



Pinellas Traditions Intergroup Newsletter



Volume 12 - Issue 4

April 2017

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Monthly Intergroup:

The Pinellas Traditions Intergroup (PTI) meets every third Friday of the month. EVERYONE is welcome to attend. The next meeting will be held:

April 21, 2017 at 6:30 p.m.

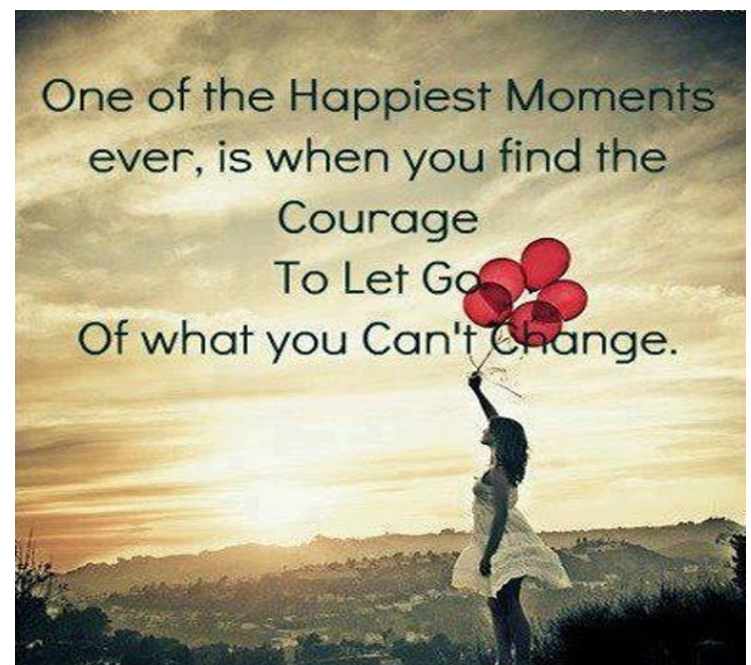
Morton Plant Hospital
1st Floor – Tuttle D Auditorium
300 Pinellas St. / Off Harrison
Clearwater, FL 33756

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 4

“Made a searching and fearless moral inventory of ourselves.”

you get in life
WHAT YOU HAVE THE
GOURAGE
to ask for.
- OPRAH WINFREY



“I picked up the phone; my life changed and OA’s future abruptly took a new direction.”

-Beyond Our Wildest Dream, page 85

What a simple program we have. Just reaching out to each other makes our lives change and affects the future of the meetings. I have had many telephone calls which have been just the “right” message I needed at the time I was most wanting a helping hand. Often I called someone because my desire to overeat was strong, and just the act of dialing the phone changed the emotion from negative to the release of energy which can start meetings, begin new intergroups, and even save lives. I am grateful that the tools of telephone, anonymity, service, and meetings all work together in recovery.

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

-Voices of Recovery, page 63

Tradition 4

“Each group should be autonomous except in matters affecting other groups or OA as a whole.”



Concept 4

“The right of participation ensures equality of opportunity for all in the decision-making process.”

SOAR8 REPORT: March 17-19, 2017 Jacksonville, Florida by PTI Representative Donna Dobbs

Friday, March 17, 2017

- 7:30 PM - Business Assembly begins Roll call: 33 voting, 6 non-voting, 39 members here
- 7:43 PM - MOTION to adopt agenda (p 6-7) ...Passed
 - Educational Segment on 501C3 Tax Exempt Classification (p 8)
 - WSO (big OA) has it but it is only for them
 - For any intergroup to get it, contact IRS or ask an intergroup that has it like Central FL IG pays \$500 per year
 - Liability insurance may be necessary for meeting places
- 7:53 PM - SIMPLICITY: Plan to Stay Abstinent
 - Look on OA.org for Simplicity Project
 - 3x5 card to be carried by OA member
 - Each person puts on the card whatever will keep them abstinent like:
 - My prayer: God Loves me & wants the best for me.
 - Foods I should avoid
 - What I do: Food plan, Actions, HP, Sponsor -My commitment today: -IT'S NOT ABOUT ME
 - OA tools list: -OA Principles list: -Color me grateful (number 1-10, leave blank)
 - OA.org offers: -Abstinence Literature ... Resources Guide ... Books ... Free Downloads / Pamphlets
- 8:30 PM - Big opening, Everyone is welcome to attend Skit presented by 2 members from the hosting intergroup in JAX
 - Theme is Blessings and gifts, they had baskets of paper shamrocks with a recovery word on each like Faith, Courage, Willingness, Integrity, they passed them out to us and asked us to pass them on. Blessings of Recovery Panel, 3 speakers: Katrina, Minda, Vinny. Each speaker was beyond fabulous and a CD is available for sale.

Saturday March 18, 2017 (Continuation of Assembly)

- 7:30 AM - Breakfast provided
 - Attend business assembly room, plug in computer on the table power strip, all tables had them taped on.
 - MOTION: Standing rules adoption ...Passed
- Parliamentary Education: Quorum -Region8 has quorum if the hosting IG and two other IG's are present - This may be changed to-day due to voting on a motion later -Region8 board has quorum if 3/4 present which is three people
 - MOTION: ADOPT MEMPHIS TN SOAR MINUTES ... Passed
 - Board members' reports verbal in addition to written report in the agenda -Trustee Linda H.
 - WSO (big OA) new theme: Growing OA Worldwide -Guidelines for protecting anonymity in OA virtual world.
 - Courier for doctors and health fairs etc.
 - WSBC registration cost changing from \$119 to \$149, cost of banquet, equipment, entertainment, other various costs, each member costs OA \$330, WSO makes up the difference.
 - Step Ahead, WSO publication could be brought to meetings and Intergroup.
 - New policies for things like Twitter and Facebook
 - Young Person WSO committee, ages 18-30, has a Face Book page -there are many questions that come in from parents of children ages 8-16.
 - WSO voted to de-register four (4) OA groups/meetings in New Zealand. The problem was sponsors telling sponsees to not take their prescribed medications. (It makes me wonder about all the complaints that come to me about members not being allowed to share in 90 day OA meetings which is equally against OA guidelines. This is the first I've heard of de-registration).

Committee Meetings: I participated in the IGOR, Intergroup Outreach, led by Kristina. It was pointed out over and over that PTI was the Intergroup to pattern yourself after and I was paraded as the person from the fabulous PTI Intergroup. It was a little embarrassing but I was proud to represent our great group. Kristina had made a whole elaborate spreadsheet comparing her IG to PTI to see what we were doing that she could implement. I did mention that it has been only a few years that we have had a large intergroup of people willing to do service which they liked to hear since it gave them hope they said. It made me aware again about all the time and effort put forth by our committee chairs and board. They raved about our PTI Newsletter, website, etc. Yes, we have it going on. It seems that our old statewide reputation for being the Clearwater Crazyies that "shlepped" all over the state bring fun and recovery far and wide has been superseded by becoming the Poster child of a highly functioning Intergroup. Yay!!! Of course our PTI has produced Trustees Karen C, Stephanie D, and Linda H, current Region 8 Treasurer Sam A., and secretary Ruby, and Committee Chair JC. Yes, we have it going on. Yes, we stay abstinent by doing service.

2:13 Reconvene Check credentials, MOTION: 36 voting, 8 non voting, 44 total in the room ... PASSED

There appears to be two Motions 1's ...

Motion 1: Change Quorum Motion: Move that the Region 8 Bylaws Article VII - Meetings of the Business Assembly, Section 4 – Quorum, be amended as follows: Article VII - Meetings of the Business Assembly Section 4 – Quorum At a Region-8 Business Assembly held upon proper notification, Region-8 Representatives present shall constitute a quorum, as long as two (2) eight (8) I.G. in states outside of the state or territory, etc. where the Assembly is being held are represented. Submitted by: Pinellas Traditions Intergroup Intent: The intent is to have a greater representation of decisions in our assemblies Implementation: Immediately Cost: No dollar amount. Rationale: The rationale is at this point, currently, three Intergroups which comprise .06% of Region 8 Intergroups constitute a Quorum and have the ability to make changes effecting the whole 54 Intergroups. This allows a greater and more diverse representation of SOAR 8. -Con: This is not a good way to encourage Intergroups to participate -Pro: If there is not 8 Intergroups represented then we should not have SOAR8 there. Question: Contingency plan? no Question: How many IG here outside of FL? !2 Question: FRIENDLY AMENDMENT: seconded, to change 8 to 5, seconded Discussion: 10 minute extension on this question Secretary read list of 12 Intergroups outside of Florida MOTION: seconded Update credentials: 38 ...Passed 38 voting, 7 non voting, 45 in room

VOTE TO AMENDMENT: CHANGE NUMBER FOR 8 TO 5 ... 8 STAYS - Ask for show of hands for the vote
 VOTE: on original motion: At a Region-8 Business Assembly held upon proper notification, Region-8 Representatives present shall constitute a quorum, as long as two (2) eight (8) I.G. in states outside of the state or territory, etc. where the

Motion 1: Move to amend Region 8 Policies and Procedures Manual, XI. Assembly Procedures – Basic Principles, #2 by striking and inserting as follows: XI. Assembly Procedures Basic Principles 2. Assembly shall be held two (2) times a year: March, and September March/April and October/November. Submitted by: Pinellas Traditions Intergroup Intent: The intent is to have greater representation in our assemblies Implementation: Immediately after the closing of the assembly on March 2017 Cost: No dollar amount. Rationale: The rationale is to allow a more flexible timeline for the hosting Intergroup to access better rates. It would allow the highly represented number of Intergroups in Florida and other OA members to attend the Florida State Convention the end of February that creates an undo financial hardship to attend both events. One pros or no cons 7 minutes for discussion: Amendment: change to Spring and Fall, seconded pro: various , more latitude con: too loose, problematic for Intergroups pro: we are all reasonable con: too hard to define spring and fall VOTE ON AMENDMENT: Spring and fall not the months listed ... DID NOT PASS Discussion: VOTE ON MOTION: Assembly shall be held two (2) times a year: March, and September TO March/April and October/November ... PASSED

Motion 2: Move to amend Region 8 Policies and Procedures Manual, IX. Financial Policies, A. General, #15, by reordering the Technology/Web Site from b. to e. as follows: 15. Defunding of Committees, if necessary, will be in this order: a. Unity with Diversity b. Public Information/Professional Outreach c. Twelfth-Step-Within d. IGOR e. Technology/Web Site f. Bylaws/Electronic Documents g. Ways and Means Submitted by: Bylaws/Electronic Documents Committee Intent: To move the Technology/Web Site Committee further down the list of committees. Implementation: Immediately Cost: None. Rationale: The Technology/Web Site committee has become an important part of the Region 8 Assembly by operating and maintaining the equipment used to record and video tape the assembly which would allow people the opportunity to virtually attend the assembly ... PASSED

If it becomes necessary to not fund committee chairs to attend the assembly, the Technology/Web Site Committee Chair would be the second in line and therefore not funded. This motion would move the committee further down the list. Motion 3: Add Reimbursements by Check Motion: Move to amend Region 8 Policies and Procedures Manual, IX. Financial Policies, A. General, #11, by adding #5 below: 11. A Voucher (Appendix E) must be properly completed, authorized, and submitted to the Treasurer prior to reimbursement or advance of any funds: a. Requests for reimbursement shall follow these guidelines: 1) Each person shall complete and verify their own Voucher, claiming only those expenses personally incurred. Third-party reimbursements are not allowed. 2) Appropriate documentation (including receipts and explanation for all items) must accompany each Voucher, and must be submitted to the Region Treasurer or Committee Chair within six weeks of acquired expense. 3) A Voucher presented for reimbursement of committee work must have the approval of the Chair of the Committee for which work is attributed. 4) Treasurer shall reimburse each Voucher, or request additional information, within ten days of receipt of request. 5) Reimbursements shall be in the form of a check. Submitted by: Bylaws/Electronic Documents Committee Intent: For bookkeeping purposes we need to have a paper trail of all monies spent. Reimbursements should not be made in cash. Implementation: Treasurer will issue reimbursements by checks. Cost: None. Rationale: In the past international delegates and representatives have requested cash payouts because of banking regulations in their countries which prevent them from depositing checks. With this policy, reimbursements to international delegates can be made by check, and then the delegates can take the checks to a bank for cashing. PRO: Region 8 has lost money by having no receipts or paper trail and money goes out with no record con: South America has a problem with this pro: member worked with OA finances in Germany, it was not easy but was just part of finances con: WSO goes on trust and no receipts MOTION TO TABLE: seconded ... non passed

BACK TO ORIG MOTION questions: -Treasure said money was missing, \$1.29 or? thousands are unaccounted for, cash is given for transportation and the plane fare is less that the amount given but no money returned to R8 -pay pal? no -treas: I do not like carrying thousands in cash to assemblies, MOTION ...PASSED

PAGE 33-38 MEMPHIS SOAR8 REPORT BY CAROL T -report is in the addendum -there is help out there, ask your individuals early

New Business: Nominate for chair: Janet, Andi S, Katrina, Viviana, all accepted to run

Nominate for treasurer: Patti Greenspan, Sam A all accepted to run Page 22, R8 P&P Section 3

Nominations of Board Members Page 22 " Election of Board members Discussion about whether nomination can be sent rather than coming from the floor Nominations for 2018 WSBC: usually done in July after WSBC 2017 but now we have only 2 business conventions. Patti G, Bonnie, Katrina, more can be sending in app by No 16? 60 days before Oct/Nov SOAR8 Business Assembly

Bids for March 2018 Business Assembly and Convention, none but working on one possibility

Trustee speaks: strategic Plan from Board and R8 chairs put together 3 years 2017 create a plan for board and -will write articles "are you a piece of the puzzle?

-Power point for the traditions Completion Dec. 18 -in my IG how we can grow in Unity -get an international person to Skype into our meeting to see how unity affects us

-TSW send out 12 on 12th, we could send it out to friends, this is not Las Vegas, what goes on here does not stay on here.

-Want a story for Lifeline in another language -Have a brainstorming session in IG how to have Unity in our IG.

-Think of a Power of positive workshop, what AB will do for you, what a great life with AB.

EMERGENCY MOTION: Qualification for the R8 Board: add this statement 6 At least 3 of our board member, one of which shall be the Treasurer must meet the criteria to be bonded. pro: bonded :position is protected from suing like if Ruby falls and sues, bonding insurance covers it, the R8 chair cannot get bonded because the companies will bond only US citizens. If there is no change, the chair must stand down. VOTE: PASSED 5PM

Hotel said we need to be out of this business meeting at 5 but we have 3 issues. Committee reports: TSW: How to handle children and adolescents that come to OA, Lunch and Learn, discussion, IGOR: Survey results, use IG helper, Ways & Means: expand the product line for fund raising, for Miami and WSBC, UNIVERSITY, have A&B meeting, fender, outreach for bariatric, Spanish flyer for Miami SOAR8 BYLAWS: 5 motions ready, reviewed motions, documents, etc on and on, renumber sections of P&P PIPO: want info from each IG WEB: many attending this assembly via virtual from their houses (they can't vote), JUNA almost there plan to get stuff online, need a hot spot, T-Mobile used at Miami hot spot.

DID YOU KNOW SECTION: Sam: ways we can contribute,

GREEN DOT CEREMONY: 9 NEW people called green dots are and no longer "new-green dots) .

Meeting adjourned.

I appreciate being allowed to represent our Intergroup. We had four people in our room and it was fun and easily accomplished. I got to know Sarah and Judy much better and it was a delight. The meals were really good. I was disappointed that there was no dance or much of anything after dinner on Sat night. After sitting in business meetings all day Sat I looked forward to a few recovery meetings but there were none. I think at about 10:30pm there was a game show to watch from the audience. It was entertaining but more sitting and little chance to participate. Sunday morning a whole hour of nothing to do, no meetings scheduled. Very unusual, and very disappointing, again. Yes, I complained about it all in the evaluation. Speakers were very good for me. I did not leave the hotel, the pool water was cold, there was no hot tub, enough complaining. The long, long, long ride over six hours to get there was a delight riding with Lynn and then another long ride back after staying for the closing which was just sharing from the audience. There was no Twelve Step Within Skit even though there was an hour on Sunday morning for it or Twelve Step Within demonstration table or Twelve Step Lifeline table of info even though it always has been a part of the Convention.

In service,
Donna

PTI Treasury Report for February 2017

		Beginning Balance		\$10,089.96
INCOME:		EXPENSES:		
Just for Today	\$100.00	PIPO	\$225.00	
Focus on Abstinence	\$300.00	Hol Inn FSC	\$6,751.47	
First Fellowship-Thur	\$250.00	Reg 8 Rep	\$450.00	
Nitty Gritty	\$23.85	Webmaster	\$40.00	
First Fellowship- Sat	\$250.00	Reg 8 10%	\$85.28	
Saturday Serenity	\$40.00	WSO 30%	\$255.83	
Pasco Pioneers	\$37.28			
Mile Stretch	\$50.00	TOTAL		\$7,807.58
Back to Basics	\$60.00			
Valentines WS	\$36.00	Scholarship Balance		\$771.00
Ways & Means	\$20.00			
Boutique	\$14.00	Ending Balance		\$10,288.98
PTI	\$74.00			
Holiday Inn FSC Reimbursement	\$6,751.47	Prudent Reserve		\$3,000.00
TOTAL	\$8,006.60			



WE NEED YOUR INPUT ...

There seems to be something happening here. What is it?

Over the years, there have been several workshops given all over Pinellas County by Pinellas Traditions Intergroup. I have traveled all over this area and enjoyed my recovery for many years attending these, and at one point, putting these together, for some time. It takes time and effort. Over the past year, there seems to have been a drastic decline in attendance. I don't understand what is happening. We have some fabulous recovery to share and give, right here, and as I have learned, I can't keep it, unless I give it away. Attending these workshops is keeping it and giving it away. Are there people here that are willing to share their recovery, strength and hope with others to help spread the word and keep us growing. What really scares me is all this "virtual recovery."

For me, it is another form of isolation. I don't have to face anyone or look anyone in the eye and really say how I am feeling. No one can see me when I am listening or watching a podcast. Are these things really helping or hindering my recovery? They are supposed to enhance my recovery, not take it over. I need people in my life, real people that I SEE every day, that I talk to and meet with, that I can hug. I need that. I am willing to drive, to share, to help another, to give of my time and energy and my love. Without my recovery, I would not have a life. How about you? What are YOU doing to serve YOURself, your meeting, your Intergroup? I need YOU; we need YOU. Please give me some feedback and let me know what you think and how you feel about what is happening here. Come to intergroup and share about what is going on at your meeting. Offer an idea for a workshop or a way we can help you or your meeting. Give us some suggestions on how to increase the popularity of our workshops. What are we missing? Help us help you. We are all here together as we "trudge the Road of Happy Destiny."

Love,
Joan R.
PTI Intergroup Chair

Pinellas Traditions Intergroup – Meeting Minutes for 2/17/17 - 6:30PM

CALL TO ORDER:

1. Open with the Serenity Prayer.
2. Reading of the 2nd Step, 2nd Tradition, 2nd Concept.
3. Agenda Approved.
4. This is a spiritual program so let's remember to keep principles before personalities, please.
5. Anyone new to Intergroup today. Dana. Welcome!
6. Introductions & representatives from what meeting: Joan, ,JC, Ruby,Jim,Julie,Leslie,Donna,Jason,Lynn
7. Mary T, Shirley, Chrissy, Felice, Dana, Leslee, Sarah B, Judy L, Kim P, Laurie
8. Parliamentarian-(3)pro(3)con(1)min –discussion(3)minutes: amended(2)pro(2)con(1)min-disc(3)min
9. No questions until after pros & cons.
10. Approval of Secretaries minutes – corrections made – approve.
11. Treasurer's report – any questions - move to approve Income 786.00 expenses 165.79, Dispersment Region 8 78.60 and WSO 235.80, PTI 471.60. Scholarship amount is currently 671.00. Current Balance 10,089.96. Prudent reserve is 3000.00. Treasurer report approved.
12. Vice Chair – Not present.
13. Pass the 7th Tradition.
14. Break into Committees – 10 minutes.

COMMITTEE REPORTS:

- **Ways and Means:** – Auction of scale, serenity bears, plants for sale, will supply items for PTI fundraising
- **TSW:**
 - March 3rd - 6:45 PM ... Shuffleboard, 559 Mirror Lake Dr. N, St Pete Donation
 - April 1st - 1:00-3:00 PM ... Food Plan/ Forgiveness Writing Workshop James Weldon Johnson Library, 1059 18 Ave S, St Pete
 - May or July (NOT 22nd or 29th) ... Writing Workshop, Palm Harbor
 - May 13th - Jewelry Fellowship Event, Palm Harbor
 - June 3rd - Carrying the Message ... Community United Methodist Church, 207 Buckingham Ave E Oldsmar 34677
Corner of Buckingham and St Petersburg Drive East
- **PIPO:** Mary T. and Felice (Co-Chair) ... Jason continuing public information announcements in newspapers and electronic postings. Looking for input. Will meet again before next Intergroup.
- **Bylaws:** No report.

OLD BUSINESS:

15. Question form Chair regarding the bus stop sign. Asking meetings if they found a response of people coming to meetings.
16. Emergency Motion to continue bus bench advertisements. Friendly amendment to allow PIPO committee o investigate bus bench advertisement in past and future. Motion passed.
17. Committee Chairs – Replacements needed Unity With Diversity, Tech Web open
18. Florida State Convention – next weekend – Need help on ticket taker at the meal times and participants in skit Friday Night.
19. Emblem Reminder – Due March 10, intergroup Judge April 21- wins T shirt
20. WSO Survey approved yes to all.

NEW BUSINESS:

21. Audit done February 4, completed by Mary T, Sam and Joan. Wonderful job! Thank you so much!
22. Motions for SOAR 8 – reviewed and all approved by PTI
 - a. Changing quorum from 2 Intergroups outside of state to 8 Intergroups outside of assembly state.
 - b. Change P and P assembly from March and September to March or April and October or November
 - c. Change P and P to change the order of defunding committees to make Tech Web from b to e in order as they are a higher priority
 - d. Updating voucher reimbursement P and P all reimbursements by check.
23. New places for – if a member is contributing to the place, what is the difference? Looking for more places, doing them in different areas, polled and there are people who are open to workshops in the evening. Question brought up about having a workshop or event in a community room of an association. Question to the group: Is it ok for having meetings or workshops in a community room without any contribution to the location. Poll was all in favor of using those facilities without payment and it is not a conflict with being fully self supporting.
24. Motion for PTI to pay Hotel and PTI would be reimbursed by FSC. Motion Passed
25. Motion to buy 10 newcomer packets for each meeting. Motion passed
26. FSC Registration Drawing – Cannot be used by someone who has already paid for registration. Jim L, JC, Shirley

-continued on next page-

Things to Take Back to Your Meetings:

Buy Lifeline – Meeting Lifeline Rep – does yours have one?

Please remember to support struggling meetings: Tues, 9am Rebos, 7pm Gulfport; Wed, 6:45pm Mad Bch; Wed, 7pm Terra Nova; Thurs, 10:30am Aldersgate; Sat, 9:00 Pin Park Library

Please remember to invite everyone to intergroup.

April 1st ... Food Plan/ Forgiveness Writing Workshop James Weldon Johnson Library, 1059 18 Ave S, St Pete

May or July (not 22 or 29th) Writing Workshop, Palm Harbor

May 13th ... Jewelry Fellowship Event, Palm Harbor

June 3rd ... Carrying the Message, Community

OA's Responsibility Pledge:

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

Close with the "Serenity Prayer"



AA's HEARTBEAT

"Without unity, the heart of AA would cease to beat" ...

-As Bill Sees It, page 125

"The unity of AA is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. With unity, the heart of AA would cease to beat; our world arteries would no longer carry the life-giving grace of God.

Without unity I would be unable to recover in AA on a daily basis. By practicing unity within my group, with other AA members and at all levels of this great Fellowship, I receive a pronounced feeling of knowing that I am a part of a miracle that was divinely inspired. The ability of Bill W. and Dr. Bob, working together and passing it on to other members, tell me that to give it away is to keep it. Unity is oneness and yet the whole Fellowship is for all of us."

-Daily Reflections, page 307

TAKING INVENTORY

A business which takes no regular inventory usually goes broke. Taking commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or un-saleable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

-AA Big Book, page 64

E “Vowel”uation

As I near my OA 10th anniversary, I am so grateful these Steps and tools guide my life abstinely and sanely (most of the time!).

For many years I have included a more thorough, written Tenth Step as part of my “HP time” on Sundays. I have used the vowels to process my week. For those who are unfamiliar with that method, it goes like this:

- A – Abstinence: I write about my week with food, noting deviations from my plan, behaviors I would like to change and so on.
- E-Exercise: Did I exercise this week? I exercise each day, doing some kind of movement.
- I-Self-Care: How did I take care of myself this week? Was I Abstinent? I write how I cared for my body, emotions and spirit.
- O-Others: How did I serve others or care for others? Did I make phone calls, sponsor and so on?
- U-Uncovering the Ugly: I write about behaviors I was not proud of and ask myself if I need to make amends or can do something to change. I write about uncomfortable feelings to prevent taking action on those feelings in the future.
- Y-Yahoo or Yipee: I list my gratitudes for the week

In a recent meeting, we read the current Lifeline. Our group elected to have a Lifeline meeting and discussion. Members received it well, and I recommended other groups give it a try. We focused on various writings about the action-plan tool. It occurred to us the vowel exercise might be a great tool to determine our action plans for the week, day or whatever.

Today I wrote my food plan (A), my exercise goal (B), a self-care action (I), phone calls to make (O), some character defects and other opposites (U), and how I am grateful for this program and my HP today (Y). It’s good for me to come up with a specific item in each category, if possible. I avoid listing everything I think of because then I am more a “person doing” than a “human being.”

I will continue to use this method as a template for my action plan. It give me the structure I need and more willingness to stay on track with my program. I am grateful for our tools and pleased to be able to use the tool of writing for this share.

Carol H., Columbus , Ohio
Reprinted from Lifeline Magazine, July 2102



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 ...

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!!!



Abstinence in Action “Adventure” Fellowship

April 1st	OA Workshop - Food Plan / Forgiveness Writing	Clearwater
April 20th	4th Step OA Workshop	Clearwater
May 13th	OA Fellowship - Jewelry	Palm Harbor
June 3rd	Carry the Message Workshop	Oldsmar
July 21st-23rd	Franciscan Center Retreat	Tampa
October 13th-15th	SOAR8 Assembly - “WELCOME HOME: Recovering in Paradise”	Miami

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



Upcoming Intergroup Meetings:

- April 21st
- May 19th
- June 16th
- July 14th *(Date change!)*
- August 18th

ATTENTION INTERGROUP REPRESENTATIVES!!! Your attendance at the Intergroup meeting is very important to the health and well-being of the Pinellas Traditions Intergroup. It is also an invaluable form of service. Intergroup reps have the opportunity to share information about their group, learn what other groups are doing, and make new friends. This helps us all stay connected. Please make every effort to do your part in keeping OA strong and vibrant. We meet the third Friday of every month, this year with 2 exceptions, in the Tuttle Room, at Morton Plant Hospital, Clearwater.

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.



Please consider supporting the following meetings:

Tues	-	9:00 AM	-	REBOS
Tues	-	7:00 PM	-	Back to Basics
Tues	-	7:00 PM	-	The Mile Stretch
Wed	-	6:45 PM	-	Madeira Beach Bunch
Wed	-	7:00 PM	-	You Are Not Alone
Thurs	-	10:30 AM	-	Hope
Sat	-	9:00 AM	-	Great Reality

Much Appreciated!!!

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!!!

ONE DAY AT A TIME

Upcoming Events



NO FOOLIN'!!!

**Food Plan / Forgiveness
Writing Workshop**

April 1st · 1-3 PM

James Weldon Johnson Library
1059 18 Avenue South
St. Petersburg, FL

EVERYONE IS WELCOME

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

4th Step OA Workshop

**Thursday, April 20th
5:30 - 8:00 PM**



5:30 meeting then workshop ...
Please bring a cold dinner ...

St. Cecelia's Church
820 Jasmine Way
Clearwater, FL 33756

Suggested Donation of \$6.00
No one turned away!!!

Questions: JC 813-240-8572

OA Fellowship Event Jewelry and Beading



**Saturday, May 13th, 2017
1:00-3:00 P.M.**
(10:00 A.M. meeting prior to event)

WHERE:

2021 Nebraska Ave
Palm Harbor, FL 34683

\$6.00 for Jewelry Making Supplies

Bring your lunch and beverage!!!

Contact Sarah B. (860) 796-6333 or
sjcbrown16@yahoo.com

"CARRY THE MESSAGE" OA Workshop

Saturday, June 3, 2017

1 PM – 3 PM

Community United Methodist Church
207 Buckingham Ave East
Oldsmar, FL 34677



ALL ARE WELCOME!!!

\$5.00 suggested donation

Questions? Please call (727) 480-4821



**PINELLAS TRADITIONS INTERGROUP
INVITES YOU TO THE SEVENTH ANNUAL
OA FRANCISCAN CENTER RETREAT**

"INSPIRED"

JULY 21 – 23, 2017

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

Save the Date!!! 2017 SOAR8 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

April 2017

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 ★	Central Church of Christ 1454 Belleair Rd., Clearwater <i>(NW of Belleair Rd. & Highland – entrance on Belleair)</i>	Mary (727) 595-6644
Mon	7:00 PM OA#01530	Search Out Serenity "SOS"	Leader / Discussion Jackson Street entrance	St. Anthony's Hospital, Classroom D 1200 7th Ave. N., St. Petersburg <i>(Jackson Street entrance)</i>	Cynthia (561) 254-3642
Tues	9:00 AM OA#54726	Abstinence NEEDS SUPPORT	Daily Readings Open Discussion	REBOS Center – Friendship Baptist Church 4001 74 th St. N., St. Petersburg	Ellise (239) 384-4682
Tues	7:00 PM OA#53878	Back to Basics NEEDS SUPPORT	Literature/Discussion	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Jim F. (949) 463-0837
Tues	7:00 PM OA#54697	Living In Today	Step/Lifeline/Daily Reader/ BB/Leader's Choice	Northwood Presbyterian Church – Rm #4 2875 State Road 580, Clearwater	Lee (727) 480-4821
Tues	7:00 PM OA#54346	The Mile Stretch Meeting NEEDS SUPPORT	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 NEEDS SUPPORT	Open Discussion	<i>On the beach in front of the snack shack</i> 15100 Gulf Blvd., Madeira Beach <i>(Bring a chair)</i>	Linda H. (727) 647-8280 Donna D. (727) 480-0865
Wed	7:00 PM OA#54502	You Are Not Alone NEEDS SUPPORT	12 & 12 Study	Terra Nova <i>(Small room with green door)</i> 7550 40th St. N., Pinellas Park	Cynthia (561) 254-3642
Thur	10:30 AM OA#53015	Hope NEEDS SUPPORT	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	Big Book Meeting	First Presbyterian Church 455 Scotland St., Dunedin <i>(Downtown Dunedin)</i>	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	Voices of Recovery For Today	Central Church of Christ 1454 Belleair Rd., Clearwater <i>(NW of Belleair Rd. & Highland – entrance on Belleair)</i>	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. (904) 322-1899
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Tiffany (727) 565-3136
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	9:00 AM OA#36776	Great Reality NEEDS SUPPORT	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	Oldsmar Men's Group	Men's Meeting ★	Community United Methodist Church 207 Buckingham Ave., Oldsmar	Lee (727) 480-4821
Sun	6:00 PM OA#32923	Clearwater Oasis	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) 254-4190

REVISED: April 2017