



# Pinellas Traditions Intergroup Newsletter



Volume 11 - Issue 2

February 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:

**February 19, 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 2** *“Came to believe that a power greater than ourselves could restore us to sanity.”*

# H O P E

“Recovery began for most of us when we got out of isolation and into an OA group. Here we discovered we were never meant to live alone.” 12&12 p. 109

There’s something about this Fellowship of individuals that has changed my life. I think the spirituality of OA comes from the comforting word “we”. I’m not alone. I used to find my comfort in food, but it was a lonely, sad kind of comfort. Now my comfort is in this Fellowship.

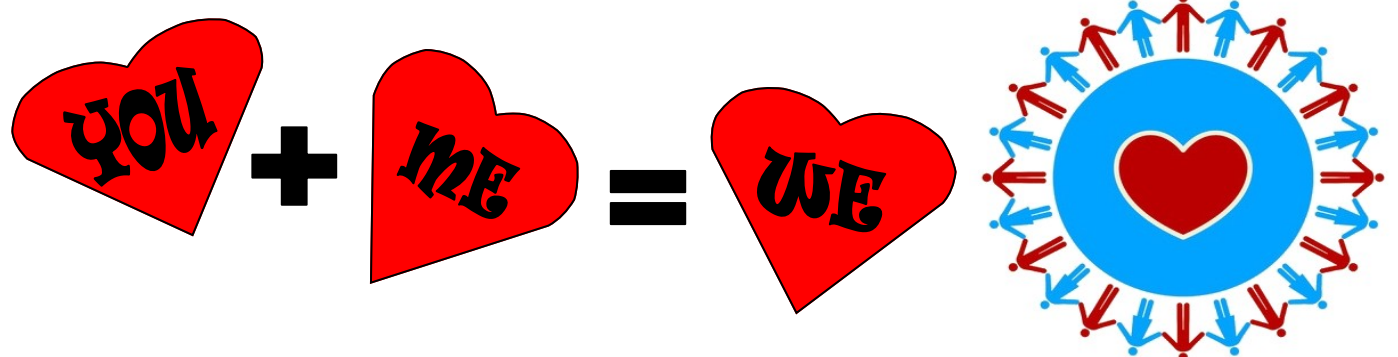
There’s much love in this program. Even if I feel tired and cranky when I walk into a meeting, smiles and hugs greet me. The honest sharing, holding of hands, and praying transform and energizes me.

When I can’t make a meeting, I can make a phone call. When I can’t make a phone call, I can send an e-mail or write a letter to another OAer. I’m part of a “we”. In this wonderful program I’ve found love and understanding beyond my wildest dreams. Thank God for OA.

-Voices of Recovery, page 43

**Tradition 2** *“For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”*

# Group Conscience



**Concept 2** *“The OA groups have delegated to the World Service Business Conference the active maintenance of our services; thus, the WSBC is the voice, authority and effective conscience of OA as a whole.”*

### Abstinence in Action "Adventure" Fellowship

January 23rd	Memphis the Musical (Play - 8PM)	St. Petersburg
February 6th	Sponsorship Workshop	Clearwater
February 26th-28th	Florida State Convention	Orlando
March 4th-6th	SOAR8 Assembly - "Building an Arch to the Road of Recovery"	Atlanta, GA
March 12th	OA Workshop – "How It Works"	Clearwater
April 16th	OA Workshop	Clearwater
May 2nd-7th	WSBC – "Responsibility: To Carry the Message"	Albuquerque, NM
July 14th	SOAR8 Assembly - Drop Off Boutique Items	St. Pete Beach
July 15th-17th	SOAR8 Assembly - "Diving Into The Steps"	St. Pete Beach
Sept 1st-4th	World Service Convention	Boston, MA
Nov 18th-20th	OA Retreat at the Franciscan Center	Tampa

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;

**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!

**NEW OA MEETING in Holiday (Pasco County) on Tuesday nights at 7PM.** "The Mile Stretch Meeting" will gather at the St. Vincent de Paul Catholic Church, 4843 Mile Stretch Rd., Holiday, FL. For more information, please contact Chris at (727) 688-9823.

**Send donations to PTI online on our very own webpage!!! \$\$\$** Please visit our donation page at <http://oapinellas.org/donations.html>

You can now donate to Pinellas Traditions Intergroup online via PayPal or donate at your meeting's 7th tradition when they pass a basket. What a convenience!!!

**OA PIPO Workshop - April 16, 2016** ... Learn about this important service provided by PTI. Maybe you can help.

**SOARS News ... On July 14, 2016** ... Dolphin Beach Resort, 4900 Gulf Blvd., St. Pete Beach, FL

You will be able to drop off Boutique and Hospitality items from Noon - 4 PM on Thursday the day before the convention begins. People will be there.

**NEW OA MEETING IN PINELLAS PARK**

**WHEN:** Wednesday Night at 7PM

**WHERE:** Terra Nova  
7550 40th St. N.  
Pinellas Park, FL

**CONTACT:** Cynthia @ 561-5-254-3642

***New OA meeting in Pasco County!!!***  
"The Mile Stretch Meeting" will gather on Tuesday Nights at 7:00 p.m. at St. Vincent de Paul Catholic Church 4843 Mile Stretch Road Holiday, FL (Pasco County) For more info, call Chris at (727) 688-9823.

**VALENTINE'S DAY EVE OA FELLOWSHIP**



**Saturday, February 13th ... 6-9 PM**

Bring your own dinner if you like for a Valentine's gathering.

♥♥♥ FUN ♥ MUSIC ♥ GAMES ♥♥♥

2650 Countryside Blvd C 204, Clearwater Rustlewood Condo near the Countryside Mall, the first building on left. Elevator is in the middle.

Suggested Donation of \$5 or more to PTI

♥♥♥ Bring your friends!!! ♥♥♥

Please RSVP JC at (813) 240-8572

**OA Workshop - "How It Works"**

Join your OA Friends in studying "How It Works" ...

Bring lunch to fellowship after the 10:30 a.m. meeting and stay for the spirituality or simply come at 12:30 p.m.

**Saturday, March 12<sup>th</sup> - 12:30 PM**

First Lutheran Church  
1644 Nursery Road  
Clearwater, FL

Suggested Donation of \$5 or more



Bring your Big Book!!!



## Quotes from “Abstinence” 2nd Edition

What remains is the smile, because I allow myself to be happy. Added to an additional frown, because I allow myself to feel pain; it is no longer stuffed down with food. As an independent person, I had to learn to trust, listen to and lean on a sponsor. Making a plan of eating and action plan and sticking to them with the help of God, my sponsor and fellow OAers have brought me the miracle. Don't leave until you have it. Then stay for the fun of it. -Page 111

“You can get down on your knees and ask for help right now.” She reminded me that any day can be our first or next day of abstinence. That's an amazing fact in OA. I'm grateful for my abstinence and wouldn't want to live without it. Each day is a miracle! Each day is a day I want to stay well, so I do whatever I must do to work my Steps: contact a sponsor when needed (which I did daily for many years), write, read literature, work with newcomers and others working the first nine Steps, and write letters to OA folks. As the Big Book says, this can work for anyone who has the “capacity to be honest.” Today you, like me and everyone in OA, have a choice to pick up the food or not. I hope you choose a sane and abstinent day, no matter how hard it feels. Today that's my choice. -Page 112

While taking every precaution, I was acutely aware of how cunning, baffling and powerful my disease is. As I talked to my Higher Power and “let it go,” I felt calmer and know that somehow everything would be all right. -Page 113

I know that I can deal with my feelings today without shoveling something in my mouth. I have a higher power. -Page 114

I was hungry. But by the grace of God, I didn't binge. I didn't allow circumstances to become an excuse for bingeing. I discovered how the Steps and tools can help me no matter where I am. A miraculous truce with food followed me every step of the way. “Sounds like you're fighting the program. You're making meetings, calls, inventories, prayers, and all that, but you're not letting go. Are you having fun yet?” -Page 115



## 15 Questions

### Are You a Compulsive Eater?

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to “use a little willpower” to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet “on your own” whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?



**TOADALLY AWESOME!**

## Pinellas Traditions Intergroup Treasurer's Report - December 2015

This report contains all financial data for the period of November 18, 2015 through January 7<sup>th</sup> 2016 (some line items were received for December 2015 and have been added to this report to reflect accuracy and continuity). All donations must be received two business days before the close of the calendar month to be included in the next monthly business report. Thank you for your kind support of PTI and allowing us to "carry the message".

<b>Balances as of November 18, 2015</b>	<b>Checking Account:</b>	<b>\$ 8,728.29</b>
	<b>Savings Account:</b>	<b>3,025.61</b>
	<b>PTI Total Monies:</b>	<b>\$11,753.90</b>

### Pinellas Traditions Intergroup - 7th Tradition

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 [oapinellas.org/donations.html](http://oapinellas.org/donations.html) to send in a donation today.

Your generosity is greatly appreciated!!!



### Income/Credits/Receivables 11/19/15 - 12/7/16:

Monday	Voices of Recovery	Group 48303	\$ 50.00
Monday	Focus on Abstinence	Group 47788	50.00
Monday	Just For Today	Group 46182	100.00
Monday	Search Out Serenity	Group 01530	150.00
Wednesday	Madeira Beach	Group 10356	25.00
Wednesday	Message Carriers	Group 52863	25.00
Wed / Sat	Pasco Pioneers	Group 20713 /17950	38.00
Thursday	Hope - Aldersgate	Group 53015	35.00
Friday	PTI 7 <sup>th</sup> Tradition	09412	25.00
Friday	Nitty Gritty	Group 49602	16.57
Saturday	Saturday Serenity	Group 27235	200.00
Saturday	Clearwater Men's	Group 52497	25.00
Saturday	Great Reality PP Library	Group 36776	128.55
Sunday	Clearwater Oasis	Group 32923	150.75

**Total of Meeting 7<sup>th</sup> Tradition Donations:** **\$1,018.87**

Additional Income from Workshops: (Jewelry Making/Mission Possible) **\$ 170.00**


**PTI Total Income:** **\$1,188.87**

### Expenses/Debits/Disbursements:

Meal Reimbursement for Florida State (Julie)	\$ 15.91
Literature Purchase SOAR8 July 2016 Convention	118.84
PTI Copies (JC)	5.52
Web Hhosting Fees (3 Months) Mary Jane	35.79
Online View 2 months Wells Fargo Deposits	6.00
<b>PTI Total Expenses</b>	<b>\$ 182.06</b>

Thank you for the opportunity to serve you as a humble servant in the capacity of PTI Treasurer. Please ask your groups to support PTI according to the guidelines recommended by OA WSO (viewable online at oa.org). Thank you and God Bless you and keep each of you and me abstinent, one day at a time.

Jason A. Johns, PTI Treasurer

 Hello, it's Thursday from Ed's OA mini-blog.  
Weather today in Pinellas: Dry'er, High 90°



Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

We're getting down to the wire here. What is our own conception of God, or what entity could be so significant and trustworthy we're ready to commit our abstinence?

Do I now believe, or am I even willing to believe, there is a Power greater than myself?

I believe electricity, nuclear fission, the sun, moon, and tides, etc. are all greater powers than I. In my personal case I also believe there is a deity in charge of it all.

When I turned my back on God and the universe, it led to my darkest days.

Step 2 is a Step of hope, faith, and realization. Even if that realization means I've discovered just how wrong was my previous journey. Was operating from fear, anger, shame, and doubt, ever better even for one day? No...it never was.

My best efforts towards controlling my compulsions were never enough to stop the insanity. There just had to be another way.

Coming into program and turning it over has given me a new lease on life. Committing my abstinence to a sponsor and all of you has made the difference. Actually feeling the Power is all I need to know.

I don't know what the end result of all these changes will do for me in the future. I'm just supposed to think about today and appreciate the gifts and promises already happening--I can do that.

If you're waiting for a catchy phrase here about 'stepping up to Step 2'... it's not coming. This program works if I work it ... the same goes for everybody else.

Peace and Love,  
Ed

P.S. Yes, it's uncomfortable always referring to I-I-I and me-me-me. In our program it's best to only talk about ourselves. That's all 'I' can do.



# PTI Meeting Minutes

## 12/18/15

- Serenity Prayer
- No additions to agenda
- No New members
- Introduction
- Approval November Minutes
- Budget approved with amendment to move \$400 from SOAR8 and Misc for \$400 for scholarships.
- 7th Tradition

### OLD BUSINESS:

#### Reading of the Application, Vice Chair and Rep -

#### Voting:

- Vice chair - 1 year - Tiffany
- Rep 2 Year - Ruby

Treasury position is available in April.

We will take applications on going for open positions.

#### SOAR8 –

- Budget approved.
- Hired DJ \$100 and a banquet cost, and teach one line dance and three dances.
- Flash Mob planning - Fun Activity - Contact Donna D.
- Theme – “Diving into the Steps”

#### FL State Convention –

- Names of volunteers from registration will be emailed to Julie for huggers and greeters.
- New to Intergroup volunteer to share intro to intergroup and sit with person.

### NEW BUSINESS:

#### Christmas Meetings –

10 AM Friendship united church, Clearwater 6 PM Nitty Gritty, St. Petersburg

#### Representative for SOAR8 Atlanta -

3 Reps to take action to plan attendance and find best prices.

#### Upcoming Events -

Jan 23 8PM Play Memphis the Musical St. Pete Call JC, Ticket \$19  
 Feb 6th Sponsorship Workshop  
 March 4-6 SOAR8 Atlanta  
 March 12th Workshop How It Works  
 April 16th OA Workshop Church on Nursery Road - Topic TBA  
 May 2-7 World Service Business Convention  
 July 15-17 SOAR 8 Dolphin Resort, PTI  
 Sep 1-4 OA World Convention, Boston  
 Nov 18-20 Franciscan Center, Tampa FL

#### New Groups to join PTI -

- Motion for allowing any groups in Pasco County with a registration number be able to join our Intergroup passed.
- Discussion is possible to give see money to new groups.

#### New Meetings -

Dunedin - Warehouse, Monday night at 8 PM (*not part of Intergroup*)  
 Holiday - St Vincent De Paul, Tuesday Night at 7 PM

#### Meeting Announcements -

Support struggling meeting – Men’s Group  
 Announce Lifeline  
 Nitty Gritty passed around newsletter  
 Please donate for SOAR8: Clothes, Tea, Coffee, etc.

#### Committee Reports

PIPO – working on budget and will meet before next meeting.  
 Ways and Means – selling washcloths.  
 Bylaws – Plan to separate Bylaws and Procedures Manual date TBA.  
 IGOR - December flyers and newsletter sent out to SOAR8 and FL Intergroups  
 Technology - Not present.

-Motion to Close



# Upcoming Events

**OVEREATERS ANONYMOUS**  
**26th Annual**  
**FLORIDA STATE CONVENTION**

**TOGETHER WE CAN...  
 LIVE A LIFE BEYOND  
 OUR WILDEST DREAMS**

**Believe**

**Early registration ends 2/1/16 \$25**

**HOLIDAY INN**  
**AIRPORT - ORLANDO**  
**FEBRUARY 26-28, 2016**  
**(800) 315-2621 (Reservations)**  
**(407) 851-6400 (Direct)**

**[www.flconvention2016.eventbrite.com](http://www.flconvention2016.eventbrite.com) (fee)**

**Click above web address to go to EventBrite registration page.**

Hotels are filling up. If you need further assistance, please contact Burt T. at [showupoa@aol.com](mailto:showupoa@aol.com).

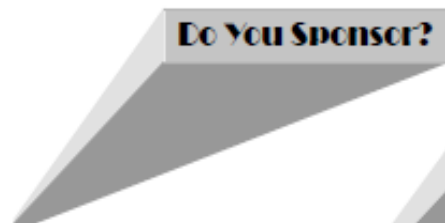
## **OA Sponsorship Workshop** **February 6, 2016**

**First Lutheran Church**  
**1644 Nursery Road**  
**Clearwater, FL**

**12:30PM - 3:00PM**

**\$6.00**

**(Includes free basket ticket)**



**Please come, join us and share your experience, strength, and hope. Come early and bring your lunch.**

**Water available for \$1.**

**You never know who you may be helping!**  
**For info: Joan 727-785-9208**



## **OA Workshop - "How It Works"**

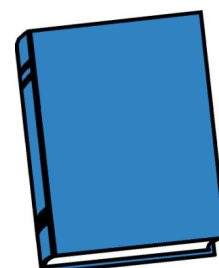
Join your OA Friends in studying "How It Works" ...

Bring lunch to fellowship after the 10:30 a.m. meeting and stay for the spirituality or simply come at 12:30 p.m.

**Saturday, March 12<sup>th</sup> - 12:30 PM**

**First Lutheran Church**  
**1644 Nursery Road**  
**Clearwater, FL**

**Suggested Donation of \$5 or more**



**Bring your Big Book!!!**



# PINELLAS COUNTY MEETING LIST

# February 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 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 &amp; 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#53878	Back to Basics	Discussion ★	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Jim F. (949) 463-0837
Tues	7:00 PM OA#46184	Principles	Steps & Traditions	Windmoor Health Care of Clearwater 11300 U.S. 19 North, Clearwater	Linda Mc 804-4610 Donna D. 480-0865
Tues	7:00 PM OA#54346	<b>NEW - Pasco County</b> 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		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
Wed	7:00 PM OA#Pending	<b>NEW</b> Terra Nova	12 & 12 Study	Terra Nova 7550 40th St. N., Pinellas Park	Cynthia (516) 254-3642
Thur	10:30 AM OA#53015	Hope	All Literature	Aldersgate Methodist Church 9501 Starkey Rd., Seminole <i>(Back of church near the office)</i>	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	St. Cecelia's Church, Room A 820 Jasmine Way, Clearwater	Mary Mc 319-4321
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 <b>NEEDS SUPPORT</b>	English & Spanish Literature	Metro Center 3251 Third Ave. N., St. Petersburg	Margie C. 828-9711
Fri	1:30 PM OA#08937	<b>NEW - Hernando County</b> New Beginnings	Step/BB/Traditions/ Leader's Choice	St Andrews Episcopal Church 2301 Deltona Blvd., Springhill	Ginny (352) 684-8328
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Cora (813) 956-4642
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 This meeting now affiliated with our Intergroup	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Betty N. (727) 505-4562
Sat	12:00 PM OA#52497	Clearwater Men's <b>NEEDS SUPPORT</b>	Men's Meeting	Friendship United Methodist Church 2039 E. Druid St., Clearwater <i>(Between Belcher &amp; Hercules)</i>	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	Cora (813) 956-4642
Sun	6:30 PM OA#49012	Beginner's Meeting Step Study	Beginners/Step Study	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Ann K. 251-0133

**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: <http://www.oa.org/membersgroups/find-a-meeting/>  
Hotline #'s - Hillsborough: (813) 254-4190; Pasco: (813) 842-7840; Pinellas: (727) 647-8280

REVISED: February 2016