



Pinellas Traditions Intergroup Newsletter



Volume 11 - Issue 1

January 2016

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Visit us online at 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:

January 15, 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. Contributions must be received by the first Friday of the month.

STEP 1 *“We admitted we were powerless over food – that our lives had become unmanageable.”*

HONESTY

When I first came to OA I had already lost 90 pounds, but was struggling and knew I needed help. As soon as I walked through the door to my first meeting, I knew I was in the right place. I thought I had taken Step One that first night – certainly I was powerless over food or I wouldn't be here.

I continued to eat the same way I had been eating. I ate all foods, but limited the quantities of my favorites. I didn't have any binge foods – no, not me. Of course, I still struggled, even though I was working the Steps. I started eating more at meals. As long as it was part of a meal, I was still abstinent, right? I only ate three meals a day. Eventually, my Higher Power got a message through my food fog. He made me realize that I was playing with fire, still controlling my food. I had not taken Step One.

Amazingly, when I gave up my binge foods, abstinence became easy. The compulsion was lifted. Miracles happen when we work the Steps honestly! For today, I will be honest about my binge foods.

-Voices of Recovery, page 1

Tradition 1 *“Our common welfare should come first; personal recovery depends upon OA unity.”*

UNITY

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dream.

Concept 1 *“The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.”*

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 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 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!!!

Test for Self-Will/God's Will

(Test for Self-Will)

(Test for God's Will)

Fourth Step Test

Selfish(ness)	Unselfishness
Dishonesty	Honesty
Self-Seeking	Purity
Frightened	Love

"Where had we been selfish, dishonest, self-seeking and frightened?" (AA, p. 67)

Tenth Step Test

Selfish(ness)	Unselfishness
Dishonesty	Honesty
Self-Seeking	Purity
Fear	Love

"Continue to watch for selfishness, dishonesty, resentment, and fear." (AA, p. 84)

Eleventh Step Test

Resentful	Purity
Selfish(ness)	Unselfishness
Dishonest(y)	Honesty
Afraid	Love

"Were we resentful, selfish, dishonest or afraid?" (AA, p. 86)

FREE Monthly Telephone Workshops 2016 Schedule Now Available ...



The OA Board of Trustees and Virtual Services Committee continue to offer free, monthly telephone workshops on the second Sunday of every month.

OA members can take advantage of these telephone workshops by calling (641-715-3818, pin code = 925619#) on workshop dates from 3:00 – 4:00 p.m. Eastern Standard Time or by downloading or streaming workshop recordings on oa.org/oapodcasts/.

The committee is wrapping up 2015 podcasts on "Working All Twelve Steps" in December and is pleased to announce a new series of podcasts for 2016 on "Service and My Recovery." Join us in 2016 as we focus on the Tool of service and the many ways it strengthens recovery and the Fellowship.

Carrying the Message (New Pocket Card)

Use this guide with suggestions of what to say and what not to say when speaking to someone about OA for the first time.

DOs

- I am open to talking about my recovery.
- I mention how much my weight has changed, and I may show my pre-OA photo.
- I am positive and happy when talking about OA.
- I am always willing to give out the *New Prospect Card* and my phone number.
- I emphasize the peace of mind I have found in life around food.
- I suggest that people come to a meeting and just listen. Nothing is required of them.
- I mention OA to my doctor and other health care professionals.
- I carry the message as part of my action plan.
- I am concise when talking about the OA program, leaving room for curiosity.
- I explain the concept of “just for today.”
- I mention that OA is a nonprofit organization and there are no membership dues or fees.
- I share how OA has helped in all facets of my life.
- I explain some of the program’s Tools.
- I give examples of my unhealthy eating behaviors from before OA (such as eternal dieting, starving, bingeing, constantly weighing myself).
- I say that our program is modeled on Alcoholics Anonymous and that my problem is similar to alcoholism. OA is for people who use food just like alcoholics use alcohol.
- I offer to meet them at their first meeting if at possible.

DON'Ts

- I don't tell people that OA is the only way.
- I try not to sound like a preacher or give a speech.
- I don't judge other people, and I don't label them as compulsive overeaters.
- I don't talk about another's shape or weight, only my own.
- I do not mention specific spiritual or religious beliefs.
- I don't speak about OA to someone new unless he or she shows an interest.
- I don't try to “sell” the Twelve Step program or exaggerate about it.
- I don't promise anything.
- I don't put down diets or methods of weight loss; I don't compare OA to other programs.
- I don't give too much information about meetings and how it all works; the best way to understand is to come to a meeting.
- I don't give unsolicited advice or suggestions.
- I don't rush people into making a decision.
- I don't argue.
- I don't shut the door. Even if someone is not interested now, he or she may be interested in the future.
- I don't try to give away what I don't have.

WHY CARRY THE MESSAGE?

“Service is its own reward.” (*OA Twelve and Twelve*, p. 175)

“When I give service, I receive more than I could ever give.” (*Voices of Recovery*, p. 328)

“I don't have to wait until I am perfect to do service.” (*Voices of Recovery*, p. 252)

“Service gives me practice at freeing myself from the bondage of self.” (*Voices of Recovery*, p. 284)

“Only by working with those who are not yet free [from the disease] do I fully realize that freedom.” (*For Today*, p. 252)

“We now have a message of hope to carry to other compulsive overeaters.” (*OA Twelve and Twelve*, p. 99)

“Most of us who've worked this program will be unable to keep the recovery we have unless we share our experience, strength, and hope with others.” (*OA Twelve and Twelve*, p. 101)

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.” (*Alcoholics Anonymous*, 4th ed., p. 89)

“Those of us who live this program don't simply carry the message; *we are the message.*” (*OA Twelve and Twelve*, p. 106)

STEP TWELVE

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.

TRADITION FIVE

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

OA RESPONSIBILITY PLEDGE

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

OUR 7TH TRADITION: GIVE AS IF YOUR LIFE DEPENDS ON IT

My recovery is invaluable, it is actually priceless, with more value than a host of material things I possess. I cannot even tally up the amount of money I would have spent on food, diet books, other diet fads (doctors, programs, shots, pills, etc.), and multiple clothing sizes just to name a few things. How much is recovery worth to you? How much is sanity, peace of mind and a better sense of self-worth?

My disease will always say, "There will never be enough." Coming into program and being graced by recovery has helped many OA members realize the promises (as discussed in the Big Book of Alcoholics Anonymous). The promises and their growth in recovery has helped them to discover that their fears of not having enough food, money, security or love, has been lifted by a power greater than themselves. The collective OA experience shows that OA recovery is far stronger than the debilitating disease of compulsive over-eating. The disease keeps us captive to shame and insecurity about the future. This also comes up in our financial fears.

OA is not a huge fellowship compared to let's say AA. For those of you who may go to other fellowships where they still manage on the single dollar donation as they did in the 50's or 70's; I expect that amount may work because of their sheer volume of meetings and attendees. OA does not have that luxury. Our own Intergroup (PTI), our Region (Region 8) and even our WSO all struggle financially.

All of these service bodies offer all or most of these services: recovery events, maintenance of web sites, keeping updated meeting lists. Provide telephone information and answering services. Outreach to professional communities, hospitals, schools and libraries. Sending representatives to region assemblies and delegates to the World Service Business conferences to vote on your behalf, and to contribute to the group conscience of OA as a whole concerning policies and services. Regions hold assemblies and recovery events, offer support to their intergroup, keep speaker lists and support officer's expenses. In addition to supporting intergroup regions support unaffiliated groups. WSO translates literature and publishes Lifeline magazine as well as our other conference approved literature. I am sure I have just hit the high points.

NOW COMES THE IMPORTANT MESSAGE: HOW DO MEMBERS GIVE BACK?

The current WSO suggestion is for members to give \$3 when the basket is passed. If everyone gave at least \$3 OA would not be struggling the way it is. Please remember how much you spent on your binges when the basket gets passed around.

Here are some other creative suggestions to think about to help increase your donations:

Give at meetings and send an annual contribution for each year in program.

Give at meetings and send a monthly contribution to WSO, equivalent to the amount once spent on a binge.

Give at meetings and contribute to the intergroup in memory of a deceased OA member.

If you use phone or online meetings contributes to a virtual group via check, money order or electronic funds transfer.

(The 7th Tradition Pamphlet has been paraphrased throughout this article) - Overeaters Anonymous, Inc. (2008). Seventh Tradition of OA [Pamphlet]. Rio Rancho, NM: World Service Office

Hello, it's Tuesday from Ed's OA mini-blog.

Weather today in Pinellas: Perfect, high 89 degrees.

OA Tradition One: Our common welfare should come first; personal recovery depends upon OA unity.

The spiritual principle of Tradition One IS unity. We hope people coming into program feel like they belong.

What's the best way for this to happen? First, warmly welcoming the newcomer.

Walking into meeting rooms for the first time takes a lot of courage. Will they talk to me? Will I be accepted?

One of the most important tenants of Tradition One is sponsorship. What better way to reach out to a newcomer than with the offer of becoming their sponsor?

It says I'm working my program, I welcome you, together we get better. We have a common illness and have found a common solution.

There are no rules that command us to do anything in OA. We certainly can and will be different. Your abstinence is not mine. My program is not yours. So unity and NOT uniformity is the mission.

I have a right to my own thoughts and a right to express my opinions. However, once an individual 'meeting' makes a decision by group-conscience; like not mentioning specific foods when sharing, it is my responsibility to respect the process. That's the OA way.

I hope your meetings are reading and discussing the Traditions. They truly are just as important as the Steps.

One of my OA peeps once shared, "The Steps keep my from committing suicide; the Traditions keep me from committing homicide!"

Today, I just commit myself to you and my program. Hope you're doing the same.

Peace and Love,
Ed

P.S. God, how best can I serve thee? Thy will (not mine) be done.

Pinellas Traditions Intergroup Treasurer's November 2015 Report

This report contains all financial data for the period of October 12, 2015 through the close of business on 11/18/2015. Any donations or expenses after this date will be on the following month's MBR (Monthly Business Report). Thank you for making certain that all donations are received not more than two business days before PTI's scheduled monthly meeting. Thank you so much for your generosity and consideration.

Balances As Of November 18, 2015

Business Checking Account	\$ 8,728.29
Business Savings Account	\$ 3,025.61
Total Assets/Inc. Prudent Reserve	\$11,753.90

Receivables/Credits as of 11/18/2015

Monday - Voices of Recovery #48303	\$ 60.41
Wednesday - Metro Center #52863	40.00
Wednesday - Madiera Beach #10359	25.00
Thurs & Sat - First Fellowship #46183 + #45426 =	150.00
Thursday - Hope Group #53015	25.00
Thursday - Steps To Freedom #49784	50.00
Friday PTI 7th Tradition #09412	14.00
Saturday - Pasco Pioneers #17950	38.60
Saturday - Serenity Group #27235	200.00
Saturday - Clearwater Men's #52497	20.00

Total Meeting Donations Received = \$623.01

Event Income

Halloween Event (JC)	100.00
Ways and Means(Donna D.)	117.00
Total Combined Income For Nov 2015	\$840.01

Expenses/Debits/Disbursement Nov 2015

Printing of Brochures - SOAR8 Assembly in July 2016	\$219.13
SOAR8 Dolphin Beach Resort Security Deposit For July 2016 Assembly	\$500.00
SOAR8 Rep Expenses for November Assembly in Tampa (JC)	\$196.41

Total Expenses/Debits/Disbursements \$915.54

Thank you so much for the opportunity of serving PTI as Treasurer. This service position will be vacant as of the April 2016 PTI Intergroup Meeting. I've enjoyed serving to the best of my limited human ability.

God Bless you one and all.

Jason J. - PTI Treasurer/WSBC Delegate/SOAR8 Rep

2016 PTI Proposed Budget

NOTE: This budget was designed by a committee consisting of the Intergroup Chair, A Trusted Servant and Committee Chair and The PTI Treasurer per PTI Bylaws on 11/10/2015.

Income Projected

Florida State Convention	\$ 500.00
Fundraising/Ways & Means	200.00
Hosting Soar Eight Convention (July 2016)	5,500.00
Marathons/Workshops and Events	500.00
Meeting Donations	5,000.00
Franciscan Center Retreat	1,000.00
Total	\$12,700.00

From Reserves/Prudent Reserve

Including Prudent Reserve \$3,025.00

Expenses

Twelfth Step Within Expenses	\$ 50.00
800 Telephone Number	85.00
Bank Charges	50.00
Copying	300.00
Fl. State Convention	250.00
Fees to maintain Incorporation	61.25
Hosting Soar Eight Business/Recovery Convention	3,800.00
Misc Expenses	50.00
P.O. Box Rent	60.00
PIPO Expenses	793.00
Region Eight 10% Donations	350.00
Region Eight Rep Expenses	3000.00
Rent	100.00
Scholarships	400.00
Stamps and Office Supplies/Misc Lateral Expenses	100.00
Website Maintenance Fees Mary Jane/Hosting Fees	150.00
WSBC Delegate Expenses	1,500.00
WSO/30% Donation 7 th Tradition	1,500.00
Total	\$12,699.25

BULLETIN BOARD

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.

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 on the right or visit our website at oapinellas.org/donations.html to send in a donation today. Your generosity is greatly appreciated!!!

Donate now with..

PayPalTM

PTI Meeting Minutes for November 20, 2015

ROLL CALL: Jason J., Christina L., Jim L., Donna D., Mary T., Julie O., Tiffany R., Cynthia L., Robin, Joan R., and Ruby A. (visitor)

1. No additions to agenda
2. The meeting was called to order at 6:32pm and opened with the Serenity Prayer
3. Reminder to keep principles before personalities
4. Introduction and representation from attendees
5. PTI newbies?
6. Read the 11th Step, Tradition and Concept of Service.
7. Secretary's October minutes were voted in and accepted.
8. Treasurer's Report was voted in and accepted.
9. 7th Tradition

OLD BUSINESS

1. No new applicants
 2. We are in need of a Vice Chair. Voted for positions; Results:
 3. Chair: Joan; Secretary: JC; Region 8 Rep: Donna
 4. We are in need of a Vice Chair.
- Jason's Audit:
1. Motion made that Treasurer's Report would be dated from the 1st of the month to the last day of the month; discussion held.
 2. Motion amended that the Treasurer's Report would be dated from the 1st of the month to the last day of the month, but the 1st statement in Jan. 2016 will include 11/18/15 through 12/31/15 due to necessity. Motion approved 8-0.
 3. SOAR 8 July 2016 Convention brochures passed out
 4. Florida State Convention – would like a basket from each meeting with a piece of literature. Bring to Jan. meeting.

NEW BUSINESS

Yearly Committee Reports -

Bylaws

Updated By Laws 5/15/15 – Article VII Duties of Office, Section 5, World Service Organization Delegate, I.
Nominating committee explained requirements for applicants and eligible voters. Applications accepted and read at Oct. mtg, election held tonight.
Election Results: Chair – Joan; Secretary – JC; Region 8 Rep – Donna

IGOR

- Mailed each Intergroup in FL to obtain contact person
- Received 2 fliers for events happening in Palm Beach County & Goldcoast Intergroup; Reached out to 15 Intergroups
- Mailed/emailed the newsletter to Intergroups in FL.
- Working on getting the emails of all 54 Intergroups in Region 8; have 35 as of April 2015.
- Goal is to create cohesion, promote contact and foster unity with Region 8.
- Letter for SOAR8 IGOR committee to send to all Intergroups in Region 8 about the IGOR and what they do; letter not approved, needs adjustment, working on new letter.
- Able to get 2 representatives for Florida State Convention.
- Successful Franciscan Center Retreat and bid for July SOAR8 2016.

12 Step Within

- Held workshop or fellowship event every month throughout the year
- Will be having special meetings on Thanksgiving Day and Christmas Day
- Completed OA Pinellas TSW survey on workshops. Implemented results including making offering \$5
- Created and established PTI communication person list
- Continuous outreach through Craig's List
- TSW Day encouraging everyone to say Serenity Prayer at 12pm on 12/12 and make 3 phone calls including someone you have not seen in a while.

Public information/Professional Outreach (PIPO)

Achieved goals Public Information:

- Craig's List updated throughout the year
 - Purchased and distributed WSC posters
 - Advertised in neighborhood newspapers: Bellaire Bee/Largo Leader/Seminole Beacon contacted 3x/year; and also Tampa Bay Times Personal Best ad
 - Ring Central Phone number share with Suncoast
 - 6 community event exhibits
 - Purchased canopy and banner/literature
- Outstanding Goals Public Information:
- Bus, benches, radio/tv PSA
 - Youth Outreach in Pinellas County Schools
 - Youth Meeting

Achieved Goals Professional Outreach:

- Dr. Wallace Office
- Teachers –school board health director student handbook OA listing
- Psychology Today email database

Outstanding Goals Professional Outreach:

- Ongoing email / letter campaign

Ways and Means

1. CD's with words to familiar songs are \$5; literature holder \$10; magnets are \$1 ea or 6 for \$5; potholders are \$2 or 2 for \$3; pins with OA Promise, 3rd Step and 7th Step Prayers are \$2 or 3 for \$5; door signs \$5; abstinent kits \$20; tool beads \$3.
2. Thanksgiving and Christmas Day meetings will be held at Friendship United Methodist Church in Clearwater at 10am.
3. Motion made to add Intergroup introduction when someone is new. Discussion held. Moved to table discussion until next month's meeting.
4. SOAR 8 reports from Tampa convention.
5. Any other new business?
6. Florida State Convention Report by Mary T. We are huggers and greeters. Bring sign up sheets to meetings for volunteers as huggers and greeters.

Motion made to close meeting at 8:06pm and it was passed. Meeting ended with Serenity Prayer.

Upcoming Events



OA Fellowship Event


Memphis the Musical

Saturday - January 23rd, 2016

8:00 P.M.

If we get 10+ attendees: Group Rate \$19 (Regular \$24)

St. Pete City Theater • 4025 31st St. S. • St. Pete, FL 33712

 For more information, please call JC at (813) 240-8572



OA Workshop - "How It Works"

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

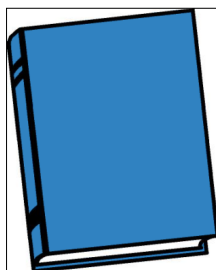
Bring lunch to fellowship after the 10:30 a.m. meeting and stay for the spirituality or simply come at 12:30 p.m.

Saturday, March 12th - 12:30 PM

First Lutheran Church
1644 Nursery Road
Clearwater, FL

Suggested Donation of \$5 or more

Bring your Big Book!!!



Contact JC @ (813) 240-8572

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.flsconvention2016.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.

PINELLAS COUNTY MEETING LIST

January 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 & 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#Pending	NEW – Pasco County 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
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 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	Betty N. (727) 505-4562
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	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. *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: January 2016