



Pinellas Traditions Intergroup Newsletter



Step 3: Made a decision to turn our will and our lives over to the care of God
as we understood Him.

Overeaters Anonymous
PO Box 4141
Bay Pines, FL 33744

March 2014
www.oapinellas.org

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

Friday, March 21, 2014 at 6:30PM
Morton Plant Hospital
1st Floor – Tuttle D Auditorium
300 Pinellas Street/off Ft. Harrison
Clearwater, FL 33756

Our Trusted Servants Are:

Dawn	Chair	727-743-7590	boobalah63@aol.com
Donna D.	Vice Chair	727-480-0865	info@findthemusicinyou.com
Toni	Treasurer	727-504-8918	toni_weigel@yahoo.com
Lynn E.	Secretary	901-830-1092	lynneshelman@yahoo.com
Joan R.	Newsletter Editor	727-785-9208	russelljo1@verizon.net

To receive monthly copies, or contribute to the Newsletter email the editor at newspages@oapinellas.org
Contributions must be received by the first Friday of the month.

Tradition 3: The only requirement for OA membership is a desire o stop eating compulsively.

Concept 3: The right of decision, based on trust, makes effective leadership possible.

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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.

Chair Chatter • March 2014

Step three states, “Made a decision to turn our will and our lives over to the care of God as we understood Him.” At first , this step seemed like a no brainer for me as I had been raised in a Christian home but as I began to work the twelve steps with my sponsor I soon realized that I had no idea who or what my God was like. There are several parts of this step, making the decision is the first part of action then I personally had to recreate the essence of what my God was like. I then had to surrender myself will and my life, me the control freak who knew what was best for everyone else. I had a difficult time with this part I first thought I had done so and was weighing and measuring my food using a food plan of my choice but was still using my addictive substance working it into my plan. As I began working the steps about three weeks into my new abstinence God showed me I was still having my way and not totally surrendering to a Higher Power. I was deceiving myself that I was surrendering control of my life but yet still controlling my food customizing my food plan. My Higher Power showed me that I was to surrender completely and that he did not want that substance in my life. I gave it up and surrendered all areas in my life realizing for the first time in my life that I did not ever have control of anything other than the way I choose to react to things in life. God showed me and continues to show me daily that he is in control and his plan is always better than my illusion of controlled plans. I continue to turn myself will, life, and food over to him daily as well as my plan for the day. I, at times, find being human that I try to manipulate my plans and take back myself will in a situation but my Higher Power calls me on it and sternly points out when I do this. This disease is cunning, powerful, and deadly when it decides to wage a war in my life my God is stronger and when I call on him he is always there and defeats the disease. I never dreamed I could live without my addictive substance but have found it is possible to live a happy, joyous, and free life. For me in my recovery surrender was an essential step for me to move forward in my growth of recovery. Please keep coming back until the miracles happen in your life, you too can live happy, joyous, and free.

Dawn

PTI Chair

“Abstinence in Action “Adventure” Fellowship”

March 15: My Vision Is Me ~ Happy, Joyous and Free, Linda 727-647-8280

April 12: The Big Book Comes Alive, Friendship United Meth Church 1-4pm

April 27: Suncoast Intergroup of Tampa Bay Picnic, 11-2:30, 5626 W Cypress St., Tampa
Contact: jenniferwohl@msn.com

July 25-27: Franciscan Center Retreat, Tampa FL Joan 727-785-9208

The principle of Step 3 is Faith. By definition, faith means unquestioning belief; complete trust or confidence.

"Nothing in life us more wonderful than faith - the one great moving force which we can neither weigh in the balance nor test in the crucible." -Sir William Osler

I never saw it, touched it, smelled it, swallowed it with water or had it injected into me with a hypodermic needle. But it brought about what no pill, no shot, no book, no lecture, no prayer had ever been able to do. It broke my compulsion.

"It," of course, is faith. From the moment I stepped in the door of my first meeting, OA gave me faith that this program would work or me. I *believed*, against all odds, that it would work - and it did. My faith in the power of the twelve-step program is stronger than ever. It has never failed me, and it will not fail anyone who can put aside doubt.

For today: Compulsive overeating is no match for the twelve steps. There are people who need to hear that, both in and out of OA.

Some things we'd like to introduce you to are online sites available for information on Overeaters Anonymous. On the oapinellas.org website you can find meetings, newsletters and events. From your browser, type in oaregion8.org, choose "Twelfth Step Within" and you can request an online sponsor or an online relapse mentor. From www.oa.org, go to "Documents" select "A Step Ahead" for information about OA or at Media/Professionals for the "Professional Community Courier" flyer. You can also purchase "Lifeline" at this website, either the email version or get it mailed directly to your home. All of these are great websites to help you learn more about OA.

Looking for a sponsor? There are some people out there that are willing to sponsor by phone and/or email: By phone – Julie O. 784-7958; Sandy 846-2100; Lynn E. 901-830-1092; Pat Mc 581-8201; Linda Mc 804-4610; Claudia 781-7411. By email: Sandy utopiarevisit@yahoo.com; Julie O. julianeob@yahoo.com; Linda Mc lindaproductions@aol.com; Carol carolsch@ptd.net; Jane T. jtorell78@gmail.com Claudia bytelady@tampabay.rr.com. I'm hoping to add to this list as time passes. Try it, you might like it!!

Virtual workshops are now available online at <http://www.oa.org/aopodcasts/>.
Attention to all groups: We are doing basket drawings for the Franciscan Center Retreat in July so come up with some themes so you can start to collect things now. Also, please put a piece of program literature in your basket. If your group is too small to make a basket, join together with another group that you belong to to make a nicer basket. This retreat will be so great, please plan on going.

Pinellas Traditions Intergroup Minutes
February 28, 2014

ROLL CALL: Donna, Dawn, Jason, Kate, John, Christine, Toni, Jim, Margie, JC, Cynthia, Lynn, Joan, Julie, Linda Mc, Linda S, Sam, and Laurie

The meeting was called to order at 6:35 p.m. with the Serenity prayer, reading of the Second Step, Second Tradition, and Second Concept of Service.

Secretary read the minutes. Passed

Treasurer read the report. Moved to accept the report. Seconded. Accepted.

Break in to committees for 7 to 10 minutes. Committee chairs gave reports.

Committee reports were presented by committee chairs.

Seventh Tradition was passed.

OLD BUSINESS

Lynn, hospitality room chair, presented a report on the hospitality room. It went well.

March workshop is a few weeks away. Is anything needed? No, it is under control.

Presentation of New Budget Proposal. Seconded. Accepted.

Open for discussion. Move to table the discussion. Seconded. Passed.

Motion to extend the meeting another 15 minutes. Seconded. Passed.

Any other old business?

Our new committee for next Florida State Convention is Huggers and Greeters

NEW BUSINESS

Soar 8 March Convention sending Jason. JC made a motion that we send one rep to the Soar 8 convention and then the reps can decide between themselves who will go. 2nd. Passed.

Spring health fair at St. Pete College health center. Do we want to participate. When is it? Donna will find out and send an email to invite all to attend.

New Business inquiries? 1) Discuss likelihood of not breaking into committees at each meeting. 2) Form a committee to opt to house a convention. Donna nominated and accepted.

THINGS TO TAKE BACK TO MEETINGS

Does your meeting have a lifeline subscription? Do you?

Please encourage others to attend Intergroup meetings.

Meetings needing support-Friday 11am St. Pete, Sat. 10:30am Pinellas Park, Sat 5pm men's meeting Clearwater, Thursday am Aldersgate church, Thursday 7pm Anona Church

A motion to close the meeting. Seconded. Passed.

Closed with the Serenity Prayer

Meeting was adjourned at 8:15 p.m.

PINELLAS TRADITIONS INTERGROUP

Treasurer's Report for Jan 17 - Feb 28, 2014

Beginning Balance	8168.77	Submitted by Toni Weigel
		February 28, 2014
Receipts		
Meeting Donations	291.33	
Workshop Feb 8 love	144.00	
TOTAL	435.33	
Disbursements		Pinellas Traditions Intergroup
WSO 7th Tradition (Dec. 21 -Jan 16, 2014)	67.78	c/o Toni Weigel
Region 8 -7th Tradition (Dec 21-Jan 16, 2014)	22.59	5134 33rd Ave. No.
Newspages and workshop supplies	20.33	St. Petersburg, FL 33710
Reigon 8 rep jason registration March 21	114.00	
Air fair tickets Jason Region 8 rep March 21	510.50	
TOTAL	735.20	
Beginning Balance	8168.77	
Receipts	435.33	
Disbursements	735.20	
Ending Balance	TOTAL 7868.90	
PTI Scholarship Funds	82.00	
PTI General Funds		
PTI Committee Funds	307.37	

Meeting Donations Jan 17 - Feb 28th, 2014						
OA#	Day	Name	Amount	PTI 60%	WSO 30%	Region 8 10%
48303	Monday	Voices of Recovery	34.51	20.71	10.35	3.45
46182	Monday	Just for today	0.00	0.00	0.00	0.00
1530	Monday	Search out Serenity	0.00	0.00	0.00	0.00
47788	Monday	Focus on Abstinence	58.02	34.81	17.41	5.80
46184	Tuesday	Principles	0.00	0.00	0.00	0.00
20719	Wednesday	Winners 10.30AM	27.65	4.20	0.00	0.00
52863	Wednesday	Message Carriers	0.00	0.00	0.00	0.00
10359	Wednesday	Madeira Beach bunch	0.00	0.00	0.00	0.00
40873	Thursday	Keys to Freedom	0.00	0.00	0.00	0.00
53015	Thursday	Hope	20.00	12.00	6.00	2.00
49784	Thursday	Steps to Freedom	0.00	0.00	0.00	0.00
51708	Thursday	Beginners in Action	0.00	0.00	0.00	0.00
46183	Thursday	First Fellowship	0.00	0.00	0.00	0.00
49602	Friday	Nitty Gritty	0.00	0.00	0.00	0.00
53104	Friday	Beakon house	10.00	0.00	0.00	0.00
9412	Friday	PTI Intergroup	13.40	8.04	4.02	1.34
36776	Saturday	Great Reality	0.00	0.00	0.00	0.00
17950	Saturday	Pasco Pioneers	27.65	0.00	0.00	0.00
45426	Saturday	First Fellowship	0.00	0.00	0.00	0.00
52497	Saturday	CLW Men's group	0.00	0.00	0.00	0.00
27235	Saturday	Saturday Serenity	0.00	0.00	0.00	0.00
49012	Sunday	Joy of Abstinence	100.00	60.00	30.00	10.00
32923	Sunday	Clearwater Oasis	0.00	0.00	0.00	0.00
TOTALS			291.23	139.76	67.78	22.59

COME SEE! COME HEAR!

BRINGING THE BIG BOOK ALIVE!

“FREEDOM FROM BONDAGE”

“DR. ALCOHOLIC ADDICT”

“LISTENING TO THE WIND”

“EMPTY ON THE INSIDE”

When: Saturday April 12, 2014 1pm-5pm

Where: Friendship United Methodist Church
2039 Druid Rd. E., Clearwater, FL (Between Hercules & Belcher)

Donations: \$7.00 *No one turned away

50/50 Drawing: Tickets 1 for \$1.00 or 6 for \$5.00

Come at 12:30 and bring your lunch and beverage

For more information, please call Cora at 813-956-4642

PINELLAS COUNTY MEETING LIST

March 2014

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 & 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
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	10:30 AM OA#20719	Winners	PASCO COUNTY <i>This meeting now affiliated with our Intergroup</i>	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Betty 938-3845
Wed	1:30 PM OA#52863	Message Carriers	* *	Metro Center 3251 Third Ave. N., St. Petersburg	Ellen L. 381-8043
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 Donna D. 480-0865
Thur	10:30 AM OA#53015	Hope NEEDS SUPPORT	All Literature *	Aldersgate Methodist Church 9501 Starkey Rd., Seminole <i>(Back of church near the office)</i>	Jeanette 392-3108 Lynn E. 901-830-1092
Thur	11:00 AM OA#40873	Key to Freedom	Literature Meeting *	First Presbyterian Church 455 Scotland St., Dunedin <i>(Downtown Dunedin)</i>	Tamar 796-5878 Laurie 517-4137
Thur	5:30 PM OA#49784	Steps to Freedom	Focusing on recovery through the Steps and Traditions - 90 Days Meeting **	St. Cecelia's Church, Room A 820 Jasmine Way, Clearwater	Mary Mc 319-4321
Thur	7:00 PM OA#51708	Beginners In Action NEEDS SUPPORT	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	Beth P. 813-486-9324
Fri	11:00 AM OA#53104	OA Amigos NEEDS SUPPORT	English & Spanish Literature *	Beacon House 2151 Central Ave., St. Petersburg <i>(Use front door not side door)</i>	Margie C. 828-9711
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	PASCO COUNTY <i>This meeting now affiliated with our Intergroup</i>	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Jeannine 849-3048
Sat	5:00 PM OA#52497	Clearwater Men's NEEDS SUPPORT	Men's Meeting	Friendship United Methodist Church 2039 E. Druid St., Clearwater <i>(Between Belcher & Hercules)</i>	Joel M. 703-609-5110 John G. 278-2030
Sun	6:00 PM OA#32923	Clearwater Oasis NEEDS SUPPORT	Big Book (90 day) **	Morton Plant Hospital, 1st Floor Tuttle A Auditorium, Clearwater	Cora 813-956-4642
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 3rd Friday of each month: 6:30PM - Morton Plant Hospital, 1st 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

REVISED March 2014