



# Pinellas Traditions Intergroup Newsletter



Volume 12 - Issue 12

December 2016

## Our Trusted Servants

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Visit us online at [oapinellas.org](http://oapinellas.org)

### Monthly Intergroup:

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

**December 16, 2016 at 6:30 p.m.**

Morton Plant Hospital  
1st Floor – Tuttle D Auditorium  
300 Pinellas St. / Off Harrison  
Clearwater, FL 33756

To receive monthly copies, or contribute to the Newsletter, please email the editor at [newsletter@oapinellas.org](mailto:newsletter@oapinellas.org). Contributions must be received by the first Friday of the month.

## Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

*"Love you. I bless you. I release you to your own indwelling presence of God."*

*-Author unknown*

It is nothing less than a complete turnabout that this program brings into being. It gives me the amazing ability to release the people I love; to detach myself from their pain and turmoil and suffering, and turn them over in love to that same Power within that is directing me.

This act of release, performed daily in a moment of quiet prayer, exerts incredible influence on those I would help. I say and do only what is necessary to attend to my everyday responsibilities, showing the love I feel and radiating the calmness and peace that come from giving up control.

For Today: I turn over responsibility for the lives of others to the same Higher Power within each of them that manages my own life.

*-For Today, page 363*

## SERVICE

"Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."

## Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

FAITH

HOPE

LOVE

= Spirituality

## Concept 12

The spiritual foundation for OA service ensures that:

- no OA committee or service body shall ever become the seat of perilous wealth or power. (Selflessness)
- sufficient operating funds, plus ample reserve, shall be OA's prudent financial principle. (Realism)
- no OA member shall ever be placed in a position of unqualified authority. (Representation)
- all important decisions shall be reached by discussions, vote and, whenever possible, by substantial unanimity. (Dialogue)
- no service action shall ever be personally punitive or an incitement to public controversy. (Compassion)
- no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. (Respect)



# SOAR8 News



## SOAR8 Business Assembly - October 2016 - Memphis, TN



I would like to thank everyone for allowing me to serve in the capacity of Region 8 Representative during this weekend. This is a bittersweet report since it is the last one as a Region 8 Representative. The attendance was small in comparison from other assemblies that I have attended, although the business assembly had approximately the same amount of representatives present.

Friday night the assembly convened with reading and taking the credentials. The secretary took the credential for Friday night that included a total of forty (40) voting and five (5) nonvoting that included two (2) virtually present. There were four (4) green dots present at this assembly. During this night the Forum was presented by the board and the funded chairs. Each position shared their duties and responsibilities. The panel consisted of the three candidates running both for Vice Chair and Secretary. The hosting Intergroup presented a welcoming skit before the panel spoke.

I have to say that this was the best skit I have ever seen in one of these events. The skit was taken from the story of Three Bears and it had the Baby Bear, The Mama Bear and the Daddy Bear. The wonderful of this skit was that it incorporated all the aspects of our disease -- from the compulsive overeater to the bulimic and anorexic person. It was delightful to see. With this and the panel Friday was done.

Saturday started with the reading and reaffirming the credentials of forty (40) voting members and seven (7) non-voting members that includes two (2) virtual attendees. In the morning we had the reports from the member of the board and the Trustee. Then the candidates running for the board presented their applications and voting took place. The first position to be voted upon was that of Vice Chair and Barbara C. from New Freedom Intergroup was elected to the position. Then the candidate for Secretary read her application and answered questions and was voted as secretary. Ruby H. from Pinellas Traditions Intergroup (PTI) was elected. Then we voted to send two candidates to the World Service Business Convention as Region 8 Delegates. Region 8 decided to send two people. The candidates elected were Samantha A. from Pinellas Tradition Intergroup (PTI) and Laura form Western Carolina Intergroup. The budget was approved for the year 2017. Then there was an emergency motion to suspend P & P Section XI#2 for only 2017 Assembly Procedures Basic Principles. Assembly shall be held two (2) times a year: March and September. The motion was approved. The assembly chose that the Fall Convention and Assembly shall be held in Miami, FL on October 13-15, 2017. The theme for the convention is Recovery in Paradise. It will be at the Marriot Le June Hotel near the Miami International Airport.

The committees met after the luncheon break. As my last time in the Tech-Web committee member we discussed many things needed. One main thing that is needed is for this committee to get members since the two members that were always present, are now the new Vice Chair and Secretary. The committee is preparing a motion for virtual present and voting. The committee is looking to get better receptions, but the bandwidth provided with the hotel WiFi is not sufficient for ooVoo (similar to Skype) and we are looking to get a hotspot. There are many good thing coming with Tech-Web. It is not hard committee to belong to and it is fun. The chair of the committee is a wonderful person.

Thank you again for letting me serves you as a Region 8 Representative. I have learned how to use the principles of the Steps, Traditions and of the Concepts of Service. It has taught me to put principles over personalities. It has taught me not to run away from problems but to face them. It is through the providing service in Region that I have been able to move forward in this program and maintain my abstinence. This service is very rewarding and I do challenge anyone wanting to serve to do it.

Thank you again and I do appreciate the confidence that the assembly has put on my shoulder as the new Secretary for the Region. I bid farewell to the position of Region 8 Representative with sadness and happiness. This is my new challenge to be the best Secretary I can and to always extend the hand and heart of OA to all who share my compulsion, for this I am responsible. This will be the biggest challenge as Secretary.

Thank you ...

In loving service to all my Overeaters Anonymous Fellows members,  
Ruby Hayn - Region 8 Representative  
Pinellas Traditions Intergroup

~ More SOAR8 News continued on pages 3 and 4 ~





## SOAR8 Business Assembly (Memphis) • October 28-30, 2016

Our plane arrived late in Memphis so we got to the Assembly after it had started. I was a mentor for Sue from SC. I missed the introductions and arrived just in time to hear there were 40 voting members, 5 non-voting (including 3 virtual members).. The agenda was adopted. After a break there was a skit by the hosting intergroup about "Goldilocks and the 3 Abstinent Bears". It was very creative, interesting and cute. The Friday Night speakers were the people running for the Vice Chair, Andi S. from Coral Springs, the IGOR Chair, Barbara C, from New Freedom IG Chair, the FSC Committee rep, and Ruby, the FSC Chair and our very own Treasurer. They each told some of their story and experience. Then the speakers for Secretary were Ruby and Barbara C.

Saturday morning started with the reading of the Steps, Traditions, the Concepts, Voices of Recovery in English and then in Spanish. The credentials were taken and there were 40 voting members and 7 non-voting present. Adoption of the Standing Rules, then a brief parliamentary procedure lesson was given. The agenda was approved, along with the minutes from the St. Petersburg, July Assembly. Seventh tradition was taken. Board reports were given:

**Treasurer:** Sam – Explained duties, presented budget

**Secretary:** Janet – Explained duties, last event

**Vice Chair:** Aleta – Explained duties, last event

**Chair:** Viviana – Explained communication complications, trying to build bridges, not destroy them; looking for improvements

**Trustee:** Linda H. – Explain duties, away from home 30 days a year

### New Business:

- Vote on Budget – Approved
- Elections – Vice Chair- Barbara C.  
Secretary – Ruby
- WSBC Delegates – Sam A, Linda A.
- Miami-Dade IG won bid for October SOAR8 Convention & Business Assembly, October 13-15, 2017
- Emergency motion,- to change in the bylaws for 2017 from March & Sept Assbly to October for 2017 – Approved
- I gave the final report for the St Pete Dolphin Convention & Business Assembly

### Committee Reports:

**Ways & Means** – Patty G.- Selling item, fundraising committee

**IGOR** – Andi – Unaffiliated to join, strong IG to help poor IG, fund poor IG, work w/TSW & other committees to reach out – Katrina became new IGOR chair

**TSW** – Neil encourages existing members to maintain recovery, relapse mentors, recovery lists, workshop mentors, sign-up lists on line at [oaregion8.org](http://oaregion8.org) for online sponsors, speakers and relapse mentors

**Bylaws** – Pam G – became new chair, must love to read and talk, editing & proofreading skills required

**PIPO** - Bonnie Sue- Lots of people & paper, Doctors, Military, press release, spreading the word

**Tech Web** - Michelle- Display electronic communications, multitasking, 2-3 people, maintain website

**UWD** – Any differences

Green dot ceremony was performed. My green dot missed this because she had been told to get the minutes typed for her committee report. I was quite upset by this, but then found her working hard at the report. I got her to stop and there were a few of us left, so we celebrated her removing her green dot on the spot after the completion of the business assembly. Later, at dinner, we discussed helping her intergroup host a business assembly in April of 2018 in Charleston, NC. So. I am hoping we can all work toward that goal. They are a growing IG with only 9 meetings.

Saturday night entertainment was put on by a professional 12 step recovery theater group that was fantastic. It was the best recovery skit I have ever seen. They were great.

We left Sunday morning on a flight back to Tampa.

Thank you for, once again, allowing be to be of service for PTI.

In loving OA service,  
Joan R.







## Region 8 Assembly, October 28-29-30, 2016, Memphis, TN

Report from Donna D, Region 8 - PTI Representative

Forty (40) OA's attended the assembly plus 1 virtual attendee. Representatives of 24 different Intergroups in the Region including trusted servants (who are the four members of the Board, the trustee, parliamentarian and the chairs of 7 committees). 24 Intergroups were represented: North Florida, Triangle, Miami-Dade & The Keys, PTI, Greater Memphis IG, Palm Beach County, Tennessee Valley Intergroup, Central Florida IG, Space Coast IG, Central Arkansas IG, Yana IG, IG Baton Rouge, Central Alabama IG, IG Bogota Columbia, Greater Atlanta IG, Sun-coast IG, COLA, CMI, Middle Tennessee, Alabama Southwest IG, Low Country, Western Carolina IG, Hope Venezuela, and JUNCCAB.

**Various points discussed include:**

- Reports from all trusted servants in the region.
- Approved the 2016 – 2017 budget.
- We chose a new vice-chairman: Barbara C. of New Freedom Intergroup in Jacksonville, FL. Thanked Aleta P., our former Vice-Chairman, for her commitment.
- We chose a new secretary. Ruby H. of Pinellas Traditions Intergroup in St. Petersburg, FL. Thanked Janet T., our former secretary, for her dedication.
- We chose two delegates representing the Region 8 in the WSBC in May 2017: Samantha A. representative of Pinellas Tradition IG, and Laura A. representing Western Carolina IG.
- We announced to the assembly the selection of service bodies that requested funds to send a representative to the World Service Business Conference: Costa Rica Intergroup – Service Board # 09604 and JUNCCAB NSB Service Board # 09962. The committee which recommended the selection consisted of 3 region representatives, the IGOR chairman, the treasurer, and the region chair and there were just two applications, one from Alejandra S. (Costa Rica IG) and another from Dora P (JUNCCAB).
- We chose Miami-Dade & the Keys as our IG host for the business assembly and recovery convention October 13-15, 2017.
- An emergency motion was approved:
  - Move to suspend P & P XI. # 2 for 2017 only. XI. Assembly Procedures Basic Principles.
  - Assembly shall be held two (2) times a year: March, and September. (Approved November, 2015 Assembly). Rationale: P&P states we will have the Assembly in March and September, but the bid for Miami has-been accepted for Miami in October of 2017.

For two hours on Saturday afternoon I participated in the Intergroup Outreach (IGOR) Committee. I designed, printed, cut, and delivered 40 pink papers with a question to poll the Intergroup Reps present: "How do you see Region 8 helping you and your Intergroup meeting with recovery? Or, How may we help you?" Eleven papers were returned I analyzed them and turned in a spreadsheet report to the IGOR chair.

I volunteered to send out another poll to the entire Region 8 body with this question: "Do you attend Intergroup? Why or why not?" I designed a form and sent it to the IGOR chair to be approved. The forms will be sent to me via text, or email and I will send the results to Katrina, the IGOR chair.

I plan to attend the next Region 8 Assembly as your rep in Jax on March 17-19. If anyone would like to spend the weekend with an older, non-biting, Yorkie in a diaper, please let me know.

It is a privilege to do service.

Donna D.



## PTI Treasury Report for October 2016

INCOME		
Group	OA Number	October
Voices of Recovery	48303	\$16.50
SOS (Search Out Serenity)	1530	\$100.00
Principles	46184	\$42.01
Hope	53015	\$50.00
Steps to Freedom	49784	\$80.00
Pasco Pioneers	17950	\$35.00
Clearwater Men's Group	52497	\$30.00
Clearwater Oasis	32923	\$60.00
Beginner's Meeting/Step Study	49012	\$50.00
Fresh Start	54462	\$20.00
Pinellas Traditions Intergroup	9412	\$54.59
Meeting Donations		<b>\$538.10</b>
TSW - Workshops		\$155.00
Franciscan Center		\$225.00
Miscellaneous**		\$161.98
		<b>\$1,080.08</b>

*\*\*My mistakes some 7th not sure*

EXPENSES	
Website Fee (Quarterly)	\$36.79
Webmaster (Monthly)	\$40.00
Region 8 Donation - 10%	\$159.36
World Service Donaton - 30%	1,307.67
<b>\$1,543.82</b>	

BANK RECONCILIATION	
October	
Beginning Balance	\$10,003.58
Deposits	\$1,080.08
Expenses	-\$1,543.82
Ending Balance	<b>\$9,539.84</b>
Prudent Reserve	\$3,000.07
Balance including Prudent Reserve	<b>\$12,539.91</b>

	Income	PTI - 60%	Region - 10%	WSO - 30%
	\$1,080.00	\$648.05	\$108.01	\$324.02
<b>Scholarship Funds Available</b>	<b>\$461.00</b>			



## Tips for the Holidays

Christmas is just another day to be abstinent.

- ✦ If in doubt, leave it out. That includes food about which we are not sure and places and situations where we don't know if we can be food sober.
- ✦ It never hurts to bring your own food. If we find we can eat the food that's served, we can save the meal we brought for another time. If we can't eat the food – or are not sure – our "Plan B" meal can save our abstinence.
- ✦ "Bookending" is a way to play it safe in difficult social situations. One way to "bookend" is to call someone before going into a situation. Say that you will call them if you have any trouble. Call again immediately afterwards and share how it went.
- ✦ There are meetings all day in many cities and phone marathons throughout the day. Check [www.oa.org](http://www.oa.org).
- ✦ When all else fails, help another food addict. Invite someone who is isolated to your Christmas celebration. Give a call to someone who is asking for help.
- ✦ If someone or something disturbs you during the holidays, pray for them. Don't eat no matter what (you'll still have the same problem you had before you picked up the bite).
- ✦ May we all enjoy a contented and abstinent holiday among friends and family!

## Twelve Steps for the Holidays

1. Admitted that the holiday season has deeper meanings attached to it than the consumption of food, shopping, etc.
2. Came to believe that a Power greater than ourselves could help us see and celebrate the true meaning of the season.
3. Came to believe that our Higher Power could help us appreciate the joyfulness of the season as we understood it.
4. Made a searching and thorough examination of our relationship with food, in connection with the holidays as well as all of the other things we have enjoyed about the season.
5. Admitted to our Higher Power the exact nature of our food habits in holiday seasons past.
6. Became entirely ready to allow our Higher Power to remove our attachment to food as an unavoidable necessity of the holidays.
7. Humbly asked our Higher Power to remove our desire to partake of holiday treats and compulsive thoughts.
8. Made a list of all persons whose presence make the holiday season joyful for us and with whom we would like to share our joy.
9. Made plans to spend time with those people wherever possible, except when to do so would remove us from our primary purpose of abstinence.
10. Continued to enjoy the company of our friends and family as well as all of the other aspects of the season.
11. Sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of the meaning of the season and the joy we feel at this time.
12. Having realized that sharing with others the joy of the season far outlasts the fleeting good feeling of the food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention, love, acceptance and appreciation.

## Great Big "PTI" Contest

**\*\*\*Attention to all you creative people out there and anyone wanting to be an artist\*\*\***

We are looking for the most original and greatest design that can be used to describe Pinellas Traditions Intergroup, our very own, PTI emblem, something that would make us unique. This would be something that is original, creative to our Intergroup and used to represent us. Something nice that we can use for so many different things. You would be giving this original design up to organization of PTI for the purpose of our use only. The deadline will be the March 17th Intergroup meeting and the judging will be done in the April Intergroup meeting by all voting members present.

Please submit your designs to PTI, PO Box 16582, Clearwater, FL, 33766 or [chair@oapinellas.org](mailto:chair@oapinellas.org). When submitting, please be sure that your information is not on the display itself, so when judging is done, there will be no influences made.

So let's get those creative juices to flow ... Let's get to it ... Show off your skills ... Win this contest !!!

The winner will win a T-Shirt with the emblem on it. ♥

**Thank You!!!**



## IGOR Annual Report

November 2016

Sent out January, February, March , April, May Newsletter to all intergroups in Florida, allSOAR8 and allPTI

Scholarship Application approved in May

In May established Scholarship committee consisting of:

Chair, Bylaws Chair, Parliamentarian, and Treasurer

Sent out Newsletter s in June, July, August, September, October, November to all intergroups in

Florida, ALLSOAR8 and ALLPTI

Scholarship Application Approved in July & October

Working with Low Country IG in Charleston, SC to help put on SOAR8 Convention & Business Assembly in Spring 2018

Joan R.

IGOR Chair



## PIPO 2016 Year End Summary Report

Public Information/Professional Outreach Committee - Pinellas Tradition Intergroup

### Public Information Efforts and Activities:

Five (5) public events attended and staffed by many PTI members.

- Awakenings Wellness (February)
- PIPO Pinellas Park Workshop (April)
- YMCA Healthy Kid Camp (April)
- Open Streets (October)
- Christmas Under Oaks

2) Terra Nova Recovery Club meeting began on Wednesdays.

3) Media Outreach:

- Local papers - contacted 2 times/year - SOAR8 July article
- Facebook and Craig's List – monthly postings
- Bus Stop Bench - advertisement contracted with Metro bench
- Want Ads – Tampa Bay Times
- Digital Ad Pinellas Park Community Bulletin Board – April to August
- Cox Radio Stations – tried to arrange community outreach interview

4) World Service Poster Project - ordered and distributed 25.

### Professional Outreach Activities and Efforts:

- PHC (Professional Healthcare Consultants Medical Group) 1/2016 Health Fair at 5 Towns Condominiums
- St. Pete College career days - exhibited March and October
- Psychology Today website outreach to medical counselors
- Shore Bariatric Program - presentation July 2106
- Dr. Wallace - office meeting

### Youth Outreach:

- School Board Meeting attendance/intro Sept. and Oct.
- PTA contact by Tiffany
- YMCA Body Image in Palm Harbor - Speaker November
- YMCA Healthy Kid Camp Bardmoor Campus - April

Approved Annual Budget:	\$ 795
Year End Budget Approval for Bus Stop Ads	\$ 900
<b>TOTAL</b>	<b>\$1,695</b>

### *New chair position open for 2017*





## Important Meeting Change:

The Tuesday Night Clearwater meeting has moved to a new location ...

Prince of Peace  
455 Missouri Ave.  
Largo, FL

**PLEASE NOTE:** The meeting is in the 2 story Education Building on the north side of the church on the first floor.

## Service Opportunities

Are you looking for an easy, fun way to do service? You can raise money for SOAR8 by donating a basket to the raffle fundraiser for the March 2017 Conference and Convention. Just find a new or gently used basket and fill it with items you think a fellow compulsive overeater would like. Past basket themes have included: the recovery basket, the "quiet afternoon" basket, the "gardener's soul" basket, the "kid's fun box" basket, the "day on the beach" basket, the "don't eat, do this instead" basket, and much, much more.

Not sure you can contribute a whole basket? No problem! Ask a few OA friends, sponsees, newcomers, and/or your home group to contribute. Together, you can make a difference!

Bring your completed basket (ready for display) to the SOAR8 Convention and Conference in March. If you do not plan to attend the event, consider sending your basket with a friend. Please also bring a list of the items that can be found in the basket. For more information or to ask any questions, please contact Jenny at (858) 354-4547 or send an email to [mr.beansisrad@gmail.com](mailto:mr.beansisrad@gmail.com).

## Service Announcement

We are looking for each meeting group to supply a basket for the Florida State Convention in February. If your group can't afford it, or is too small to do that, then join with another group and make one together.

Please get your basket to someone that comes to Intergroup by the January 20th meeting.

Please try to have a piece of literature in each basket and list the items in the basket. I will be willing to wrap it up and add the bow.

Let's make this a great success as we are the Intergroup that is sponsoring this convention here at the hotel and with the program.

Thank you all for your help.

In loving OA service,  
Joan R.



*Fully  
Rely  
On  
God*

## RECOVERY FROM RELAPSE

Are you aware that we have a "Recovery from Relapse" mentor program available through the Region 8 website? We can provide you with someone who is familiar with relapse. They are willing to share their experience, strength, and hope.

To access the "Recovery from Relapse" mentor program:

- 1) Go to [www.oaregion8.org](http://www.oaregion8.org) ...
- 2) Select the "Committees" menu, and then "Twelfth Step Within" ...
- 3) Select "Online Relapse Mentor Request" ...
- 4) Complete and submit the online form ...

Yours in service,  
Neill M., Twelfth Step Within Committee (TSW)

**REMEMBER:** If you fail to plan; you plan to fail ...

## TRADITION 7

The 7th Tradition states, "Every OA group ought to be fully self supporting, declining outside contributions."

Available online, local OA groups and members can now send a contribution using a secure site via PTI's PayPal page.

Please click the button located below or visit our website at <http://oapinellas.org> and click on the "Donation" tab at the top of the page to send in a donation today.

Donate with 

Your generosity is greatly appreciated !!!

## COME JOIN THE PARTY

Come one, come all ...

The OA Florida State Convention is just a few months away, and preparations are under way to make this the best ever!

During this weekend of recovery, have the opportunity to explore all 12 Steps, all 12 Traditions, and meet fellow OAer's from across our state.

The activities / festivities begin on Friday, February 24 and run through Sunday February 26. All activities will be at the Holiday Inn Tampa – Westshore and special arrangements have been made to have a special rate of \$145.00 per night for our group.

In addition to the OA's 12 Steps and 12 Traditions, there will be many other activities including a Sponsor Meet-and-Greet, Gay/Lesbian/Bisexual/Transgender Workshop, separate men's and women's workshops, Recovery Bookstore to get all of your program literature, not to mention our ever popular 'Boutique' -- where you can get gently used blouses, hats, gloves, sweaters, bags, purses, jewelry and more at very good prices!

If you have not seen a brochure, please ask your Intergroup Representative to get one to you, or you can check it out online at <https://flsconvention2017.eventbrite.com>

### Questions about registration?

Contact Carl Kutlin, Registration Chair at [FSCregister2017@gmail.com](mailto:FSCregister2017@gmail.com) or (323) 304-9287

### Other questions can be forwarded to ...

Ruby H., Committee Chairperson at [FSCtogether@gmail.com](mailto:FSCtogether@gmail.com) or (813) 516-0782

Jacqueline R., Vice Chair, [jarock587@aol.com](mailto:jarock587@aol.com) or (407) 423-4086

Joan Russell, Hotel Liaison, [russelljo1@verizon.net](mailto:russelljo1@verizon.net) or (727) 785-9208

**Look forward to seeing you there!!!**



## THANK YOU's & Welcome's

We want to thank Tiffany, our outgoing Vice Chair for all her wonderful service she has brought to intergroup. She has created many different forms and her creative little items she has made and given away to the members have been so very thoughtful. She was an integral part of our SOAR8 July event and we all appreciate her wonderful service. We will miss her and extend her our best wishes as she now enters the work force and moves on to do service on her home community. Thank you Tiffany!!!

We welcome our new Vice Chair - Sam A., returning Intergroup member. Sam has been busy as the treasurer of SOAR8, and is now coming back home to become active once again in our Intergroup. We truly appreciate her great service to us as she takes on this position. We are ever so grateful for her dedicated service. Thank you, Sam, for stepping up to help us. We all appreciate you.

We want to thank Sarah B., who has become our new Region 8 Representative to do the service of attending the SOAR8 Business Assemblies on our behalf. We are grateful for her service. She has served north county well for over the past year and will be another shining star from Pinellas. Thank you, Sarah for joining us. *We are still in need of on more representative. We will be taking applications for alternate reps on an ongoing basis.*

We want to thank Ruby, who has now become the official Treasurer of PTI (voted in this past Intergroup). She had taken over the position to complete a term and now she will start the two-year term as of January, when all these position actually take effect.

We are grateful for all the wonderful people that are willing to do service here in Pinellas County. There are many more out there. Please come to Intergroup and get involved in your recovery. It may be the best thing that ever happened to you. ♥



## Abstinence in Action "Adventure" Fellowship

### 2016 -

Dec 9th-11th	6th Annual Spiritual Retreat in Palm Beach County	North Palm Beach
Dec 10th	The 12th Step Principle: Service	Clearwater

### 2017 -

Jan 7th	"Action Plan" OA Workshop	Palm Harbor
Jan 13th-15th	Together In Recovery	Bradenton
Feb 24th-26th	Florida State Convention	Tampa
Mar 17th-19th	SOAR8 Assembly	Jacksonville

For more information and flyers, PTI's Calendar of Events may be viewed online - <http://www.oapinellas.org/events.htm>



**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!

**Do you know one of the easiest way to get OA information?** In your email's Inbox ... Just send your email address to [newsletter@oapinellas.org](mailto:newsletter@oapinellas.org) and you will be added to our mailing list to receive information about what is going on in OA. You will also receive the monthly newsletter, as well. If you are receiving the monthly newsletter now, you are already on the list, so you don't need to do anything. The list is private, which means it will not show your email address once you have been added to the mail list. So, if you're interested, please send us your address ASAP!

**Are you looking for an easy, fun way to do service?** You can raise money for SOAR8 by donating a basket to the raffle fundraiser for the March 2017 Conference and Convention. Just find a new or gently used basket and fill it with items you think a fellow compulsive overeater would like. Past basket themes have included: The recovery basket, the "quiet afternoon" basket, the "gardener's soul" basket, the "kid's fun box" basket, the "day on the beach" basket, the "don't eat, do this instead" basket, and much, much more.

**We will be collecting baskets from each meeting for the Florida State Convention in February 2017.** Please think of a theme and start collecting. Please put a piece of literature in each basket. If your meeting is too small to donate a basket, then join with another group. Please bring to Intergroup by the January Meeting. Thank you all!

**Not sure you can contribute a whole basket? No problem!** Ask a few OA friends, sponsees, newcomers, and/or your home group to contribute. Together, you can make a difference. Bring your completed basket (ready for display) to the SOAR8 Convention and Conference in March. If you do not plan to attend the event, consider sending your basket with a friend. Please also bring a list of the items that can be found in the basket. For more information or to ask questions, please contact Jenny at (858) 354-4547 or send an email to [mr.beansisrad@gmail.com](mailto:mr.beansisrad@gmail.com).



### MEETING CHANGE

The Tuesday Night's 6:30 PM OA meeting in Clearwater has moved to a new location (effective November 15th) ...

"Living In The Solution"

Prince of Peace  
455 Missouri Ave.  
Largo, FL

**PLEASE NOTE:** The meeting is held in the 2 story Education Building on the north side of the church on the first floor.

PTI would like to thank  
our webmaster for  
using her technical skills  
in putting together the  
design and layout of  
our monthly newsletter  
before posting it online.

**THANK YOU!!!**

### SAVE THE DATE

SOAR8 Recovery Convention  
&  
Business Assembly

March 17th-19th

"The Blessings of Recovery"



Jacksonville, FL



# Upcoming Events




**OVEREATERS ANONYMOUS®**  
Palm Beach County Intergroup



**6th Annual  
Spiritual Retreat**  
Dec. 9 thru Dec. 11th 2016  
Our Lady of Florida  
North Palm Beach, FL

[CLICK HERE](#) for more information and registration form.

**The Twelfth Step Principle: Service**

Come learn, share and experience service at all levels.


Member, Group, Intergroup, Region, World Service, in and outside of the program.

**Saturday, December 10th - 12:30 PM to 3:00 PM**

First Lutheran Church  
1644 Nursey Road  
Clearwater FL 33756

Suggested Donation of \$5 or more to PTI to carry the message.

Ask the PTI Board questions ... Bring your friends!!!




Call JC for more info (813) 240-8572

**ACTION PLAN OA WORKSHOP**

Saturday, January 7th  
12:30-3:30 PM

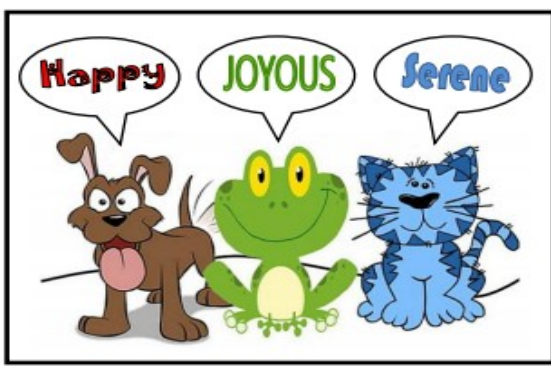
Palm Harbor Presbyterian Church  
2021 Nebraska Ave.  
Palm Harbor, FL

Suggested Donation of \$6 ... No one turned away!  
Got Questions? Call Joan (727) 785-9208



**27th Annual  
Florida State Convention  
of Overeaters Anonymous**


“Together We Can Be .....  
**Happy, JOYOUS, and Serene**  
in 2017”



**Feb 24-26, 2017**

Holiday Inn Tampa – Westshore  
700 N. Westshore Blvd.  
Tampa, FL 33609  
866-941-4919 (Reservations)  
813-289-8200 (Hotel Direct)

[CLICK HERE](#) for more information and registration form.




**“The Blessings  
of Recovery”**

New Freedom Intergroup of OA is  
hosting the SOAR 8 Recovery  
Convention and Business Assembly

**March 17- 19, 2017  
Jacksonville, Florida**

DoubleTree Riverfront Hotel  
1201 Riverplace Boulevard  
Jacksonville, FL 32207  
(904) 398-8800  
1-800 222-TREE (222-8773)  
[www.DoubleTreeJAX.com](http://www.DoubleTreeJAX.com)



[CLICK HERE](#) for more information and registration form.

**Save the Date!!!**

**2017  
SOAR 8 Fall Assembly**



**October 13th-15th**

Hosted by,  
Miami-Dade & the Keys Intergroup

*More information on all of these events may be found on our website at <http://oapinellas.org>*



# PINELLAS COUNTY MEETING LIST

# December 2016

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 Joan (727) 781-2597 (727) 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 (Between Belcher & Hercules)	Mary (727) 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 (Jackson Street entrance)	Cynthia (561) 254-3642
Tues	9:00 AM OA#54726	Abstinence	Open Discussion	REBOS Center – Friendship Baptist Church 4001 74 <sup>th</sup> St. N., St. Petersburg	Harland (727) 667-4743
Tues	6:30 PM OA#54666	Living in the Solution	1-Step/ 2-Speaker/ 3-Lit/ 4-Big Book/5-Lifeline	<b>NEW LOCATION as of Nov 15th</b> Prince of Peace Lutheran Church 455 Missouri Ave., Largo	Suzanne (727) 249-4558
Tues	7:00 PM OA#53878	Back to Basics	Discussion *	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Jim F. (949) 463-0837
Tues	7:00 PM OA#54697	Living In Today	Step/Literature/BB/Lifeline	Northwood Presbyterian Church – Rm #4 2875 State Road 580, Clearwater	Jim (727) 786-4878
Tues	7:00 PM OA#54346	The Mile Stretch Meeting	Literature Meeting	St. Vincent de Paul Catholic Church 4843 Mile Stretch Rd., Holiday	Chris (727) 688-9823
Wed	12:30 PM OA#52863	Message Carriers	Open Discussion	Metro Center 3251 Third Ave. N., St. Petersburg	Ellen L. (727) 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. (727) 647-8280 Donna D. (727) 480-0865
Wed	7:00 PM OA#54502	You Are Not Alone	12 & 12 Study	Terra Nova 7550 40th St. N., Pinellas Park	Cynthia (561) 254-3642
Thur	10:30 AM OA#53015	Hope	All Literature	Aldersgate Methodist Church 9501 Starkey Rd., Seminole (Back of church near the office)	Lynn E. (901) 830-1092
Thur	11:00 AM OA#40873	Key to Freedom	Literature Meeting	First Presbyterian Church 455 Scotland St., Dunedin (Downtown Dunedin)	Tamar Laurie (727) 796-5878 (727) 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 (727) 319-4321
Thur	7:00 PM OA#46183	First Fellowship	1-Step/ 2-Speaker/ 3-Lit/ 4-Big Book/5-Lifeline	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Beth P. (813) 486-9324
Fri	6:45 AM OA#54674	Fresh Start	Literature Meeting	Friendship United Methodist Church 2039 E. Druid St., Clearwater (Between Belcher & Hercules)	Phil L. (727) 754-0131
Fri	11:00 AM OA#53104	OA Amigos	English & Spanish Literature	Metro Center 3251 Third Ave. N., St. Petersburg	Margie C. (727) 828-9711
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Jim F. (949) 463-0837
Fri	6:30 PM OA#54462	Back in the Day OA	Speaker Meeting	Prince of Peace Lutheran Church 455 Missouri Ave., Largo	Felice (727) 400-6523
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	Joan R. (727) 785-9208
Sat	9:30 AM OA#36776	Great Reality	Beginners	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	Donna D. (727) 480-0865
Sat	10:00 AM OA#45426	First Fellowship	Step/Tradition Meeting	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Pat (727) 784-3375
Sat	10:30 AM OA#27235	Saturday Serenity	Big Book	First Lutheran Church 1644 Nursery Rd, Clearwater	Betsey (727) 466-9277 Judy (727) 442-9234
Sat	10:30 AM OA#17950	Pasco Pioneers	1-Step/ 2-Big Book/ 3-Leader's Choice/ 4-Traditions/5-Brown Book	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Betty N. (727) 505-4562
Sat	12:00 PM OA#52497	Clearwater Men's	Men's Meeting	Friendship United Methodist Church 2039 E. Druid St., Clearwater (Between Belcher & Hercules)	Joel M. (703) 609-5110
Sun	6:00 PM OA#32923	Clearwater Oasis <b>NEEDS SUPPORT</b>	Big Book (90 day) *	Morton Plant Hospital, 1st Floor Tuttle A Auditorium, Clearwater	Chrissy (813) 377-5332 Michelle (314) 378-9391
Sun	6:30 PM OA#49012	Beginner's Meeting Step Study	Beginners/Step Study	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Cora (813) 956-4642

**PLEASE NOTE:** All meetings are open meetings unless indicated otherwise. \* Closed Meeting - 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: <https://www.oa.org/find-a-meeting> Pinellas Traditions Intergroup Website: <http://oapinellas.org>

Hotline #'s – Hillsborough & Pinellas: (813) 254-41901

REVISED: December 2016