



Pinellas Traditions Intergroup Newsletter



Overeaters Anonymous

PO Box 4141
Bay Pines, FL 33744

November 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, November 21, 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	chair@oapinellas.org
Donna D.	Vice Chair	727-480-0865	vicechair@oapinellas.org
Sam	Treasurer	727-458-3668	treasurer@oapinellas.org
	Secretary		secretary@oapinellas.org
Joan R.	Newsletter Editor	727-785-9208	newsletter@oapinellas.org

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.

Step 11: Sought through prayer and meditation to improve our conscious contact with God as I understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, televisions, and other public media of communication.

Concept 11: Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

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 November 2014

The eleventh step states, "Sought through prayer and meditation to improve out conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out." This step allows the freedom to choose a Higher Power of my own belief. My Higher Power is very different from the Higher Power I was raised to believe in as a child. I now have a Higher Power that is every type of support, guidance and love that I need. It is my responsibility to take action and consistently pray, talking and spending time daily building my relationship with my Higher Power.

For me this time of prayer and meditation allows me to be quiet and listen to the will of my Higher Power or my inner voice. This is a challenge for me as I have a difficult time being quiet and still. I do find that when I am, that the answers will come from my Higher Power. I now have the willingness to listen for my Higher Powers will or guidance, as I have continued to build a relationship with my H.P. I now have learned to trust my H.P. This is also a challenge for me, as I have had issues with trusting those close to me.

I am willing to seek out my Higher Power's will for me in areas of my life, but I still struggle at times with my self -will interfering with my Higher Power's will for my life. When I find that there are trust issues it is usually because I have allowed my self- will to get in the way of my relationship with my H.P. I also now know that when I have trust issues, it is because I have fear surrounding whatever situation has arisen in my life. My Higher Power continues to show me again and again that I will be taken care of as long as I stay willing to seek Higher Power's will for me and rely on H.P. to provide me with the strength to carry out that will for my life.

This is a miracle for me as I wanted everything my way and I wanted it like that yesterday when I was in the disease of compulsive overeating. I am now blessed as I choose to have the freedom that a life in recovery offers to me. Miracles do happen every day; they don't have to be of big proportions. Please continue to come until these small and big miracles can happen for you and have freedom from the obsession of compulsive food behaviors. It woks when you work it!

Dawn B.
PTI Chair

The principle of Step Eleven is Spirituality - 1. Of, relating to, or consisting of spirit; in the nature of spirit rather than material 2. Of or relating to the moral feelings or states of the soul as distinguished from the external actions; reaching and affecting the spirit.

"In OA we share a belief that we can each recover through a spiritual relationship with a power which is greater than ourselves alone." 12&12 p. 91

When I read this sentence, a sense of security settles over me. Here in one sentence is the essence of our wonderful program. I can reflect on all the methods I previously tried to control my compulsive eating. In spite of great emotional resolve and physical need, nothing worked over the long haul. Yes, I lost weight. No, I did not change my thinking.

It was not until I brought a Higher Power (whom I choose to call my God) into my equation that I began to experience physical, emotional, and spiritual recovery. Although I cannot pinpoint the time when I converted from dieting to working a spiritually based program, it occurred as a result of working the Steps and using the tools of the program daily. My reward for these efforts is fifteen years of abstinence, health, and happiness.

Voices of Recovery, p. 239

One Step At A Time

One of the surprising results of becoming abstinent and working the steps finding myself jumping out of a plane on Christmas morning. I have been afraid of heights (and most other things) ever since I can remember. Relying on food to soothe my fears and hide from life in eating and extra weight. After becoming abstinent and making a start on the steps, I found I was still afraid of most things in life and what was now more challenging is that I was aware enough to know and to a much greater degree, feel this fear. A group I participate with encouraged me to read books and other hobbies I enjoy. The counselor leading this group interjected, "You need to jump out of a plane, girl!" When I came to recovery they said I would need to do everything different and they were right. It took me several months to take action on this. However, a few days before 2012 Christmas, the friend I was planning on spending the holiday with became ill and was admitted to the hospital. I visited her in the hospital and even brought a little Charlie Brown Christmas tree to cheer her up.

On the drive home, I realized I didn't have any plans for Christmas now... I asked myself, what would I really like for Christmas? and I knew without a doubt. I wanted to go skydiving. Still terrified of the prospect, I went about this adventure, one small step at a time. Telling myself, there was no chance they would be open on Christmas, I called anyway. Guess what? Christmas is actually pretty big day in the skydiving world. So now I am booked. That morning I packed my abstinent breakfast and headed off to a 12 step meeting to help create the faith and courage needed. I prayed and made program calls on the way there. Not even telling anyone what I was doing, simply getting out of my own head. Every part of the day was broken down into the smallest most manageable action steps. "I'm simply driving to Zephyrhills, I've driven to Zephyrhills a lot of times." "I'm just filling out paper work and signing waivers, that's easy." "Look isn't it great this guy is double checking my harness, I really like safe people who double check things" "Wow, I'm in a plane, I've done that a hundred times!" Never did I let my thoughts get to far ahead of me. Even as we left the plane I remember thinking "my job is to lean to the right and spread my arms open, that's all I'm responsible for."

Magic, the strongest wind in my face, eyes wide open, disorienting, scary, exhilarating, and then after the parachute was pulled, peace.

I still laugh at how one of my favorite parts was when the tandem instructor said it would take a while for us to land because I was so light!

I am facing another big decision in my life, and many things that face intimidate me each day. I find that when I stay in today (and more importantly staying in the moment) following the next right action as simply as possible, make calls, pray and ask God for help, I am able to do things I never could have done alone.

JC

Looking for a sponsor?? There are some people out there that are willing to sponsor by phone and/or email: By phone – Julie O. 727-784-7958; Sandy 727-846-2100; Lynn E. 901-830-1092; Pat Mc 727-581-8201; Linda Mc 727-804-4610; Claudia 727-781-7411. 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/>.

Thanksgiving Day meetings: 10AM Friendship United Methodist Church, 2039 E Druid Rd, Clw; Palm Harbor Presbyterian Church, 11AM, 2021 Nebraska Ave, Palm Harbor.

Palm Harbor will also have a 11AM Meeting on Christmas Day and New Year's Day at Palm Harbor Presbyterian Church.

Pinellas Traditions Intergroup Meeting

Friday, September 19, 2014

Meeting started at 6:34 - Donna D. chaired. Members in attendance: 16

- | | |
|-----------------|-------------|
| 1. Linda H. | 9. Lynn |
| 2. Linda Mc | 10. Paula |
| 3. Julie | 11. Cynthia |
| 4. Joan | 12. Sam |
| 5. Donna | 13. Jim |
| 6. Linda S (F?) | 14. Mary P |
| 7. Christina | 15. Ellise |
| 8. Jason | 16. J.C. |

9th Step, 9th Tradition & 9th Concept read.

August minutes voted to be accepted. Done.

Treasurer's Report by Sam: (scanned documents attached). Sam was not at the August meeting so both August and September presented, Jason moved for approval, and minutes were voted for approval.

COMMITTEES

Ways & Means - Donna reporting:

Thursday am Aldersgate raffle concept (for literature) is very successful. (.25/ticket or 5/\$1 - winner, chosen once a month, can choose literature of choice). Recommended groups do likewise - and at SOAR 8/12 step too.

Twelve Steps Within - Joan reporting:

- October 25th - lunch and gardening. (JUDY @ 727-442-9234 or vieweton@aol.com).
- Turkey lunch, dirt, pot provided. (Can get flowers at Donna's house - contact Donna if interested).
- 11/8/2014 - Abstinence in Palm Harbor. Wondering if anyone has any workshop ideas - though we're good thru March (tentatively).
- FL State OA Convention - volunteers needed to make up bags - 2 volunteers to do 50 bags each (Lynn volunteered - one left?). 250 total bags will be handed out at the convention as "huggers and greeters."

Technology - Linda M reporting:

The 9/6 workshop from 12p - 5p at Joan's house went well. 17 people attended and \$155 raised.

PIPO - Cynthia reporting:

- November 9th - Christmas in the Oaks.
- Have \$880 to use for media - print - to keep community aware. Tentatively running an ad in Tampa Bay Times. Personal Best (event) section, which circulates to 233 homes. (Cost of it \$594). Will run one time in January. Color information spot which is World Service Approved.
- Also ad/information to run in beach newspapers - \$116/wk in November and December. Reaches 84,000 homes in the beach communities.
- Circus Magurkis exhibit is October 25 (same day as planting with Judy).
- PIPO outreach to professionals- any health/mental health professionals which may deal with ED (eating disorder) patients/clients. Information running in Psychology Today.
- Cynthia also suggested we ask webmaster (who does things for Intergroup for free) to put up a meeting list for health care professionals to reference. (make motion to do so in new business).

By Laws - Julie and Jim reporting:

- Positions available/open for voting in new service workers are: Vice Chair, Secretary, Treasurer (Qualifications for each position read).
- Applications must be submitted at October Intergroup meeting (or prior) to be voted on in November.
- Applications not available at the September meeting, but are available to print on OAPinellas.org.

7th Tradition initiated (Donna - acting chair).

New Business:

- Motion to vote J.C. as alternate intergroup rep for SOAR 8. (Currently Joan, Lynn, Julie are alternates). Donna mentioned it may be good to have as many involved as possible to go to events (rotate even as needed). Linda H did point out that all intergroup reps must be registered by region 8 to go and vote. A certificate of eligibility may be found (and needs to be filled out for reps) online.
- Cynthia moved, voted on and passed, to contact webmaster to create interactive outreach (using San Diego guide).
- Linda M. mentioned to call "211" health care list and add our information (?)
- SOAR 8 November 12-14th, 2015... Chair looking for a replacement.
- RE: SOAR 8, November 2015. Holding (sans deposit) the Tradewinds Hotel, as it has ample rooms for meeting and recovery. TAMPA also bidding on location for SOAR 8 November 2015.
- RE: SOAR 8 - also need idea for flyers and presentation Linda H mentioned when she did in it was a simple slide presentation.

New Business: *(continued)*

- Re: applications for scholarship assistance were given to DAWN (not present). Scholarship fund has \$295, but the scholarship, by definition in regulations, caps off at \$200. JASON J moved to allocate the \$200 to Sam to use, contingent upon no other applications having applied PRIOR to the Sept. Intergroup meeting.
- Again, reminder applications for positions needing to be filled (Vice Chair, Secretary and Treasurer) are DUE by Oct. intergroup meeting.
- October 9th, music sounds festival in Safety Harbor (PIPO) needs volunteers to hand out info, man a table. It was mentioned though it costs \$75 to register a table/booth for the day.
- Sam received an envelope with \$16 - requested from now on donations come in envelopes which are all well labeled for accountability and accounting purposes. Lynn had mentioned that she had given that to her, it was an anonymous donation.
- Joan passed out "to call" lists - such that members can daily touch base with other intergroup members by calling one person/day in order down the list.
- Joan and Julie's email addresses - contact info. if you're interested in making sure you get Intergroup newsletters: russelljo1@verizon.net (Joan) and julianeob@yahoo.com (Julie).
- Donna mentioned again SOAR 8 committee chair is changing (in January 2015).
- An issue came up as to whether or not Linda H. can vote as she is not a Representative of any specific one group, although she is very active and does rep. Intergroup as a whole. The official conclusion was "no." That said, Linda H. said she is withdrawing her service and won't be back. boo.. love you Linda!
- Conclusion - NO ONE whom was not formally elected to Represent a specific group should be at the meeting or voting. (now THAT said, I won't be back either ... sorry guys!... as I don't belong there either, technically).

Move to close the meeting at 7:50pm - Donna. Meeting adjourned.

PINELLAS COUNTY MEETING LIST

November 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	12:30 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 *	Metro Center 3251 Third Ave. N., St. Petersburg	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	12:00 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
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 Sept 2014