



Pinellas Traditions Intergroup Newsletter



Volume 11 - Issue 6

June 2016

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Pinellas Traditions Intergroup
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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:

June 17, 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 6

Were entirely ready to have God remove all these defects of character.

Willingness

Back of tranquility lies conquered unhappiness.

-David Grayson

“Be optimistic ... look on the bright side.” I have often tried to follow that advice, but it seldom brought solutions to my problems. It is difficult to get in touch with my feelings, hold them up and examine them in the light of sobriety and abstinence. But what a difference it makes! The great phantoms of misery vanish under scrutiny, not because I’ve given them a coating of optimism, but because I worked my way through to the source of my unhappiness.

I know that I cannot do it alone. I need this program, my fellow OA members and my Higher Power with me every step of the way. Only with that help am I able to deal with my difficulties and turn over what I cannot handle. Serenity is letting go and letting God.

For Today: Am I taking advantage of all the help OA offers in trying to get at the root of my unhappiness? Many choices are open to me: I can ask someone to sponsor me, go to a meeting, write an inventory or take steps five through nine.

“For Today” - page 50

Tradition 6

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Solidarity



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



Concept 6

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

Responsibility

Public Information Email Group

Share Ideas ... Ask Questions ... Get Inspired ... Be Connected!!!

If you're new to doing Public Information (PI) work, or are looking for inspiring ideas that are getting results, please join the PI Email Group.

Connect with other people around the world who are working to carry the OA message. Join the group, and join the conversation!

To join the PI group, just go to www.groups.google.com and search for 'OA PI' → Then click on 'Sign in to view this group'. If you have a Google account you can enter your details here. If not, then just enter your usual email address and a password to create an account.

NOTE: Go to the Settings area to control how often you receive emails from the group.

Donna's Online Tips

HOW TO PRINT A LITERATURE INVENTORY SHEET:

Ever look at your meeting literature and wonder just what you have? Here is an updated prepared form with all the OA literature on it you can simply print. How to access it?

VIA THE INTERNET, GO TO:

- OA.org** (Page with people holding hands)
- Bookstore** (Button on bottom right of the page)
- Ordering Tools** (Black strip at top of page in the middle next to Contact Us)
- Order Form** (When you click "Ordering Tools" a drop down appears with three choices)
- Print** (However your computer prints stuff)

The 2nd page on this form can be used for a literature inventory.

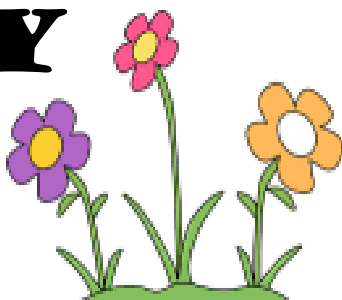
SPONSOR QUESTION

In Choosing a sponsor, which of the following is correct?

1. Find someone who does it your way and is willing to let you do it your way.
2. Find someone who has what you want and find out how he/she is achieving it.
3. Find someone who has what you want and then do it your own way anyway.



**FULLY
RELY
ON
GOD**



THANK YOU!!!

As of May 20th Intergroup meeting, Jason J. "retired" from the treasury position he has been serving for the Pinellas Traditions Intergroup for some time. I would like to personally thank him for the service, having been a treasurer for an organization myself, I know what the job involves, the time, the frustration, the dedication and the patience, let alone the paperwork. I know I am not alone in wishing him the very best on his journey and thanking him for all the wonderful service he has done and continues to do for Pinellas county and beyond. We will miss you!

I would also, like to introduce to you our new treasurer who has been doing service in our Intergroup since she has arrived at our doorstep, thank you Ruby H. for stepping up for this service. We wish you the best with this new endeavor!

Thank you all who serve and remember to "Keep Coming Back!"

Joan R. & PTI

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 <http://oapinellas.org/donations.html> to send in a donation today.

Your generosity is greatly appreciated!!!



Have you checked out OA WSO's new website? Change is good!



<http://www.oa.org>

Relapse Symptoms List

1. I start doubting my ability to stay abstinent.
2. I deny my fears.
3. I adamantly convince myself that "I'll never binge again".
4. I decide being abstinent is all I need
5. I try to force abstinence upon others.
6. I become overconfident about my recovery.
7. I avoid talking about my problems and my recovery.
8. I behave compulsively (overwork/underwork, over talk/withdraw, etc.).
9. I overreact to stressful situations.
10. I start isolating myself.
11. I become preoccupied with one area of my life.
12. I start having minor depressions.
13. I start unrealistic or haphazard planning.
14. I live in the there and then.
15. I find my life plans beginning to fail.
16. I start unrealistic or haphazard planning.
17. I view my problems as unsolvable.
18. I long for happiness but don't know what it is.
19. I avoid having fun.
20. I overanalyze myself.
21. I become irritated with friends/family.
22. I experience periods of confusion.
23. I am angered easily.
24. I begin blaming people, places, things and conditions for my problems.
25. I begin doubting my disease.
26. I eat irregularly.
27. I have listless periods.
28. I sleep irregularly.
29. I progressively lose my daily routine.
30. I experience periods of deep depression.
31. I sporadically attend OA meetings.
32. I develop aches and pains.
33. I hoard money, sex, power.
34. I openly reject help.
35. I develop an "I don't care" attitude.
36. I rationalize that food can't make my life worse than it is.
37. I feel powerless and helpless.
38. I feel sorry for myself.
39. I have fantasies about food.
40. I begin to lie consciously.
41. I completely lose confidence in myself.
42. I develop unreasonable resentments.
43. I stop attending OA meetings.
44. I am overwhelmed with loneliness, frustration, anger, and tension.
45. I convince myself I am cured.

If you fail to plan; you plan to fail ...

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 ...
- 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)

PTI Meeting Minutes - 4/15/16 - 6:30PM

Please note there was extensive discussion during this meeting. Discussions are summarized not quoted.

Attendees: JC, Stephanie D. (visitor), Donna D., Jason J., Cynthia, Mary T., Jessica, Shirley, Dawn H., Linda, Chrissy, Phil L., Lee, Julie O., Jim L., Joan R., Tiffany R., and Ruby

Additions to Agenda:

Read SOAR 8 reports that were not read, if there is times. It was noted a SOAR 8 report was read last month.

July PTI meeting is on SOAR 8 weekend, suggest move to July 8th

1. Stephanie asked if anyone opposed her being here. Chair responded, No she is welcome
2. Open with the Serenity Prayer
3. This is a spiritual program so let's remember to keep principles before personalities, please.
4. Introduction & representation from what meeting
5. Anyone new to Intergroup today? Three new members received the introduction to
6. Reading of 4th Step, 4th Tradition and 4th Concept
7. Approval of Secretaries March Minutes, - approved
8. Presentation of Treasurer's report - move to approve
 - a. Question: the Donation to WSO appeared larger than usual, is there a reason? Treasurer reported he included April which reflects 4 months in order to spend down the money
9. Pass the 7th tradition
10. Committee Break
11. Committee reports

Ways and means – we are doing fine, makeup to sell, asking for a ways and means volunteer for each meeting

PIPO - April 16 PIPO Workshop Pin Park Library. Tradition 6 Each group have one primary purpose, to carry the message to compulsive eater. There is an electronic sign in Pinellas. Planned in 4/16 workshop, how not to offend people when talking about OA, and trying to reach the youth. We don't reach out to families and youth well. Mary T got response for attending Healthy Kids camp at YMCA. 250\$ approved by chair. PIPO is also making bracelets with duck tape. Represents the three parts of the program, physical spiritual, emotional, and will be making God boxes

TSW – April 16th PIPO, May Men's meeting will host a workshop at Friendship united church, Step 5 principle of Integrity with three speakers, talking about the spiritual, emotional, and physical. June 11th Action Plan @ Marge Porter Flyer will be made and be emailed out.

Bylaws – held

IGOR – April newsletter out to all Intergroups in SOAR8

Unity with Diversity – needs a chair

OLD BUSINESS

1. Treasury position will be available in June, floor open for applications
2. SOAR 8 July Convention – Receipts needed for reimbursements – budgets done-get refunds
3. FSC – Meeting ideas, Theme "Together we can, Beyond our wildest Dreams Be abstinent and Serene in 2017" "Together We Can Be Happy, Joyous and Serene in 2017" "Together We Can Be Happy, Joyous and Free in 2017", Topic will be decided by FSC meeting, April 30th, Ruby is asking for more ideas. We can have 2 reps, Mary T has an email and can participate, Mary T and Julie are the reps and Joan will go as the alternate rep at the April 30th meeting. Ruby is the Chair of the FSC. The Meetings will be held at same location as last year, as of this time.
4. **Bylaws:** Movement to Discuss the Bylaws - Julie read the committee report. PTI members were emailed the Bylaws and PTI. They did not receive any response as of April 8th, these are Suggestions only.
 - a. Suggested changing from 2 reps to one group. Pointed out that we have been trying to have 2 reps, why change?, in the past the committee chair person will have a voice but not a vote. Idea of meetings having one rep and committee chairs a vote. Bylaws committee asked if there was anyone opposed to having 2rep from each meeting. The change is made. We will continue to have up to 2 reps from each meeting.
 - i. Discussion about committee chairs if they had a vote, clarified that in the past committee chairs did not have a vote unless they were a rep.
 - ii. SOAR 8 committee chairs are funded are not reps. They have a vote, reps from Intergroups they have a rep. The changes are to promote more participants. At other regions they do it differently.
 - iii. Clarified the past and now we are clear each meeting will have 2 reps and committee chairs will have a vote going forward Voted
 - b. Voted Suggestion to have parliamentarian able to vote, but to be clear the parliamentarian is a member of OA, agreed and change is made.
 - i. Question is parliamentarian on the board? (no)
 - ii. Roberts rules says only paper vote.
 - iii. We voted parliamentarian can vote in all votes – passed
 - c. Suggestion to allow TSW committee chair person to be able to contact webmaster "submit flyers, info to webmaster." Passed
 - d. Section IV section 2 should state annual business meeting - typo decided no change
 - e. Section IV section 5 was questions and agreed to keep in
 - f. Section VI removed because it is in the PNP
 - g. Section VII why is newsletters taken out of what is approved by chair and vice chair? we agreed newsletter readed.
 - h. VII section 6 a add the word "all"
 - i. VII section 2 question asked for clarification: qualifications are for committees
 - j. VIII Section 8 H remove the "musts." Approved to remove the "musts"
 - k. Scholarship question. Noted the scholarship is Bylaws and details in the application.
3. Bylaws are passed
5. **Policies and Procedures (PNP)**
 - a. PNP treasurer section 12 scholarships clarified in the applications give a report and do service.
 - b. Typo change

PTI Meeting Minutes (continued on page 5) ...

PTI Meeting Minutes (continued from page 3) . . .

6. Paying rent for PTI Meeting room. motion to pay 200\$ per year, asked treasure to pay 100\$ now. Passed
7. P O Box – closed last month, however the decision to close the p o box was tabled in March PTI meeting. Chair discussed with Linda and closed it. New Motion made and seconded to have a PO Box. Discussion there as some information from PO Box, more recently WSO info more likely comes virtually/electronically. Noted WSO wants an address, some think it can go to the chair person's home. In the last year, some donations were made and communication from WSO to the PO Box. The PO Box address was published in the newsletter in the past. Suggestion for the chair uses their address. Concerns about the anonymity of having OA related to a person's home address. Questions of where is the PO box located? Do we need a PO box for workshops?
Chair tabled the PO Box motion.
Motion to extend PTI meeting for 20 minutes. Passed
8. 501(c)3 filing – We must be filing taxes per federal law Motion made to gain 503 ©3 status and pay
Discussion : we needed to remove the 501(c)3 from bylaws because we are not currently a 501(c)3.
We talked to previous chair and other intergroups, we are required to file taxes and apply for 501 (c) 3 passed on IRS law because we gross \$5000.00 per year. It will give us a tax break as an not for profit. We will need to pay around 400-500\$ to apply. Changes will be made to bylaws later. Question of why are we required? World Service Office of OA directed us to contact an intergroup who has made the research in this. Arizona Intergroup shared the IRS information showing that we need to file taxes. Someone asked if we can table this? It was suggested we do not delay because it is due May15th. Discussion as to whether we were ever 501 (c) 3. Some discussion on whether we need to file 503(c)3. Voted taken and motion to apply for 501(c)3 and file taxes passed.
9. Any other old business? No

NEW BUSINESS

1. Tiffany Vice chair– There are some finances concerns brought to chair and vice chair. We appreciated these being brought up. She is grateful for emails explaining the 7th tradition sent out by TSW committee. Tiffany suggests we do not wait to complete the intergroup inventory. Tiffany thanks everyone for your service. She brought the gifts of the water labeled "Thank you for your service and Smiley face" to bring us back to our primary purpose of helping our fellow compulsive overeater. Tiffany gave us a copy of "how to be an effective trusted servant" from OA.org.
2. Adding money to scholarship fund - ? \$100 or % per month – tabled
3. Limit to 2 scholarships per SOAR 8 event tabled
4. Money –Motion to base distribution to WSO and SOAR 8 on all funds received including: -contributions, events and make the distribution to WSO and SOAR8 per OA guidelines.
 - a. Chair states our current funds are \$7,605.71. Research shows previous budgets in PTI are approximately \$8000.00, and \$9000.00. We are in line with previous years PTI budgets. WSO OA has a sample budget for an intergroup of 8000.00. We are in line with this example.
 - b. Motion for the budget committee review the current budget, possibly revise it and check our finances and the distribution of all our funding according to our new bylaws as the treasurer changes positions.
 - c. Discussion shows PTI is in line with previous years budgets
 - d. Suggestion to review budget before the last treasurer leaves.
 - e. Vice Chair noted when she joined her OA group. There was no previous treasurer. We are trusted servants and need to trust our servants.
 - f. Understanding is that there is no implication that treasurer did anything wrong. But asking does PTI have too much money?
 - g. A group rep states the group members were asking the rep questions about the money. She did not feel qualified to answer. The rep stated they are not accusing, they are asking questions. There are no accusations, the groups are holding funds until they get to an understanding.
 - h. Noted this is an open meeting and the finances are published in the newsletter every month
 - i. People are asking how the money is being spent.
 - j. Note all financial information is made public. It is always published on newsletter and on website.
 - k. Stephanie – Felt the effective prudent reserve (not just the budgeted) of \$12,000.00 was a lot of money. The 7th tradition pamphlet states the prudent reserve is 1-6 months expenses. It appears what we have is a lot more. It's not about not trusting. I want that money to go to carry the message. I don't want people to hold money because they are anxious. Personally I don't agree with the groups in the holding money. I now understand money was put in separate fund for SOAR 8. And that money could be used to carry the message. Part of the 7th tradition is trusting God.
 - l. Marty T stated: holding the money was not a punishment. It is a vehicle to put a hold to get information before going forward.
 - m. Shirley: It's very clear, we give money and it needs proper accounting.
 - n. Treasurer addressed this question. We have a proposed budget, treasurer is not responsible to how the money is spent. We are sending 30% to WSO and 10% to SOAR 8. It was voted not to send the workshop money.
 - o. Vice chair noted: We are all trusted servants I don't donate to salvation army because they also pay themselves. We do not.
 - p. Question on sending a delegate to world service. We are sending one WSO delegate. We are able to send 2 based on the number of meetings we have but we only send one to save money. We can also send 3 reps to SOAR 8 but only sent 2 and this is often limited by finances.
 - q. Question about how are the priorities made?
 - r. Answered: The priorities are addressed by the budget committee making a budget, this is presented to the PTI meeting, we made revisions and it is voted on to be approved. We are in line with past budgets.
 - s. Motion passed - To base distribution to WSO and SOAR 8 on all funds received including: -contributions, events and make the distribution to WSO and SOAR8 per OA guidelines.

Applications received for Treasurer position and a scholarship.

All other items tabled

Meeting ended with the Serenity Prayer.

Tabled Items:

- * Springhill Friday meeting dropping from Intergroup
- * Franciscan Center Team – November 18-20, 2017
- * Any announcements for the good of OA?
- * Any other new business?
- * Things to take back to the meetings
- * Lifeline / PayPal
- * Please remember to support struggling meetings: Thurs Night, Palm Harbor, Saturday 12 noon men's meeting
- * Please remember to invite everyone to intergroup.

THINGS TO TAKE BACK TO MEETINGS:

1. Lifeline / PayPal.
2. Please remember to support struggling meetings: Thurs Night, Palm Harbor, Saturday 12 noon men's meeting
3. Please remember to invite everyone to Intergroup.
4. Ask for help for our SOAR8 Convention next July. PTI will be collecting: Two literature from each meeting and any donations, good boutique items, nice silent auction items, coffee, regular & decaf, regular & decaf tea, water, baskets with literature from all meetings, hangers. Please let us know what you will be donating. Send email to SOAR8convention2016@oapinellas.org.
5. Drop off at Dolphin Resort on Thursday from Noon- 4PM.

Pinellas Traditions Intergroup Treasurer's Report for May 2016

The following is all financial information for income and expenses for Pinellas Traditions Intergroup

Available PTI assets as of today ...

CASH ACCOUNTS:

BUSINESS CHECKING XXXXXX1532 **\$4,116.09**

BUSINESS MARKET RATE SAVINGS XXXXXX3769 **\$3,025.07**

Total Available Assets **\$7,141.16**

Income/Credits from Meeting (7th Tradition Donations)

Monday Voices of Recovery 12pm Group 487303 \$ 26.00

Monday Focus On Abstinence Group 47788 \$ 200.00

Wednesday Metro Center Group 52863 \$ 25.00

Thursday First Fellowship Group 46183 \$ 150.00

Friday Nitty Gritty Big Book Meeting Group 49602 \$ 21.00

Friday PTI Business Meeting—Morton Plant \$ 21.00

Saturday OA Men's Group Group 52497 \$ 50.00

Saturday (Weds included) Pasco Pioneers Group 17950 \$ 19.00

Total Meeting 7th Tradition Donations to PTI **\$ 512.00**

Additional Income from All Sources

Florida State Convention Participation Monies \$ 800.00

Men's Workshop Step Five Integrity \$ 70.00

Total Additional Income **\$ 870.00**

TOTAL INCOME/CREDITS FOR MAY 2016 **\$1,382.00**

Expenses/Debits for PTI

Jason J WSBC Delegate Hotel (shared room with female to save money) \$ 707.95

Jason J WSBC Delegate Food Expense for the week \$ 262.00

Transportation (roundtrip van shuttle) \$ 20.00

Transportation to and from Tampa Airport donated to PTI by Jason J

Misc. Tips throughout the week and not charge to PTI(\$150.00)

Note: WSBC 7th Tradition collection donation given in cash by Jason J. (not charged to PTI) (\$250.00)

Total Additional Expenses for WSBC (plane ticket and WSBC registration expensed out in Feb)

Which were \$408.96 and \$119.00 **\$ 989.95** (\$1,497.91 actual)

Donna D. SOAR8 Representative Atlanta Expenses \$ 257.53

Julie Florida State Convention meal expense \$ 16.65

Joan R. petrol expense for FSC \$ 27.40

Joan R. reimbursement for 501c3 related expenses \$ 25.00

Ring Central Suncoast Intergroup (shared cost 1 year) (813) 254-1490 \$ 85.00

Morton Plant Mease Foundation Donation for use of PTI meeting space \$ 100.00

Total Expenses for May 2016 **\$ 1,501.53**

Thank you so much for the opportunity of serving you as Treasurer, I know that I leave this position in the capable hands of wonderful fellow members who will lovingly continue carrying the message of OA.

God Bless! Jason J.

Our OA 7th Tradition states that: "Each group ought to be fully self-supporting, declining outside contributions."

Abstinence in Action "Adventure" Fellowship

2016 -

June 11th	"Action Plan" Workshop / Co-Hosted by PTI & Suncoast	Tampa
July 8th	Friday Intergroup Meeting <i>(Date Change)</i>	Clearwater
July 14th	SOAR8 Assembly - Drop Off Boutique Items	St. Pete Beach
July 15th-17th	SOAR8 Assembly - "Diving Into The Steps"	St. Pete Beach
Aug 20th	Bringing the Big Book Alive	Clearwater
Sept 1st-4th	World Service Convention	Boston, MA
Nov 13th	Christmas Under the Oaks (Coachman Park)	Clearwater
Nov 18th-20th	OA Retreat at the Franciscan Center	Tampa

2017 -

Feb 24th-26th	Florida State Convention	Tampa
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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!!!


SOAR8 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.

How many times have I heard from dually addicted members in my OA meetings how the alcoholic doesn't have to have alcohol at all, nicotine same thing, drugs the same, but OA's have to eat and therefore impossible or nearly so. Eating is not a curse in my life. I get to eat and, hello, I love to eat. I **get** to eat healthy food and get a healthier body instead of eating sugar to keep me sober. As I stay abstinent another plus is that my recovery shows and I can enjoy physical proof of my time by gaining or losing weight dependent upon what kind of eating problem I have. Compulsive overeating is probably my favorite addiction. LOL -Donna D.

<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">FELLOWSHIP EVENT</p> <p style="text-align: center;">OA "Action Plan" Workshop</p> <p>WHEN: June 11th TIME: 1:00 - 3:00 PM WHERE: Turning Point of Tampa Marge Porter Resource Center 6311 Sheldon Rd. Tampa, FL</p> <p>No food or drink allowed in building ...</p> <ul style="list-style-type: none"> ■ Drawing for a Basket ■ Learn about the Tool of an Action Plan!!! <i>(Maybe even find an action buddy)</i> ■ Please bring donations of clothes and accessories for July SOAR 8 convention boutique ■ Donations for Intergroups accepted to help carry the message are welcome <p>For more information, please contact Andrea (813) 368-6607 or JC (813)240-8572</p> <p>If interested in meeting for lunch and fellowship at 11:30, please call Andrea (813) 368-6607</p> <p style="text-align: center;">NO ONE WILL BE TURNED AWAY</p> </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p style="font-size: small;">COME SEE! COME HEAR! BRINGING THE BIG BOOK ALIVE! "DR.'S OPINION" "THE PROMISES" "FREEDOM FROM BONDAGE" "DR. ALCOHOLIC, ADDICT"</p> <p>When: Saturday, August 20, 2016 From 1pm to 4pm</p> <p>Where: Friendship United Methodist Church <small>2039 Druid Rd. E., Clearwater, FL (Between Hercules & Belcher)</small></p> <p>Donations: \$8 *No one turned away</p> <p>50/50 Drawing: Tickets 1 for \$1 or 6 for \$5</p> <p>Come at noon and bring your lunch and beverage</p> <p style="font-size: x-small; border: 1px solid black; display: inline-block; padding: 2px;">** For more Information please call Cora at 813-956-4642**</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">OA WRITING WORKSHOP</p> <p style="text-align: center;">Interactive Workshop on this important recovery tool.</p> <p style="text-align: center;">Saturday, September 24th - 1PM to 3PM</p> <p style="text-align: center;">St. Petersburg Public Library, Johnson Branch 1059 18th Ave. S., St. Petersburg, FL 33705</p> <p style="text-align: center; font-size: x-small;"><i>Suggested Donation of \$5 or more to PTI to carry the message</i></p> <div style="text-align: center;">  </div> <p style="text-align: center; font-size: x-small;">Call Jeannette 248-534-0020 or Ruby 813-516-0782 for info</p> </div>
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Upcoming Events



CO-HOSTING
OA "ACTION PLAN" WORKSHOP

June 11, 2016
1:00 – 3:00 PM

Turning Point of Tampa
 Marge Porter Resource Center
 6311 Sheldon Road
 Tampa, FL 33615

No food or drink allowed in building ...
 Drawing for a Basket
 Learn about the Tool of an Action Plan!!!
 Maybe even find an action buddy ...


Please bring donations of clothes and accessories for July SOAR 8 convention boutique

Donations for Intergroups accepted to help carry the message are welcome

For more information, please contact
 Andrea (813) 368-6607 or JC (813)240-8572

If interested in meeting for lunch and fellowship at 11:30, please call Andrea (813) 368-6607


NO ONE WILL BE TURNED AWAY



OVEREATERS ANONYMOUS
 Pinellas Traditions Intergroup

Presents


DIVING into THE STEPS



July 15th-17th
 Dolphin Beach Resort
 4900 Gulf Boulevard

For more information, contact:
 Committee Chairperson - Joan R.
 Email: SOAR8convention2016@oapinellas.org
 Phone: (727) 785-9208

[CLICK HERE](#) to register online now!!!



COME SEE! COME HEAR!
 BRINGING THE BIG BOOK ALIVE!
 "DR.'S OPINION" "THE PROMISES"
 "FREEDOM FROM BONDAGE" "DR. ALCOHOLIC, ADDICT"

When: Saturday, August 20, 2016
 From 1pm to 4pm

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

Donations: \$8 *No one turned away

50/50 Drawing: Tickets 1 for \$1 or 6 for \$5

Come at noon and bring your lunch and beverage

**** For more Information please call Cora at 813-956-4642****



BOSTON 2016
 Massachusetts USA
 World Service Convention
 September 1-4

RECOVERY:
 The Trail to Freedom!

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


OA WRITING WORKSHOP

Interactive Workshop on this important recovery tool.

Saturday, September 24th - 1PM to 3PM

St. Petersburg Public Library, Johnson Branch
 1059 18th Ave. S., St. Petersburg, FL 33705

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



Call Jeannette 248-534-0020 or Ruby 813-516-0782 for info

Save the Date!!!

November 18th - 20th



6th Annual
 OA Spiritual Retreat
 at the Franciscan Center
 in Tampa, FL

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

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

PINELLAS COUNTY MEETING LIST

June 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 (Between Belcher & Hercules)	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 (Jackson Street entrance)	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	R E L A P S E – Prevention & Recovery	Abstinence no matter what!	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	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	On the beach in front of the snack shack 15100 Gulf Blvd., Madeira Beach (Bring chair)	Linda H. 647-8280 Donna D. 480-0865
Wed	7:00 PM OA#Pending	Terra Nova	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 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	7:00 PM ← OA#46183	NEW Meeting Time!!! 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	Tiffany 452-4061
Fri	6:00 PM OA#Pending	Back in the Day OA	Speaker / Literature	Prince of Peace Lutheran Church 455 Missouri Ave., Largo	Felice 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 785-9208
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 NEEDS SUPPORT	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 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. *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 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: <https://www.oa.org/find-a-meeting> Pinellas Traditions Intergroup Website: <http://oapinellas.org>

Hotline #'s – Hillsborough & Pinellas: (813) 254-4190