



Step 5: Admitted to God, to ourselves and another human being the exact nature of our wrongs.

Tradition 5: Each group should have but one primary purpose – to care its message to the compulsive overeater who still suffers.

Overeaters Anonymous		May 2012	
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 June meeting will be combined with the June SOAR8 planning meeting. Note that the meeting now starts at 6PM, not 6:30 PM and will last until 8 PM.</p>			
<p>Friday, June 15th at 6:00PM 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
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
<p>To receive monthly copies, or contribute to the Newspages email the editor at: oaews@yahoo.com Contributions must be received by the second Friday of the month.</p>			

Silent Auction at SOAR8 Convention

Please search out for any exciting and wonderful items you may have stored away that would make great Silent Auction gifts for our SOAR 8 Convention in November. Just bring them to the Intergroup meeting and we will gladly take them for auction. Thanks for your service. Joan R. 727-785-9208

OA RETREAT

On August 3-5, 2012 Pinellas Traditions IG presents an all inclusive retreat that offers simplicity, serenity, and Steps 1, 2, & 3. The program offers an opportunity to build or reinforce the Step 1, 2, & 3 foundation that leads to contented abstinence and a chance to pause, catch your breath and connect with Higher Power. The Franciscan Center is set on the Hillsborough River, has huge oak trees, lots of quiet places to meditate or walk, as well as a labyrinth.



Pinellas Traditions Intergroup presents:
**AN OA RETREAT - "Steps 1, 2 & 3...
Laying the Groundwork
(For continued, contented Abstinence)"**

**August 3-5, 2012
Franciscan Center
3010 N Perry Ave, Tampa, FL 33603**

This Weekend offers:

- Peace, simplicity and hospitality for all those seeking spiritual renewal
- OA Speakers sharing experience, strength & hope
- Personal time for prayer, meditation, writing and sharing
- Fellowship & Fun

RETREAT CENTER COSTS:

\$160 - private/ \$130 - double
All inclusive - 2 nights & 5 meals

FOR ROOM RESERVATIONS:

Contact Franciscan Center at 813-229-2695 or www.franciscancentertampa.org for housing arrangements (The Center will need \$50 to hold your room and the balance by July 22, 2012)



OA Registration Fee* \$25

MAIL REGISTRATION FEE TO:

AUGUST RETREAT
65 Verbena Street
Clearwater FL 33767

NAME _____
ADDRESS _____
TELEPHONE _____
EMAIL _____

Registration Fee \$ _____
Scholarship Donation \$ _____
TOTAL \$ _____

For more information contact*

Linda Mc 727 804-4610 or
Stephanie D 727 641-3437

Chair Chatter May 2012

I would like to thank the members of the intergroup for allowing me to serve as your World Service Business Conference Delegate again this year. I am always in awe at the OA unity and willingness to serve at this Business Assembly. I enjoy seeing all the friends that I met last year again at this conference.

This year I was asked to serve as a speaker at the Abstinence: The Foundation of Our Future workshop. It is always an honor to be selected to do a workshop. I have to say I was a bit nervous to stand at a microphone in front of a room filled with 200 people and give a report on the workshop.

The business we attended to was what the intergroups voted on to put in the motions and amendments. Our intergroup did that in February.

The first order of business we attend to that was exciting was rewritten pamphlets. Here is a synopsis of the motions that were considered. Those with numbers are bylaw amendments. The letters are policies:

Four new and/or revised pieces of literature were adopted:

- Pamphlet “Before You Take that First Bite.”
- Pamphlet “Sponsoring Through the *Twelve Steps*”
- Pamphlet “To the Newcomer” (Which includes revised 15 questions)
- “Voices of Recovery” E-Workbook

Watch the OA website for announcement of when these will be released.

Proposal Item A – adopted on the consent agenda, to include virtual service boards in the list of service bodies requested to contribute and apply for funding from the Delegate Support Fund

Proposal Item B - This was adopted and is important, because it affects what AA literature you can use in your meetings. AA books and booklets with an original copyright of 2010 or earlier are approved to be used in an OA meeting. Any additional edits of these books and booklets are included. AA pamphlets and any future AA books and booklets will not be considered as approved literature to use in an OA meeting. You may read whatever you like when you are not in an OA meeting.

Proposal Item C – adopted, to reflect our current practice that service bodies may form service centers to assist them with communicating with groups, to carry the message, as long as they adhere to the traditions and are guided by the concepts of service.

Proposal Item D – adopted on the consent agenda, also reflects current practice where a group can restrict access to the meetings because there is already limited access, such as on military bases, ships or institutional settings.

Proposal Item E – adopted on the consent agenda which clarifies that OA doesn't provide group liability insurance.

Proposal Item F – the motion was withdrawn for more work. It encompasses a statement on core values. It was too vague.

Proposal Item G – reflects the current practice of protecting anonymity for members at the level of public media of communication – that is the internet, by removing last names on any reports from conference which are on the OA website. We approved it on the consent agenda.

Proposal Item H – adopted on the consent agenda, to reflect our practice of debating bylaw amendments only as authorized by the current fellowship, and no motions would be carried over to a subsequent year.

Proposal Item I – adopted to remove our restricted fund for translations, because it is already in our operating budget. Any funds left over must be used for translations.

Proposal Item J – adopted to limit delegates from Intergroups & Service Boards attendance at WSBC to 4 consecutive years, with a possible 2 year extension. After that you'll need to rotate out for a year. This is in line with Tradition 2 & Concepts 12a and 12c. If there is a hardship, a waiver can be submitted to the BOT for consideration.

Proposal Item 1 – adopted on the consent agenda – this clarifies the term 'registered' with reference to groups as defined in the bylaws. (Article VII – Regions, Section 2 – Regional Assemblies.)

Proposal Item 2 – adopted on the consent agenda – removes the words region and intergroup and replaces with service body (Article X – Meetings of Delegates, Section 4 - Notice.)

Proposal Item 3 – adopted on the consent agenda – cleans up language – replaces the word full with regular. (Article IX – Board of Trustees, Section 6 – Election of Trustees.)

Proposal Item 4, 5 & 6 – adopted together as amended – All three motions related to the same issue, with regard to Intergroups, Regions and Service Boards. You will now need to update your bylaws whenever the OA, Inc. Bylaws are amended and affect yours (such as the definition of a group was modified at 2011 WSBC) Your bylaws must be amended in two years. (Article VI – Intergroup, Section 2 - Registration – Meetings of Delegates, Section 4 – Notice, Article VII – Regions, Section 3 – Registration and Article VIII – Service Boards, Section 3 – Registration)

Proposal Item 7 – Adopted with amendments. This provides a consequence if your service body doesn't amend bylaws with the two years. The IG, Region or SB will not be permitted to register delegate(s) for the current Conference. (Article X – Meetings of Delegates, Section 3 Delegates) * *note- if you have not amended your bylaws within the last year, or have never amended your bylaws, this affects your service body.*

Proposal Item 8 – adopted on the consent agenda – cleans up the language in the bylaws to accurately reflect the current tasks and direction of the WSBC Finance Committee (Article XI Conference Committees, Section 3 – Finance Committee)

Proposal Item 9, 10 & 11 – adopted on the consent agenda – provides the same language defining an OA group, by adding that groups are guided by the Twelve Concepts of OA Service (Article VI - Intergroups, Section 2 – Registration, Article VII – Regions, Section 3 – Registration and Article VIII – Service Boards, Section 3 – Registration)

Proposal Item 12 – adopted the creation of a 17th trustee for virtual services, A VST. (Article IX Board of Trustees, Section 1 – Composition)

Proposal Items 13 and 18 – adopted together with amendments. This amendment protects groups from being arbitrarily deregistered, by requiring a written request to the WSO, Region Chair and Trustee. (Article VI – Intergroups, Section 3 – Functioning and Article VII – Service Boards, Section 4 – Functioning)

Proposal Item 14 – adopted on consent agenda - cleans up wording, changing that the BOT shall “speak on behalf” of OA, rather than being a ‘spokesman’. (Article IX – Board of Trustees, Section 2 – Duties and Responsibilities.)

Proposal Item 15 – adopted on consent agenda - makes the language of the bylaws gender neutral by changing “chairman” to “chair” (Article X – Meetings of Delegates)

Proposal Item 16 – adopted on consent agenda - makes the language of the bylaws gender neutral by changing “chairman” to “chair” (Article XI – Conference Committees)

Proposal Item 17 – adopted on consent agenda - makes the language of the bylaws gender neutral by changing “chairman” to “chair” (Article XIV – Section 1 - Procedure)

A grand total of \$3,810.78 was donated in 7th tradition.

SOAR 8 Southeast Overeaters Anonymous Region 8, Business Assembly in Raleigh, NC March 9-12, 2012.

As a first time region representative for the SOAR 8 Business Assembly I was provided with a welcome letter and Green Dot Manual. After reading the manual, I thought to myself what in the world did I say yes to this time? However I am so glad I did, I moved through the anxiety and gained so much knowledge of the interworking of the assembly that includes committee work, elections of officers, and selections of trustee nominees, amendments of bylaws and the creation and maintenance of all region publications.

Friday night at 7:30 I attended the forum and was present for the roll call and listened to Judy (parliamentarian) go over the policy and procedures. I was really still green at this point and was somewhat lost. After the forum a skit was performed by Triangle intergroup and by 9:00 a speakers meeting began about Physical, emotional and spiritual recovery: the results of working the 12 steps. By 10:15 I joined Linda H for who led the late night OA meeting. I was pretty tired at that point and retired for a good night sleep in order to be ready for a 7:30 Saturday meeting for New Rep Orientation.

The new rep orientation put some of my fears to rest and I had a better understanding of what to expect while attending the assembly. I was introduced to a whole new language with OA terms used and there meanings, such as executive committee are made up of six general service trustees and 10 region trustees, then you have the intergroup and the National service boards and so forth. For me it was it was very difficult to absorb all of it. And I am grateful I had a mentor to help with my help me with my questions. Region 8 or Soar 8 has a board of a chairman, vice chairman, secretary and treasurer and we also have seven funded committee chairs. 1.) Ways and means (Finances) 2.) Tech/Web (Hardware/Software needs), 3.) IGOR (intergroup outreach) 4.)Unity within region 8), 5.) 12 steps within (Member retention & recovery), 6.) Unity in Diversity (encourages awareness of unity while honoring and respecting Diversity), and 7.) PI/PO (public Information/ Professional outreach). While in attendance of the orientation, I learned about Rules of order and how to participate in the assembly, Voting Procedures, Recognitions and Motions and debates.

The Soar 8 business Assembly opened at 8:30 and continued until noon and then picked up again at 2:00 to 5:00. At first I just listened trying to absorb how this whole thing worked and to watch and observe. I realized I did not have the agenda of what was being covered and felt very inadequate of not being fully prepared of what I needed to download, print and bring with me to this meeting. So I made some notes of what I understood to be important discussions. First was Vice chair Sander B , Report 17, Sander's focus was how to help intergroup with business and recovery to carry the message to reach our South American and Caribbean Islanders. The 7 funded committees chairs formed beginning Friday night to brain storm questions for the committees to come up with some ideas. Below are the committee actions they came up with and will be taking.

- 1.) Ways and Means: Cruise Planning, Donations on a milestone, T-shirts and totes to raise meeting attendance in order to send reps to Soar 8 conventions.
- 2.) Tech/Web: Remote Attendance via internet, Region Assembles, and to use technology to get South Americans to write motions and findings for Soar 8
- 3.) IGOR: Reaching out to Intergroup Chairs
- 4.) Unity within Region 8: I must have missed that one
- 5.) 12 step within: New members email of sponsorship, giving a list to skype for Equador. And writing articles.
- 6.) Unity and Diversity: I missed that one also
- 7.) PI/PO: Create Document to help Intergroup reach out for Medical Journals, Create Skits to get interest for PI/PO., and develop how to guide for press release.

Huge discussion of pros and cons on Amending Soar 8 Bylaws from three assemblies per year to two assemblies per year. The motion did not pass. $\frac{3}{4}$ majority vote needed to pass. 29 voted yes and 14 voted no. We still have three SOAR 8 meeting a year.

Two bids were put up for next year's hosting of the spring SOAR 8 assembly. North Intergroup Jacksonville, Florida and the Greater Memphis Intergroup. It was voted the spring assembly will be in Memphis Tennessee.

I learned a great deal and was very proud to be able to comprehend some of what I was learning and hearing without Linda H, abstinence and HP I would have been lost. It felt great to learn the process of the business assembly I quite enjoyed the banquet dinner and entertainment as a break from my learning curve. I noticed my confidence level has increased and I was able to dance more freely in a crowd of people I had only met. I was honored to go to this convention as you region rep I look forward to the next one in Miami, Florida July. 9-11, 2012.

Thank you,
Toni W. 727-504-8918

SOARing Into Waves of Action

We now have finalized rates for the hotel rooms and registration at the SOAR8 Recovery and Business Assembly November 9-11, 2012.

Our hotel will be the Tradewinds Grand Island Resort on St.Pete Beach. Rooms reserved by October 8 will be \$156 per night for a studio and \$205 per night for a tropical suite. There are 1-4 people per room.

Early registration will be \$35. The Saturday Buffet Luncheon will be \$28, and the Saturday Banquet Dinner will be \$42. Day registration is \$20.

The theme of the banquet dinner will be "Prom Night." and we hope to provide all the trappings of a high school prom. Attendees will be encouraged to come in appropriate costumes. A great time is expected to be had by all.



SPONSOR LIST

This is a partial list of OA Sponsors, taken from those attending our May 18 PTI meeting. We will adding additional sponsors to this list as we receive names from individual groups of those who wish to be included.

Stephanie D.	727-442-9855	hdsendhelp@hotmail.com
Linda Mc	727-804-4610	lindaproductions@aol.com
Claudia S.	727-781-7411	bytelady@tampabay.com
Toni W.	727-504-8918	Toni_weigel@yahoo.com
Linda H.	727-647-8280	fdnymom@msn.com
Donna D.	727-480-0865	info@findthemusicinyou.com
Dawn B.	727-743-7590	boobalah63@aol.com

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 June 15, 6 PM** and meet them! We usually have Coffee and planning sessions after the meeting in the cafeteria.

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	12:00-1 PM OA#48303	Voices of Recovery (Candlelight Meeting)	Literature / Step *	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 (Between Belcher & Hercules)	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	Cynthia 561-254-3642 MaryLou 323-6880
Tues	7:00 PM OA#46184	Steps, Traditions and Principles	Steps, Traditions and Principles *	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 (Bring chair and look for flag on pole) *	On beach behind Archibald Building 15100 Gulf Blvd., Madeira Beach	Linda H. 647-8280 fdnymom@msn.com
Thur	11:00 AM OA#40873	Key to Freedom	Literature Meeting *	First Presbyterian Church 455 Scotland St., Dunedin (Downtown Dunedin)	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	A.A. Big Book Study *	Unity Christ Church 6168 First Ave. N, St. Pete	Ellen L. 381-8043
Fri	6:30 PM	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 - 11 AM OA#36776	Great Reality	Beginners Step Mtg. *	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	Linda H. 647-8280 fdnymom@msn.com
Sat	10:00 AM OA#45426	First Fellowship	Step/Tradition Mtg. *	Palm Harbor Presb 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
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	Linda H. 647-8280 Stan M. (813) 839-7587

*open to all **OA members only

If this is your first time attending a meeting listed, please be sure to call to clarify directions and meeting specifics.

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

OA website: www overeatersanonymous.org or World Services Telephone 505-891-2664