



## Pinellas Traditions Intergroup Newsletter



Volume 11 - Issue 3

March 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:

**March 18, 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 3** Made a decision to turn our will and our lives over to the care of God as we understood Him.

# Willingness is the key!

### Accepting Abstinence

Abstinence is not so much something we achieve as it is a gift from our Higher Power. It is given to us constantly, from the time we wake up in the morning through every minute of the day.

If we think of abstinence as something we have to acquire through great effort, we will be afraid that we will fail. We will think of weeks and months and years stretching ahead of us and say, "I'll never make it."

Abstinence is given to us now, each day, and all we need to do is accept it. It is not something we do only in order to lose a certain number of pounds. By abstaining, we will lose the pounds, but when we are at our desired weight we continue to maintain abstinence. Abstinence is our freedom from compulsive overeating and the gift of new life.

Thank you, Lord, for abstinence.

*-Food for Thought, March 7th*

**Tradition 3** The only requirement for OA membership is the desire to stop eating compulsively.

As Tradition Three implies, a desire to abstain – to refrain from eating compulsively – is at the heart of OA membership. There are many opinions among us about what it means, exactly, to stop eating compulsively. Nobody is excluded from OA membership because of his or her personal opinion of how to achieve abstinence. Note, too, that while the *desire* to stop eating compulsively is required, a person doesn't have to be abstinent to be welcome at OA meetings. We encourage one another to keep coming back, no matter what.

*-The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pages 129-135*



**Concept 3** The right decision, based on trust, makes effective leadership possible.

### Abstinence in Action "Adventure" Fellowship

March 4th-6th	SOAR8 Assembly - "Building an Arch to the Road of Recovery"	Atlanta, GA
March 12th	OA Workshop – "How It Works"	Clearwater
April 9th	OA Fellowship - "Roast Donna" Birthday Party	(727) 480-0865
April 14th	OA Fellowship (5 PM) - "Monty Python's Spamalot"	(727) 480-0865
April 16th	OA PIPO 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.*

**Fellowship Event**

**WHEN:** April 9th from 5 - 8 PM

**WHERE:** City of Imagination  
2726 54<sup>th</sup> St. S  
Gulfport, FL

Sock Hop Dance "Roast Donna" 75 years old 36<sup>th</sup> Birthday Year of OA

- Bring a healthy weighable dish to share
- Bring a memory/create a memory/art project
- Bring your own fold up chair just in case we run out of space. Let's get Donna!!!

For more info, please call (727) 480-0865

**FELLOWSHIP EVENT**

**WHEN:** April 14th - 5PM

**WHERE:** Demens Landing Park  
Bayshore Drive SE & 2nd Ave. S.  
St. Petersburg, FL

**Monty Python's Spamalot - (Musical Comedy)**

- Night before opening night
- Pay what you can, ring blanket, casual
- Gates open at 6PM. Performance at 8PM.

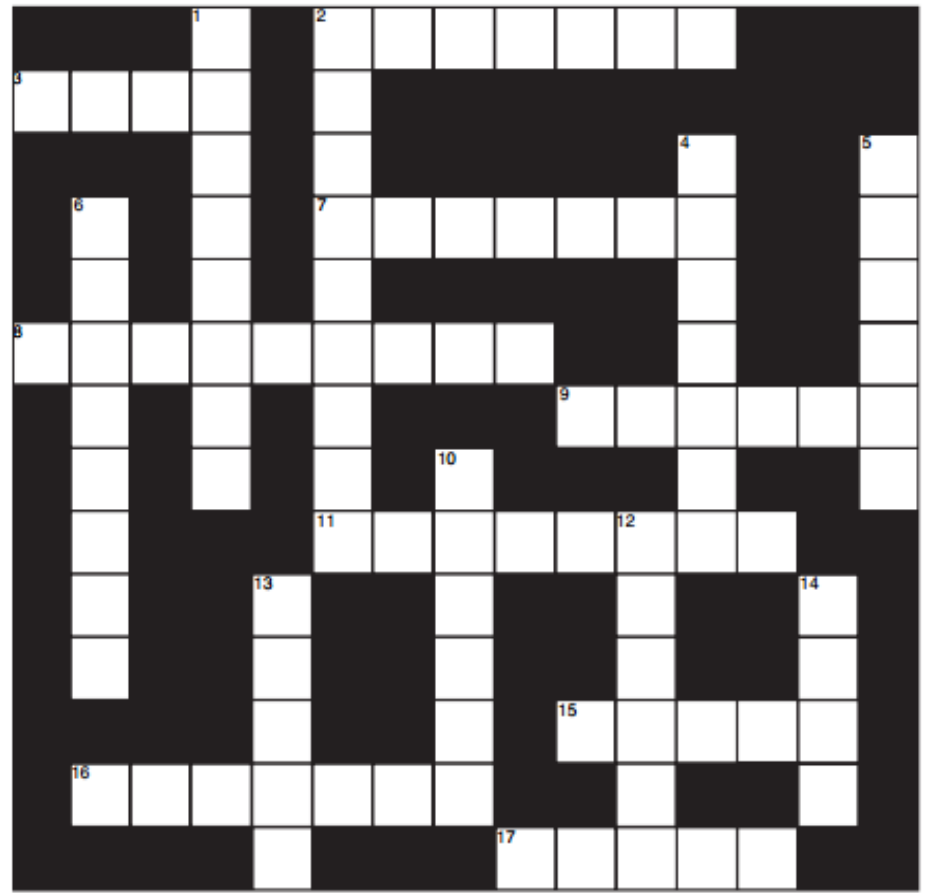
For more info, please call (727) 480-0865.

# FROG



*Fully Rely on God*

## OA Crossword Challenge



**Across**

- 2. Our primary \_\_\_\_\_
- 3. First compulsive \_\_\_\_\_
- 7. Carried in Step Twelve
- 8. Fourth Step requirement
- 9. Beyond our wildest \_\_\_\_\_
- 11. Attends first meeting
- 15. Ours are unmanageable
- 16. Return to overeating
- 17. And when we were \_\_\_\_\_

**Down**

- 1. Searching and \_\_\_\_\_
- 2. Attraction not \_\_\_\_\_
- 4. Came to \_\_\_\_\_
- 5. The capacity to be \_\_\_\_\_
- 6. Steps, Traditions, \_\_\_\_\_
- 10. Number of Steps
- 12. Rio Rancho, New \_\_\_\_\_
- 13. "A Step \_\_\_\_\_"
- 14. Made in Step Eight

HINT: Puzzle answers on page 4

-Reprinted from Lifeline, 2001



I am so grateful for OA and the meetings!!!

Today I was cooking some ground beef as taco filling, just to have for my lunch on lettuce and tomatoes (quite a good lunch for my food plan). My husband came in and said, "My, that looks good. When are we having it?" I didn't tell him it was just for ME, but I wanted to! I realized that I resented his wanting MY food(!) - or was it that I resented my disease? Resented the fact that he can eat anything he wants to and not gain weight, yet I "have" to eat certain foods, and plan them, and cook them, etc. ? It was so wonderful to hear the laughter in my head, to realize how silly I was being. After all, wouldn't both of us benefit from my food plan? Yes, he can have his in tortillas, but so what? It certainly doesn't "cost" me anything to have those handy for him. And the other foods that I prepare "for myself" would be just fine for him, too.

It was absolutely wonderful to realize that I was into my "stinking thinking" (Thank you, God, that I didn't SAY anything) - and also to realize why. I was hungry and also a little tired. So I had my lunch, offered some to him (he refused), and all was well. I did try calling three people in OA, just to share the laughter, but no one was home. I didn't leave messages. Maybe next time I shall.

Oh, how wonderful it was to "hear" the laughter, to realize that had I shared this at a meeting I most certainly would not have been alone! And how very wonderful to know what to do about it. Right now I'm "journaling" on the computer, but I could just as well have written in my journal. Perhaps later.

As always, dearest God, thank you!!!

Submitted by,  
-Anonymous



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

Weather Today in Pinellas: Light Rain, High 87°

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

First up, I do believe in God--a deity--a divine reason how the universe got here in the first place. I was brought up a good Catholic boy, though on many occasions I was anything but.

This may not be the case for you. Your feelings about a supreme spiritual force might be much different than mine. That's very okay in our OA program.



Yes, way back in time our founder, Bill W.

turned to a very conventional God as his answer to sobriety and sanity. But many other people have their own thoughts about spirituality and a Higher Power. You are all very welcome.

My amazing sponsor wants to make sure none of this gets in my way. My God doesn't have to be your salvation, and your belief system is none of my business.

Back to the 'decision' noted in Step 3 ... simply this; I couldn't help myself by myself. I couldn't put down the food/poison and feed my body like a normal person. I didn't have the courage of conviction to do anything right.

I'm glad to turn my will over to the care of God. It is comforting to know it's not up to me anymore. It's wonderful to have you all right there with me.

No proselytizing here...do this Step your own way. No suggestions, no directives, if we want what the program has to offer, this is what it takes.

Some people will decide to leave it all right there on the table; so glad I'm not one of them.

Peace and Love,  
Ed

PS. Yes, J.T., I've purposely gone backwards in this review series just to keep your attention. Looks like I got you, huh? Thanks for the note ...

### Pinellas Traditions Intergroup Treasurer's Report - January & February 2016

This report contains all financial data for the period of January 7, 2016 through the close of business on February 17, 2016.

<b>Total available assets as of February 17, 2016</b>	
<b>Business Checking Wells Fargo:</b>	<b>\$ 8,124.33</b>
<b>Business Savings (Prudent Reserve):</b>	<b>3,025.84</b>
<b>Total Assets for PTI with Reserves:</b>	<b>\$11,150.17</b>

#### Meeting Donations-Credits:

Monday	Focus on Abstinence	Group 47788	100.00
Thursday	Hope - Aldersgate	Group 53015	20.00
Thurs/Sat	First Fellowship	Group 16483/45426	150.00
Friday	PTI 7 <sup>th</sup> Tradition	Group 09412	17.00
Friday	Nitty Gritty	Group 49602	6.00
Saturday	Saturday Serenity	Group 27235	(PayPal) 200.00
Saturday	Pasco Pioneers	Group 17950	49.50
Saturday	Clearwater Men's	Group 52497	52.00
Saturday	Great Reality PP Library	Group 36776	128.55
Sunday	Clearwater Oasis	Group 32923	90.25

**Total of Meeting 7<sup>th</sup> Tradition Donations: \$ 730.05**

#### Expenses-Debits:

SOAR8 Registration (Julie)	\$ 98.00
SOAR8 Airfare to Atlanta (Ruby)	173.98
SOAR8 Trustee (LH) Reimburse Literature	95.93
WSBC Delegate Registration (jason)	119.00
WSBC Delegate Airfare - WSBC 2016 (jason)	408.96
SOAR8 Bag Reimbursement - 200 (Joan R.)	139.96
Florida State Convention Volunteer (Mary T.)	37.00
7th Tradition to World Service (10/15/15-02/17/16)	605.96
7th Tradition to Region 8 (10/2015 - 02/17/2016)	41.39

**PTI Total Expenses \$ 1820.06**

Thank you for the opportunity to serve you as PTI Treasurer. Just a reminder that my term will end in May 2016 and become available as of June 1, 2016. Let's keep doing all we can to support our local meetings and remember that "Together we can do what we could never do alone."

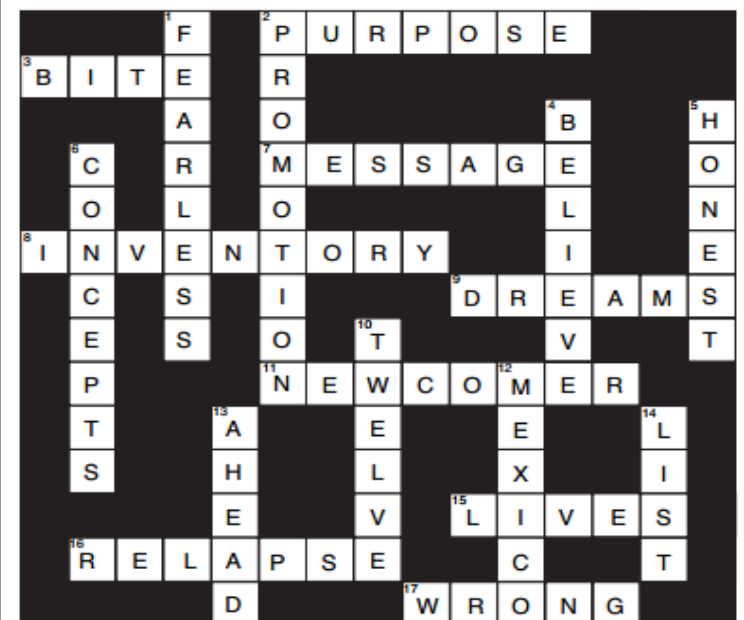
God bless you and keep you and me abstinent, one day at a time.

jason a. johns, PTI Treasurer



### Pinellas Traditions Intergroup - 7th Tradition

Now available online, PTI's local OA groups and members can send a contribution using a secure site via PayPal. Please click the button below or visit our donation page on our website or visit [oapinellas.org/donations.html](http://oapinellas.org/donations.html) to send in a donation today.



Puzzle answers from page 3

## PTI Meeting Minutes • January 15, 2016 • 6:30PM

1. Open with the Serenity Prayer.
2. Agenda approved.
3. This is a spiritual program so let's remember to keep principles before personalities.
4. Introduction & representation from what meeting.
5. Anyone new to Intergroup today? No
6. Reading of 1st Step, 1<sup>st</sup> Tradition and 1<sup>st</sup> Concept.
7. Secretaries December Minutes approved.
8. Presentation of Treasurer's report – approved see attached report.
9. Pass the 7<sup>th</sup> tradition.



### COMMITTEE REPORTS:

#### IGOR:

January Newsletters out to FL Intergroups.

#### Ways and Means:

Selling washcloths, chair will come to meetings, asks reps to announce.

#### PIPO:

Goals set. Really use media, email and other free advertisements, Tampa Bay Times, Preliminary invitation to the Largo YMCA (potential 900 hundred people).

**Bylaws:** No report.

#### Twelfth Step Within (TSW):

- 1/21 - Fellowship Memphis the Musical
- 2/6 - Sponsorship Workshop 12:30 Nursery Road
- 3/12 - How it Works Workshop 12:30 Nursery Road
- 4/16 - PIPO Workshop details TBA
- 5/2016 – Men's Meeting (Details to TBA) - Reached out for possible Technology Workshop

### OLD BUSINESS

1. Treasury position will be available May 1st.
2. SOAR 8 July Convention – Receipts needed for reimbursements – budgets done.
3. Baskets for Florida State Convention.
4. FL ST Convention info Julie and Mary will attend planning meeting next week. Need huggers/ greeters.
5. Atlanta March 5<sup>th</sup> and 6<sup>th</sup> – Donna rep is going, Julie will consider, Jason deferred, Joan deferred.
6. Any other old business? Anyone can be an alternate SOAR 8 Rep and turn in application. We are allowed three representatives.

### NEW BUSINESS

1. Cynthia - New meeting Terra Nova Club. Hope is to increase representation, near Park Ave and US 19, public transportation nearby. Has many different types of meetings, hope to access families and children. Charge 50\$ a month, now charge at start. Examples of OA meetings are in club houses, in Tampa. Motion to allow new meeting at Terra Nova Club – Motion passed.  
Motion made to support a fully self supporting OA meeting at Terra Nova Club based on precedent of other OA meetings being in club houses and treatment facilities.  
Discussion of Pros and Cons made.
2. Any other new business? Suggestion for PTI to thank meetings that are providing service. Discussed an intergroup Road show. April PIPO will present ideas of what is the service structure. Tabled to discuss this topic next meeting.
3. Survey for WSBC. Read and voted on to approve each item.

#### Things to take back to the meetings:

1. Do you or your meeting have a subscription to Lifeline?
2. Announce the addition of PayPal on our website
3. Please support struggling meetings: Thurs Night, Palm Harbor, Saturday 12 noon men's meeting
4. Please invite everyone to intergroup.
5. Ask for help for our SOAR8 convention next July. PTI will be collecting: 2 literature from each meeting and any donations, boutique items coffee, decaf, tea, water; baskets with literature from all meetings, hangers. Please let us know what you will be donating.



# Upcoming Events

## 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!!!

Contact JC @ (813) 240-8572

## PUBLIC INFORMATION AND OUTREACH (PIPO) OA WORKSHOP

**What:** Share you Program with Public Walk-ins, Free posters and pocket cards, PIPO Display, Hear Public Service Radio Tape and Staff Youth Table.

**When:** April 16<sup>th</sup>, 2016 1:00-4:00 PM

**Where:** Pinellas Park Library (Barbra Ponce Meeting Room)  
7770 52<sup>nd</sup> Street, Pinellas Park, FL 33781  
(Library allows bottled water only, no food or other beverages)

**Who:** OA MEMBERS WILLING TO CARRY THE MESSAGE

Contact Cynthia 561-254-3642

*"Always to extend the hand of OA to all who share my compulsion; for this I am responsible"*



## WORLD SERVICE BUSINESS CONFERENCE

**Theme:** "Responsibility - To Carry the Message"



**May 2 - 7, 2016**

Embassy Suites Albuquerque Hotel and Spa  
1000 Woodward Place NE  
Albuquerque, NM 87102  
**Phone:** (505)245-7100ht



Presents

## DIVING into THE STEPS

**July 15th-17th**

Dolphin Beach Resort  
4900 Gulf Boulevard  
St. Pete Beach, FL



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



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

## Save the Date!!!

November 18th-20th





OA Spiritual Retreat  
at the Franciscan Center  
in Tampa, FL

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

# PINELLAS COUNTY MEETING LIST

## March 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	RELAPSE – 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	<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	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 <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	7:00 PM ← OA#46183	<b>NEW Meeting Time!!!</b> 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	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	6:00 PM OA#Pending	Back to Basics 	Traditional OA - "Back in the Day"	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	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: March 2016