0.00
52497	Saturday	CLW Men's group	\$25.00	\$15.00	\$7.50	\$2.50
27235	Saturday	Saturday Serenity	\$180.00	\$108.00	\$54.00	\$18.00
49012	Sunday	Joy of Abstinence	\$20.00	\$12.00	\$6.00	\$2.00
32923	Sunday	Clw Oasis	\$ -	\$0.00	\$0.00	\$0.00
<b>Totals</b>			<b>\$499.24</b>	<b>\$299.55</b>	<b>\$149.77</b>	<b>\$49.92</b>

### Quarterly Appeal

Scholarship Balance			
	PTI Scholarship - disbursement	\$	-
	PTI Scholarship Balance	\$	-
			\$393.71
<b>Total</b>	<b>\$</b>	<b>-</b>	<b>\$</b>

## PTI Minutes 5/17/2013

- Meeting started 6:35pm by Linda H. with the Serenity Prayer
- Meeting notes taken by Sam (PTI Secretary)
- Fifth Step, Tradition and Concept of the month read
- Minutes from last meeting read by Dawn
- Minutes not approved at this time due to changes needed with numbers and addresses; amount of Franciscan Center weekend needed to be changed to \$170.00
- Motion made to accept the minutes with changes to be made
- Treasurers report not provided - treasurer Toni not at meeting tonight
- Sign in sheet being passed around the table
- OLD BUSINESS DISCUSSED:
- Xmas under the Oaks in November - \$50.00 provided
- New committee needed for FL State Convention - Dawn will address as she takes over as new chair
- Franciscan Center Retreat - \$170 single/\$135 double occupancy with 5 meals included
- Need a committee for the FC Retreat to start a flyer, charging registration fee - Linda Mc. volunteered
- Budget Committee Spending Plan: \$7391 grand total \$1591.29 total disbursement; grand total left over is \$5799.97
- Treasurers Report: Provided by Linda H. (for Toni) - Motion made to accept treasurers report as it is
- Budget guidelines provided by OA are available online
- Radio announcements: workshops needed, dances, garage sales, etc. - If fundraising is done then we can afford a radio announcement and possible benches to pass the word; Discussion tabled until next PTI meeting
- Guidelines available to help the treasurer plan a budget for delegates to travel - Motion made to have a budget committee with chair, treasurer, and Cynthia as a volunteers
- NEW BUSINESS DISCUSSED:
- CD drawing: lucky winner is Dawn B.!!
- CD drawing made \$87.00
- Can Pasco Pioneers join our intergroup? Every meeting needs to be affiliated with an intergroup; funds will be shared; discussion started; Motion made to allow them to join PTI
- New meeting info given to Joan to put on the meeting list; Email any info changes to Joan (russelljo1@verizon.net)
- New PTI mailbox: PO Box 4141 Bay Pines, FL 33744
- Formal written resignation as chair by Linda H.
- Dawn will take over as PTI chair person ([boobalah63@aol.com](mailto:boobalah63@aol.com))
- Vice chair position open at this time; announce at meetings; qualifications found in the P&P at oapinellas.org under documents; 1 year of abstinence needed
- 7th Tradition collected
- Discussion if meeting minutes should be placed in the newsletter; minutes used to be added to the newsletter
- Meeting List in the newspapers needs to be updated; Linda H. will send the master copy (corrected) to Joan to be changed as needed
- Linda H. stepped down and Dawn now is chairing the rest of the meeting
- Discussion about social media for advertising - Making sure it goes along with OA's 6th Tradition
- Lifeline service - Lynn volunteered
- Motion made to close the meeting at 7:24pm; Meeting closed with the Serenity Prayer

# PINELLAS COUNTY MEETING LIST

June 2013

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 *	Unity of St. Petersburg 6168 First Ave. N, St. Pete	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>	Mary 595-6644
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
Tues	7:30 PM OA#52602	Big Book Meeting	Big Book Study *	Northwood Presbyterian Church 2875 State Road 580, Clearwater	Beth M. 452-6139
Wed	1:30 PM OA#52863	Message Carriers	NEW MEETING *	Metro Center 3251 Third Ave. N., St. Petersburg	Rikki 323-0132
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch	Open Discussion *	<i>On the beach in front of the snack shack</i> 15100 Gulf Blvd., Madeira Beach <i>(Bring 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
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 B. 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 of St. Petersburg 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	Dawn B. 743-7590
Sat	9:30 AM OA#36776	Great Reality	Beginners *	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	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	10:30 AM OA#17950	Pasco Pioneers	<b>Pasco County</b>	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Jeannine 849-3048
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	Cora 813-957-4642
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

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

To find telephone or online meetings, please go to: <http://www.oa.org/membersgroups/find-a-meeting/>

Hotline #'s - Hillsborough: (813) 254-4190; Pasco: (813) 842-7840; Pinellas: (727) 647-8280