



Volume 12 - Issue 10

October 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:

October 20, 2017 at 6:30 p.m.

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

Step 10 *“Continued to take personal inventory and when we were wrong, promptly admitted it.”*

PERSEVERANCE



“Rather, we came to understand that the basis for stopping our compulsive eating behaviors – and staying stopped - is personal inner change.”

-A Plan of Eating, page 1

Change is the key word for me in the above quote. I went into the program looking for another diet club. I kept coming back because I couldn't understand how Overeaters Anonymous worked. I kept looking and listening for the solution, and finally I found it. I would have to change the way I was eating, behaving, and thinking. The changes would happen inside myself, so the outside could change. The directions for how to change were in the Twelve Steps. Somehow, I knew that if I followed the Steps, I would achieve physical, emotional, and spiritual health. I am grateful to a program of recovery that has allowed me to understand that recovery from compulsive eating is possible if I choose to change.

-Voices of Recovery, page 298

Tradition 10 *“Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.”*

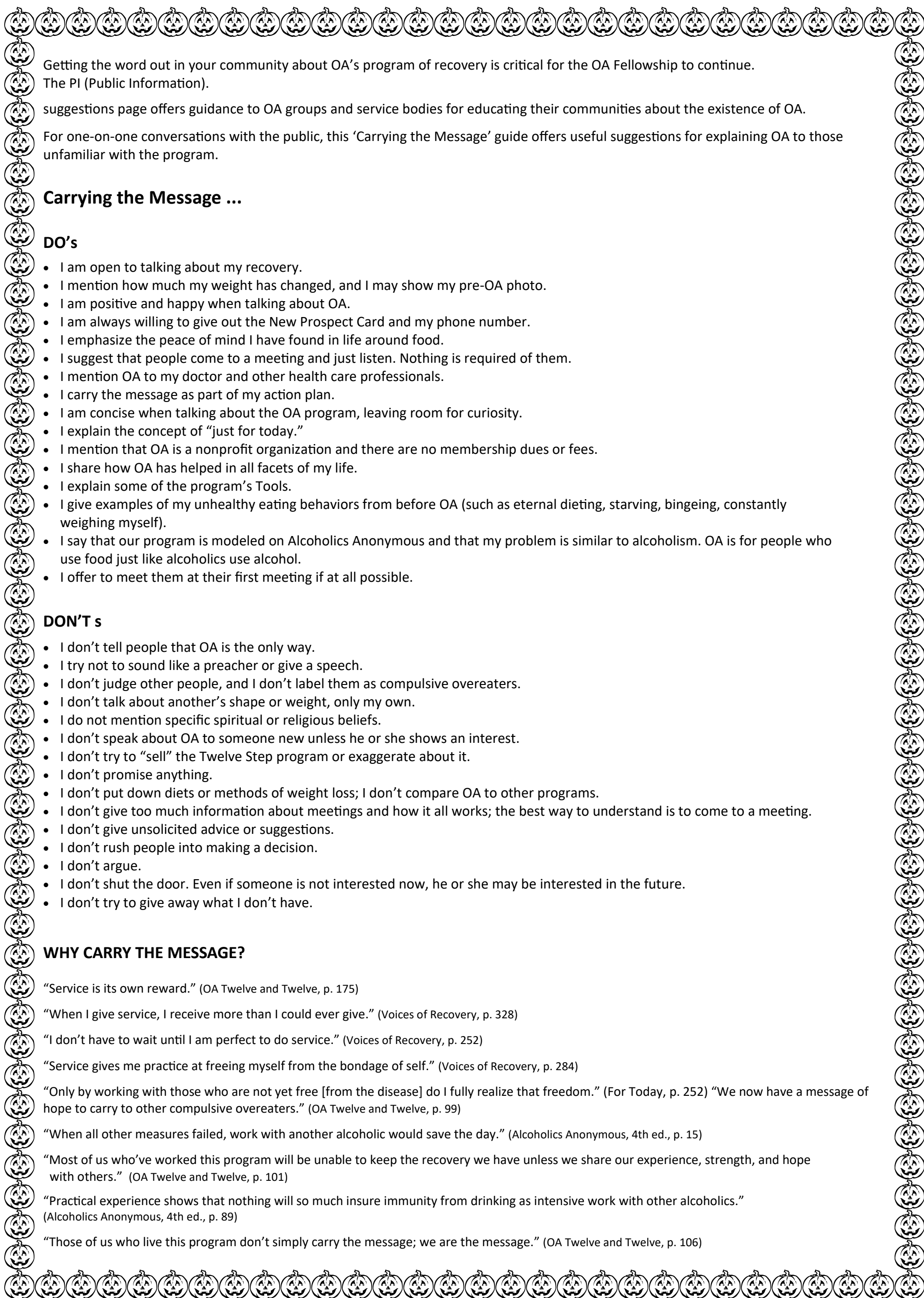


NEUTRALITY

Concept 10 *“Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.”*



CLARITY



Getting the word out in your community about OA's program of recovery is critical for the OA Fellowship to continue. The PI (Public Information).

suggestions page offers guidance to OA groups and service bodies for educating their communities about the existence of OA.

For one-on-one conversations with the public, this 'Carrying the Message' guide offers useful suggestions for explaining OA to those unfamiliar with the program.

Carrying the Message ...

DO's

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

DON'T s

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

WHY CARRY THE MESSAGE?

- "Service is its own reward." (OA Twelve and Twelve, p. 175)
- "When I give service, I receive more than I could ever give." (Voices of Recovery, p. 328)
- "I don't have to wait until I am perfect to do service." (Voices of Recovery, p. 252)
- "Service gives me practice at freeing myself from the bondage of self." (Voices of Recovery, p. 284)
- "Only by working with those who are not yet free [from the disease] do I fully realize that freedom." (For Today, p. 252) "We now have a message of hope to carry to other compulsive overeaters." (OA Twelve and Twelve, p. 99)
- "When all other measures failed, work with another alcoholic would save the day." (Alcoholics Anonymous, 4th ed., p. 15)
- "Most of us who've worked this program will be unable to keep the recovery we have unless we share our experience, strength, and hope with others." (OA Twelve and Twelve, p. 101)
- "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." (Alcoholics Anonymous, 4th ed., p. 89)
- "Those of us who live this program don't simply carry the message; we are the message." (OA Twelve and Twelve, p. 106)

Early History of Florida State Convention

In 1989, Freedom Intergroup (no longer an intergroup) was considering a bid for our Region 8 Assembly in 1990. When our representative came to us and said Orlando and Atlanta and another Florida IG was going to put in a bid for the same time, we decided not to put in for the bid.

Since we had already contacted the hotel and gotten information about room rates, food, meeting rooms, etc., we thought about starting a Florida State Convention with the object of getting together with the other 17 IGs for more unity and communication between us. One of the things that we wanted to do was get together for a calendar of upcoming events so that we could support each other at Marathons, Retreats, etc. We also wanted to have a support system where, if one area was having problems, another area could share their experience and strength with a similar problem and explain how they solved it. Public information and member retention was another topic that we hoped to address with the other Intergroups. These were things that we thought could be done in meetings at the State convention, as Region does for the Southeast USA.

In 1990, we sent letters to all of the Florida IGs and asked if they were interested in a Florida State Convention. Would they prefer September or January since both times were not season times in our area? We received a few positive replies and set the date with the hotel. A second letter was sent to ask for participation.

The very first Florida State Convention was held at the New Port Richey Sheraton Hotel, January 25-27, 1991. The title was "Florida State Convention for Fun and Unity." We had 80 people with representation from nine intergroups. On Saturday morning, while the workshops were in session, the intergroup reps met from 9:00 am to noon to share ideas, goals, etc. There was great interest in a state convention. It was a very good beginning.

In the middle of 1991, Freedom Intergroup decided to host the second State Convention. We wanted to have it at the beach to draw more attendees, so we hosted the second annual Florida State Convention January 21-February 2, 1992, entitled "Steps in the Sand," at the Sea Stone Resort on Clearwater Beach. About 120 attended. We had seven intergroups represented. The group conscious was to have the State Convention yearly and to hold it as a true state Convention, where as many intergroups that wanted to participate could be a part of bringing unity to carry the message of recovery in our state.

Sometime in the spring of 1992, Freedom Intergroup contacted someone in the Sebring area to ask if their intergroup/meeting could host a planning meeting for the Florida State Convention. The area was chosen as it was the approximate center of all participating intergroups (approximate same driving time for all intergroups interested in being a part of the convention at that time). The Sebring group found a meeting place and hosted our first planning meeting.

At the March Region Assembly, our Freedom IG Reps spoke to someone from Tennessee who helped us with the beginning planning stages of our convention. She was a great help by sharing how Tennessee did their state convention. She shared about how they centralized the hotel, made the service jobs with each intergroup/group having the various responsibilities, and meeting periodically to compare notes and see that all was being done. She spent a couple of hours answering our questions and encouraging us to go for it. We will always be grateful to her.

While awaiting planes at the airport, our reps shared our excitement and ideas with a former Region Board member from Florida, and she was very interested and came to our first planning meeting in Sebring. She was asked to chair the planning meeting because of her experience in the Region. She was a great asset to us and remained Chairman for two years.

At the planning meeting in Sebring, we figured out what jobs needed to be done and found a hotel in Sebring to host the 1993 Convention. Each intergroup took a job:

- Boutique
- Entertainment/decorations
- Hospitality Room
- Hotel Liaison
- Huggers/Greeters
- Program/Speakers
- Public Information
- Registration/Treasurer

We then were a TRUE State Convention with a purpose to promote unity, fellowship, and recovery among Florida's intergroups and OA members. After a few successful years, some OA members from Atlanta came to a convention in Cocoa Beach (1999) to see how we ran our state convention. They were eager to start a Georgia State Convention. We were able to share what we had learned from Tennessee and our own experience. How wonderful to be a part of the caring, sharing, and giving of experience, strength and hope and to be able to carry the message of recovery. "Together We Can."

B.C.

Please join us in Tampa for the next great Florida State Convention next February 23rd - 25th, 2018

“Gifts of Step Ten”

When “Lifeline” asked which step has had the most impact on my relationship with my family, I wanted to say “all of them.” Countless examples of how the steps have made my family life happier swirl in my head. Since the question asked me to pick one, Step Ten stands out: “Continued to take personal inventory and when we were wrong, promptly admitted it.” In fact, Step Ten is good for love and romance.

By the time I met my husband 18 years ago, I had already worked the Twelve Steps because I had joined OA several years before. But as we got to know each other and decided to spend our lives together, I learned that without my continued work in a Twelve-Step recovery program, living with me would be quite a challenge.

Daily action on Step Ten – in written form, mental spot-check or both – cultivates serenity and happiness. Such an inventory clears present anxieties and resentments. It examines the attitudes and actions that allow me to discover selfishness and other character defects. I let go of these defects through prayer: writing to my Higher Power or saying prayers like the Third, Seventh and Eleventh Step prayers printed in my Tenth-Step journal.

When I let go of these resentments, expectations and fears, my serenity level rises as the Big Book promises (“Alcoholics Anonymous”, 4th edition, p. 420). Step Ten is one of the most romantic actions I can take. It is much easier to love my husband from a position of serenity and acceptance. We are happier as a couple, day by day, because of the Tenth Step. While flowers and a teddy bear are sweet gifts we give each other on occasion, no gift beats the love of a daily Tenth Step.

Mike B., Baltimore, MD
-Lifeline, November 2011

Tell your doctors about OA with the help of a downloadable wallet card and workshop at oa.org.

Many health care providers have never heard of OA, yet they often have compulsive eaters as their patients. This gives us a unique service opportunity because every time we visit our health care providers, we are the message. Health care providers can see our recovery. If we share about OA's role in our recovery, then our providers will be more likely to mention OA to other people they care for. Bring a copy of this newsletter.

Now we have two new resources available to help us carry the message. “What to Remember When You See Your Doctor or Other Health Care Professional” is available to download both as a wallet card and as a workshop. Download these new resources today to share with your group. Together we can help carry the message to health care providers and still-suffering compulsive eaters in our communities.

(Online source: www.oaspacecoast.org)

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 ...



Fully Rely On God

Abstinence in Action "Adventure" Fellowship

October 13th-15th	SOAR8 Assembly - "WELCOME HOME: Recovering in Paradise"	Miami
October 27th	Halloween Party	TBA
October 28th	Big Book Workshop	TBA
November 4th	Journaling Journey	New Port Richey
November 11th	2nd Annual Garden Workshop	Clearwater
December 9th	Release of Character Defects	Seminole
February 23rd-25th	Florida State Convention	Tampa

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



PINELLAS MEETINGS – WE NEED YOU!!! - IS YOUR MEETING REPRESENTED???

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. Please join us!!!

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!

Responsibility Pledge:

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



**Persist
Until
Something
Happens**

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!!!

I put my hand
in yours, and
together we can
do what we
could never do
alone.

Upcoming Events



Miami-Dade and the Keys Intergroup of Overeaters Anonymous presents

SOAR 8 Recovery Convention and Business Assembly



October 13th - 15th, 2017
Miami Airport Marriott
1201 Lejeune Road (42nd Ave)
Miami, FL 33126

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



When: Saturday, October 28, 2017
From 1pm to 3:30pm

Where: Central Church of Christ
1454 Belleair Rd Clearwater, FL 33756

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 contact Cora at 813-956-4642 or email clintloc@tampabay.rr.com**

Journaling Journey

November 4, 2107
1:00-3:00 P.M.



Yoga for the mind!!!

Win A Door Prize!!!

\$6 ~ Please join us at ~

5615 Saren Drive, New Port Richey

Call Jeanne (727) 494-7994

Here We Grow Again

Save the date: November 11, 2017
Second Annual Garden Workshop

Featuring abstinent lunch, * provided, OA Fellowship, delightful parting gifts.

RSVP: Judy Schraeder, 727-442-9234

Where: 1338 Woodcrest Ave., Clearwater

When: 12:00 p.m. until it's time to wash our hands

What: Bring your green or brown thumbs to force Amaryllis bulbs for holiday gifts or decorating Soil, Pots, Bulbs all provided ...

Donation: \$8.00; No one turned away!

* Lunch Menu:

Turkey breast, rice, steamed broccoli, butternut squash, fruit and cheese, coffee, assorted teas, and bottled water.

*Please bring your own food if you wish.

Release of Character Defects



December 9, 2017
1:00 -3:00 PM



Please bring your 12&12 and an old CD to decorate



Aldersgate Methodist Church
9510 Starkey Rd.
Seminole, FL

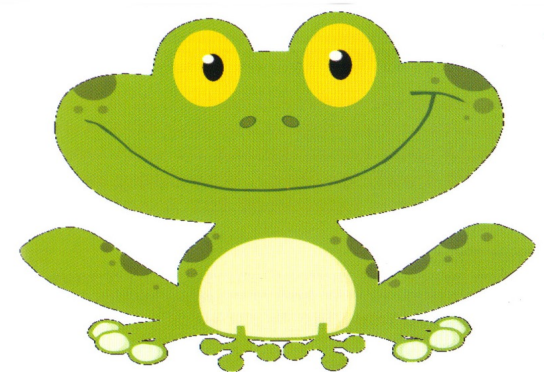
(Back of church near the office)

For more information, please contact Lynn (901) 830-1092



28th Annual Florida State Convention of Overeaters Anonymous

“Together We Can... Fully Rely on God* (FROG)”
(*of our own understanding)



Feb 23-25, 2018

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

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

PTI FALL FELLOWSHIP EVENT 2017



HALLOWEEN COSTUME PARTY



FRIDAY OCTOBER 27th @ 7:00 PM

NORTHWOOD PRESBYTERIAN CHURCH

2875 STATE ROAD 580 Rm #4

CLEARWATER, FL

CONTACT: SARAH B. 860-796-6333

SUGGESTED DONATION \$6.00



Come in costume or else !



PINELLAS COUNTY MEETING LIST

October 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 Mardie (727) 501-3949
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	6:45 AM #56126	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
Tues	9:00 AM OA#54726	Abstinence NEEDS SUPPORT	Daily Readings Open Discussion	REBOS Center - Friendship Baptist Church 4001 74th St. N., St. Petersburg	Ellise (239) 384-4682 Harland (727) 667-4743
Tues	6:30 PM #Pending	STARTS 9/12/17 **	Dependents/Caretakers Children welcome!	Morton Plant Hospital 300 Pinellas Street (1st floor across from café) Tuttle D Auditorium, Clearwater	Crystal (813) 426-2201
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 Judy (727) 457-3976
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	Cora (813) 956-4642
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 ** New Time: 12:30 PM Beginning on July 1st!	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 Meetings (OA members only) ^^Children welcome

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: September 2017