



Pinellas Traditions Intergroup Newsletter



Volume 11 - Issue 11

November 2016

Our Trusted Servants

CHAIR:

Joan R.
(727) 785-9208
chair@oapinellas.org

VICE CHAIR:

Tiffany R.
(727) 452-4061
vicechair@oapinellas.org

TREASURER:

Ruby H.
(813) 516-0782
treasurer@oapinellas.org

SECRETARY:

JC
(813) 240-8572
secretary@oapinellas.org

NEWS EDITOR:

Joan R.
(727) 785-9208
newsletter@oapinellas.org

Send Mail To:

Pinellas Traditions Intergroup
PO Box 16582, Clearwater, FL 33766
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:

November 11, 2016 at 6:30 p.m.
Date change due to Franciscan Retreat in Tampa!

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 11

Sought through prayer and meditation to improve our conscious contact with God as I understood Him, praying only for knowledge of His will for us and the power to carry that out.

"We give up fear and indecision, knowing that if we are sincere, our Higher Power will give us the knowledge of our best course in life..."

-Overeaters Anonymous Twelve Steps & Twelve Traditions, page 24

I realize that my Higher Power is giving me guidelines when ... I think of a course of action or a solution that is entirely new or different for me. This way I know the idea wasn't mine.

I see other people struggling with similar problems, and I recognize how the OA solutions have worked for them. This is God's way of showing me, by example, what works.

I realize that an unplanned event or person has literally popped up in my life. Then I know it's a "God thing."

-Voices of Recovery, page 173

Spiritual Awareness



No God, no peace.
Know God, know peace!

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, televisions, and other public media of communication.

A n o n y m i t y



What you see here,
What you hear here.
When you leave here,

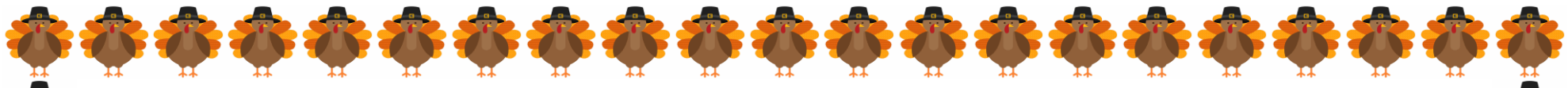
LET IT STAY HERE

Concept 11

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

HUMILITY

Humility is not thinking less of yourself, it's thinking of yourself less.



Quotes from “Abstinence”, Second Edition:

Page 118:

“I stop eating when my body’s had enough.”

“I’ve quit weighing myself all the time.”

“I go to social functions for the company of the people who’ll be there not for the huge amounts of food.”

“I can live within my financial means, even when meager.”

“Instead of thinking about what I don’t have, I’m truly grateful that I have so much.”

“I pray, let go and let God.”

“I realize I can’t always have my own way.”

“I set healthy boundaries. I don’t let people use me as a doormat, nor do I build walls that isolate me.”

Page 119:

“I stay out of other people’s business and let them run their own lives.”

“I eliminate guilt and shame from my life, instead of merely saying, “that makes me feel guilty,” and continuing to drag the guilt feelings around with me. I let the past go.”

“I don’t beat myself up when I make a choice that’s not in my best interest; I learn from experience.”

“I’ve stopped being a victim and started being a survivor.”

“I accept being a grown-up and take responsibility for changing my actions and attitudes.”

“I don’t rely on anyone to make me happy, but realize that happiness comes from accepting God’s will in my life.”

“I’m grateful today for so many things, and would like to share that gratitude with others- especially the newcomer who can’t imagine being abstinent past today.”



OA Responsibility Pledge

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



Pinellas Traditions Intergroup Meeting - September 16, 2016

Call to Order

1. Open with the Serenity Prayer.
2. Reading of the 9th Step, 9th Tradition, 9th Concept.
3. Agenda approved with one addition. Announcement of new meeting.
4. This is a spiritual program so let's remember to keep principles before personalities, please.
5. No one new to Intergroup today.
6. Introductions & Representatives from what meeting.
7. Parliamentarian – reviewed motion and debate.
8. Approval of Secretaries July minutes – with several corrections.
9. Treasurer's Report – approved.
10. Tiffany - Manuals made for committee leads (?) - PIPO chair available as of 1/1/17.
11. Pass the basket for the 7th Tradition.
12. Break into Committees.

COMMITTEE REPORTS:

PIPO –

- Christmas under the Oaks has a sign-up sheet
- Circus McGurkis canceled
- Radio station 620 AM. PIPO will contact them about announcing OA info contact them about interview.
- Motion: Requesting funding \$900 for bus stop benches. Approximately 4 benches for a 6 month period in north and south county.

OLD BUSINESS:

13. Franciscan Center, Nov.18-20, 2017- looking for people to fill topics: russelljo1@verizon.net, and please announce
14. Paperless& backup –
Motion: PTI treasury goes paperless and that it backups files using the Dropbox program. The treasurer will be responsible for inputting/maintaining all records/files. Motion passed.
Motion: PTI purchase a computer that costs less than 500.00\$, this will enable PTI to maintain/store all records in one area and will be for easy access. The treasurer will be responsible for possession of the computer.
15. We need a new Region Rep
16. Florida State Convention workshop speakers- 90 day abstinence required – contact Julie or Joan
17. Distribution of SOAR8 funds – note this was addressed by motions throughout the meeting.
18. Tape Discussion, Lending Library? Motion: For the SOAR 8 July 2016 CD set to be held in TSW to serve in workshop aid for all of intergroup. Deferred vote for further study and as chair of TSW committee is not currently present.
19. Motion: Close Achieve Bank account because it was opened for the use of our SOAR 8 convention which is not over. Motion passed.

NEW BUSINESS:

20. WSBC suggested to say OA's Responsibility Pledge at the end of your meetings, just before the Serenity
21. Prayer. Please take back to your meetings and take a group conscious on this.
22. Time Limits -
Motion: Committee breaks be no more than 10 minutes. Motioned Carried.
Motion: the following be added to the standing rules in the P&P under the title discussion of motions
 - The chair will appoint a timer at each PTI meeting.
 - To provide the opportunity for as many different members to speak during the PTI meeting, the Chair has the right to recognize those members who have not had the opportunity to speak. If more and two/three wish to speak on one side of an issue, they will select amongst themselves who will address the topic.
 - PTI will entertain three (3) pros and (3) cons per motion; two (2) pros and (2) cons per amendment.
 - A person presenting a pro or con will have one (1) minute to speak and the discussion time will be limited to three (3) minutes. When timer goes off the person will stop speaking immediately. These times are for main motions as well as amendments.
 - No question will be entertained until pros and cons have been presented for each main motion.
 - No member can speak twice to the same motion until everyone else wishing to speak has spoken to it once.
 - Motion passed.
23. Any announcements for the good of OA? New Meeting; Tuesday Night 7PM, Northwood Presb Ch, St Rd 580, Clw, Room 4
24. Other New Business -
25. REBOS Club wants a meeting. 7401 74th Street North, St. Petersburg. Suggested times are Tuesday or Wednesday AM or Sunday at noon. Chair is sending info and meeting supplies to them.
26. Motion: Bylaws will be updated annually beginning in August. Motion Passed.
27. Motion for Bylaws committee for funding of ink and memory stick. Motion passed.

THINGS TO TAKE BACK TO YOUR MEETINGS:

- Baskets for the Florida State Convention.
- Buy Lifeline
- Please remember to support struggling meetings: Tuesday Night-Holiday
- Please remember to invite everyone to Intergroup.
- September 24 1-3PM OA Writing Workshop St Pete Library 1059 18 Ave S
- October 1 What are the Concepts anyway? 12:30 – 3PM 1st Luth Ch Clw
- October 28-30 SOAR8 Memphis, TN oaregion8.org
- October 29 Circus McGurkis St Pete WAS CANCELED BY THE PROMOTERS
- November 13 Christmas Under the Oaks Coachman Park, Clw
- November 18-20 Franciscan Center, Tampa, FL
- November 19 IDEA Day (International Day Experiencing Abstinence)
- December 10 The 12th Step Principle: Service 12:30 -3PM 1st Luth Ch Clw
- February 24-26,2017 • Florida State Convention • Tampa, FL Baskets Needed!!!
- March 17-19 SOAR8 Jacksonville oaregion8.org

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

Closed with the "Serenity Prayer" ...

**Fully
Rely
On
God**



Thanksgiving Day Meeting

TIME: 10:30 A.M.

**LOCATION: Friendship United Church
2039 E. Druid Rd.
Clearwater, FL**

Service Opportunities

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

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

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

NEW PHONE MEETING



OA Virtual Service Board—
Before You Take the First Bite ...
Getting Started ... Newcomer's Meeting ...
7:00-8:00 P.M. EST (712) 432-5200
Conference ID: 4285115#

MEETING CHANGE ANNOUNCEMENT:

The Tuesday night meeting "Living in the Solution" that meets at the St. Paul's Church in Clearwater will not be meeting on election night -- November 8th.

Starting on Tuesday, November 15th, the meeting will move to a brand new location:

Prince of Peace
455 Missouri Ave.
Largo, FL

RECOVERY FROM RELAPSE

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

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

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

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

TRADITION 7

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

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

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



Your generosity is greatly appreciated !!!

Abstinence in Action "Adventure" Fellowship

2016 -

Nov 18th-20th	OA Retreat at the Franciscan Center	Tampa
Nov 19th	IDEA Day (International Day Experiencing Abstinence)	Global
Dec 9th-11th	6th Annual Spiritual Retreat in Palm Beach County	North Palm Beach
Dec 10th	The 12th Step Principle: Service	Clearwater

2017 -

Jan 13th-15th	Together In Recovery	Bradenton
Feb 24th-26th	Florida State Convention	Tampa
Mar 17th-19th	SOAR8 Assembly	Jacksonville

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



Looking for a sponsor??? There are some people out there that are willing to sponsor by phone and/or email.

By Phone: Julie O. 727-784-7958; Sandy 727-846-2100; Lynn E. 901-830-1092; Pat Mc 727-581-8201; Linda Mc 727-804-4610; Claudia 727-781-7411.

By Email: Sandy - utopiarevisit@yahoo.com; Julie O. - julianeob@yahoo.com; Linda Mc - lindaproductions@aol.com; Carol - carolsch@ptd.net; Jane T. jtorell78@gmail.com; Claudia bytelady@tampabay.rr.com. I'm hoping to add to this list as time passes. Try it, you might like it!

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

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

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

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



PLEASE NOTE

Due to the Franciscan Retreat on November 18th-20th, the PTI Intergroup meeting is being rescheduled for **November 11th**.

See you there!!!

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

THANK YOU!!!

SAVE THE DATE

SOAR8 Recovery Convention & Business Assembly

March 17th-19th

"The Blessings of Recovery"



Jacksonville, FL

Upcoming Events

6th Annual OA Spiritual Retreat at the Franciscan Center



November 18th - 20th
"Living In Today"

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



Palm Beach County Intergroup



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

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

The Twelfth Step Principle: Service

Come learn, share and experience service at all levels.

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

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

First Lutheran Church
1644 Nursey Road
Clearwater FL 33756

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

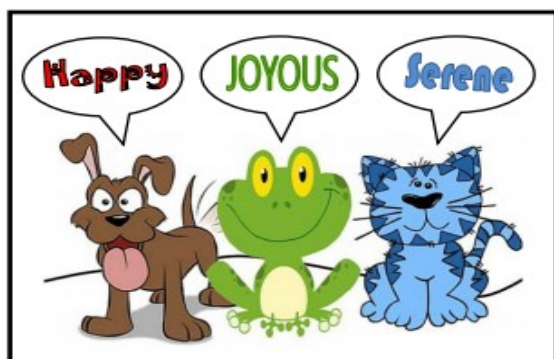
Ask the PTI Board questions ... Bring your friends!!!



Call JC for more info (813) 240-8572

27th Annual Florida State Convention of Overeaters Anonymous

"Together We Can Be
Happy, JOYOUS, and Serene
in 2017"



Feb 24-26, 2017

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

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



"The Blessings of Recovery"

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

March 17- 19, 2017
Jacksonville, Florida

DoubleTree Riverfront Hotel
1201 Riverplace Boulevard
Jacksonville, FL 32207
(904) 398-8800
1-800 222-TREE (222-8773)

www.DoubleTreeJAX.com



New Freedom Intergroup

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

Save the Date!!!

2017 SOAR 8 Fall Assembly



October 13th-15th

Hosted by,
Miami-Dade & the Keys Intergroup

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

PINELLAS COUNTY MEETING LIST

November 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 (727) 781-2597 Joan (727) 785-9208
Mon	12:00 PM OA#48303	Voices of Recovery (Candlelight Meeting)	Voices of Recovery Discussion	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Ann G. (212) 399-7099
Mon	7:00 PM OA#47788	Focus on Abstinence	Speaker Meeting Speaker Abstinent 90+ Days	Friendship United Methodist Church 2039 E. Druid St., Clearwater (Between Belcher & Hercules)	Mary (727) 595-6644
Mon	7:00 PM OA#01530	Search Out Serenity "SOS"	Leader / Discussion Jackson Street entrance	St. Anthony's Hospital, Classroom B 1200 7th Ave. N., St. Petersburg (Jackson Street entrance)	Cynthia (561) 254-3642
Tues	9:00 AM OA#54726	Abstinence	Open Discussion	REBOS Center – Friendship Baptist Church 4001 74 th St. N., St. Petersburg	Harland (727) 667-4743
Tues	6:30 PM OA#54666	Living in the Solution	1-Step/ 2-Speaker/ 3-Lit/ 4-Big Book/5-Lifeline	NEW LOCATION as of Nov 15th Prince of Peace Lutheran Church 455 Missouri Ave., Largo	Suzanne (727) 249-4558 Felice (727) 400-6523
Tues	7:00 PM OA#53878	Back to Basics	Discussion *	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Jim F. (949) 463-0837
Tues	7:00 PM OA#54697	Living In Today	Step/Literature/BB/Lifeline	Northwood Presbyterian Church – Rm #4 2875 State Road 580, Clearwater	Lee B. (727) 470-9448
Tues	7:00 PM OA#54346	The Mile Stretch Meeting	Literature Meeting	St. Vincent de Paul Catholic Church 4843 Mile Stretch Rd., Holiday	Chris (727) 688-9823
Wed	12:30 PM OA#52863	Message Carriers	Open Discussion	Metro Center 3251 Third Ave. N., St. Petersburg	Ellen L. (727) 381-8043
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch	Open Discussion	On the beach in front of the snack shack 15100 Gulf Blvd., Madeira Beach (Bring chair)	Linda H. (727) 647-8280 Donna D. (727) 480-0865
Wed	7:00 PM OA#54502	You Are Not Alone	12 & 12 Study	Terra Nova 7550 40th St. N., Pinellas Park	Cynthia (561) 254-3642
Thur	10:30 AM OA#53015	Hope	All Literature	Aldersgate Methodist Church 9501 Starkey Rd., Seminole (Back of church near the office)	Lynn E. (901) 830-1092
Thur	11:00 AM OA#40873	Key to Freedom	Literature Meeting	First Presbyterian Church 455 Scotland St., Dunedin (Downtown Dunedin)	Tamar (727) 796-5878 Laurie (727) 517-4137
Thur	5:30 PM OA#49784	Steps to Freedom	Focusing on Recovery * through the Steps and Traditions - 90 Days Meeting	St. Cecelia's Church, Room A 820 Jasmine Way, Clearwater	Mary Mc (727) 319-4321
Thur	7:00 PM OA#46183	First Fellowship	1-Step/ 2-Speaker/ 3-Lit/ 4-Big Book/5-Lifeline	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Beth P. (813) 486-9324
Fri	6:45 AM OA#54674	Fresh Start	Literature Meeting	Friendship United Methodist Church 2039 E. Druid St., Clearwater (Between Belcher & Hercules)	Phil L. (727) 754-0131
Fri	11:00 AM OA#53104	OA Amigos	English & Spanish Literature	Metro Center 3251 Third Ave. N., St. Petersburg	Margie C. (727) 828-9711
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Tiffany (727) 452-4061 James (727) 303-1804
Fri	6:30 PM OA#54462	Back in the Day OA	Speaker Meeting	Prince of Peace Lutheran Church 455 Missouri Ave., Largo	Felice (727) 400-6523
Fri	6:30 PM OA#09412	Pinellas Tradition Intergroup Meeting	Third Friday Only All OA's welcome	Morton Plant Hospital, 1st Floor Tuttle D Auditorium, Clearwater	Joan R. (727) 785-9208
Sat	9:30 AM OA#36776	Great Reality	Beginners	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	Donna D. (727) 480-0865
Sat	10:00 AM OA#45426	First Fellowship	Step/Tradition Meeting	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Pat (727) 784-3375
Sat	10:30 AM OA#27235	Saturday Serenity	Big Book	First Lutheran Church 1644 Nursery Rd, Clearwater	Betsey (727) 466-9277 Judy (727) 442-9234
Sat	10:30 AM OA#17950	Pasco Pioneers	1-Step/ 2-Big Book/ 3-Leader's Choice/ 4-Traditions/5-Brown Book	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Betty N. (727) 505-4562
Sat	12:00 PM OA#52497	Clearwater Men's	Men's Meeting	Friendship United Methodist Church 2039 E. Druid St., Clearwater (Between Belcher & Hercules)	Joel M. (703) 609-5110
Sun	6:00 PM OA#32923	Clearwater Oasis NEEDS SUPPORT	Big Book (90 day) *	Morton Plant Hospital, 1st Floor Tuttle A Auditorium, Clearwater	Chrissy (813) 377-5332 Michelle (314) 378-9391
Sun	6:30 PM OA#49012	Beginner's Meeting Step Study	Beginners/Step Study	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Cora (813) 956-4642

PLEASE NOTE: All meetings are open meetings unless indicated otherwise. * Closed Meeting - OA members only!

If this is your first time attending a meeting listed, please be sure to call to clarify directions and meeting specifics.

Pinellas Traditions Intergroup meets the 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) 254-41901

REVISED: November 2016