



OA pinellas newspages

traditions intergroup

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. "We must be entirely honest with somebody if we expect to live long or happily in this world."

Big Book of Alcoholics Anonymous, page 73-74

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|---|-------------------------|--|--|
| Overeaters Anonymous | | May, 2011 | |
| PO Box 6202 | | www.oapinellas.org | |
| Clearwater, FL 33758 | | | |
| <p>Pinellas Traditions Intergroup meets every third Friday of the month. EVERYONE is welcome to attend. The next meeting will be:</p> | | | |
| <p>Friday, May 20 at 6:30PM Morton Plant Hospital 1st Floor – Tuttle D Auditorium 300 Pinellas Street/off Ft. Harrison Clearwater, FL 33756</p> | | | |
| 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 |
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| Judy S. | Newspages editor | 727-442-9234 | vieweton@aol.com |
| <p>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.</p> | | | |

Tradition 5: Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.



Chair Chatter

Hi Everyone,

I attended the World Service Business Conference April 26 to April 30, 2011 here are the items that were voted on as documented by our Region Trustee:

Item A-a – Grant Conference Seal of Approval to revised *Recovery Checklist* pamphlet. **ADOPTED by 2/3rds**

Item A-b – Move to remove Conference Seal of Approval to the pamphlet *If God Spoke to OA* **DEFEATED**

Item A-c – Move to grant Conference Seal of Approval to the new pamphlet *A Common Solution: Diversity and Recovery* **ADOPTED by 2/3rds**

Item A-d – Move to grant Conference Seal of Approval to the revised pamphlet *The Tools of Recovery* **ADOPTED by 2/3rds** (this included the verbiage for ACTION PLAN, the tool adopted in 2010.

"An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress, one day at a time."

You may wish to create inserts with this description for any tool pamphlets that are contained in your current inventory.

Item J - Statement on Public Media **ADOPTED**

Item B – Allowing OA service titles (but not names) on flyers, for OA functions. **ADOPTED**

Item A – Rescind Matching Grants program **ADOPTED**

Item F – Allow WSBC 2012 to be webcast **DEFEATED**

Item C – Include the Tools of Recovery of OA in the OA Conference Policy Manual **ADOPTED**

Item K – Bestow the title of Founder to Rozanne S. **ADOPTED**

Item L – Amend definition of abstinence to include text about maintaining or working towards a healthy body weight **ADOPTED**

The complete definition now reads:

*"Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors **while working toward or maintaining a healthy body weight.** Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step Program."*

Item D – Rescind the ninth tool: Action Plan **DEFEATED**

Item M – Change the title of Action Plan to "A Plan of Action" **DEFEATED**

Item E – (motion amended) All AA literature except for the Big Book and AA 12x12 be removed from OA-approved literature. **DEFEATED**

Item 15 - Amend Bylaws to change text about trustee nominees from 'incumbent' to 'sitting' **CONSENT (ADOPTED)**

Item 4 – Amend Bylaws to add text to include "service boards" to OA group composition **CONSENT (ADOPTED)**

Item 12 – Amend Bylaws to change trustee vacancy policy to allow regions to affirm a nominee in a manner they choose **CONSENT (ADOPTED)**

Item 3 – Amend Bylaws that changes the procedure to amend the Bylaws (striking intergroups & regions and adding 'service bodies' **CONSENT (ADOPTED)**

Item 6 – Amend Bylaws to change region composition to allow language service boards to affiliate with any region that it spans **ADOPTED**

Item 7 – Amend Bylaws Region Assemblies section to not allow for Region Nine to be different than the rest of the Regions **ADOPTED**

Item 14 – Amend Bylaws to change the notice of annual Conference to include virtual service boards **CONSENT (ADOPTED)**

Item 17 – Amend Bylaws to allow for virtual service boards to send delegates to the Bylaws Committee at WSBC **ADOPTED**

Item 21 – Amend Bylaws to include both GST and Regional trustees to appointment as virtual services trustee **CONSENT (ADOPTED)**

Item 9 – Amend Bylaws to have service boards submit Statement of Purpose or Bylaws for review whenever they are updated, rather than just significant change. **ADOPTED**

Item 13 – Amend Bylaws to allow countries with no service body to send delegates to WSBC **CONSENT (ADOPTED)**

Item 19 – Motion divided 19A - Amend Bylaws to ensure groups are also guided by the 12 Concepts 19a **ADOPTED** 19B - groups must also register with WSO **ADOPTED**

Item 1 – Amend Bylaws with an updated statement of purpose for the Finance Committee **WITHDRAWN**

Item 2 – Amend Bylaws to provide for the filling of vacancies in the nominees for regional trustees **NOT ADDRESSED – RAN OUT OF TIME**

Item 11 – Amend Bylaws to clarify that trustees may also counsel and guide members or service bodies, not just new or existing groups **CONSENT (ADOPTED)**

Item 20 – Amend Bylaws to allow virtual service boards to submit motions to amend the OA Bylaws **CONSENT (ADOPTED)**

Item 10 – Amend Bylaws to clarify trustees may also counsel service boards or regions regarding non-adherence to the Twelve Traditions or Twelve Concepts. Also updated language of “violating” Traditions to “non-adherence”. **CONSENT (ADOPTED)**

Item 16 – Amend Bylaws to add service boards to the list of service bodies that may respond to the agenda questionnaire. **CONSENT**

Item 18 – Amend Bylaws to include all service boards to the list of raising funds for **NOT ADDRESSED – RAN OUT OF TIME**

Item 8 – Amend Bylaws to have regions submit their Bylaws or Statement of Purpose if any changes **ADOPTED**

Item 5 – Amend Bylaws to have intergroups submit their Bylaws or Statement of Purpose if any changes **ADOPTED**

Thank you for letting me serve!

Linda H.
WSBC Delegate 2011
P.T.I. Chair



DID YOU KNOW?



The suggested 7th Tradition
split of 60/30/10 sends
only 10% to Region 8

Here are ways Region 8 serves you:

- Board members present workshops throughout the region
- Scholarships are provided so underfunded Intergroups can send reps to business assemblies
- Region 8 web site is maintained—see our events calendar
- Remote access to business assemblies is underway—starting in July 2011
- Intergroup Chairs' support via email loop and phone meetings
- Communication and idea/information sharing: fund raising, outreach, diversity, sponsorship, relapse prevention, technology, public information, carrying the message
- Region-wide lists: speakers, email sponsors and Intergroup sponsors
- Region 8 newsletter published three times a year
- Direct connection to WSO, giving all members a voice in decision-making

We are requesting a quarterly 7th tradition exclusively for region 8. Please encourage members to “give as if their lives depend on it”.

Region 8 Treasurer
PO BOX 1277
Largo, FL 33779

Please write “Quarterly Appeal” and group # on checks



UPSCALE GARAGE SALE

A Non-Profit Fundraiser

May 14, 2011

From 7:00 am until 3 pm

at

1451 Wexford Drive South

Palm Harbor, Florida

Upscale clothing items, books, household items and more.

Also looking for donations of the like.

Contact: Judy – 727-442-9234

Claudia 727-781-7411

