



January 2018

Volume 13, Issue 1

Happy New Year

Service to Others

When I came to OA I didn't understand what surrender meant. Over the years I have come to learn that it is truly about letting go of trying to control life.

Step one is only the first surrender and although letting go of the food was incredibly hard for me and took years, and there were many more surrenders to follow.

And step two I began a deeper surrender of trying to be in charge of my life, thinking I was responsible for the world, and a surrender to trusting a higher power.

Step three represents surrender that I take once in a decision and commitment, but then, again and again, the route every day of my life. I surrender to doing the next right thing following the principles of the steps, traditions, and concepts and letting the results be given to God.

Step four I surrendered who I thought it was to learn who I really am without filters. It was a painful awakening but I'm totally worth the effort.

Step five I surrendered my isolation from the human race and shared my truth with another fellow.

In step six I surrender my old ways of thinking and the cleaning to character defects which I thought protecting me.

Step seven I now surrender his character defects to a loving higher power and asked him to take them away completely.

The principle behind step eight is forgiveness. This is where I really let go of my resentments towards others, towards God and towards myself.

Step nine I surrender my ego, pride and fear of my past mistakes. I surrender to my fellow human beings and offer the amends they are due.

Step ten is a daily surrender of my faults, insecurities, fears, and self-centeredness. It is a surrender that I must live this way of life every day with spiritual maintenance in order to receive a daily reprieve.

Step eleven I surrender my time and my ego to prayer meditation seeking conscious contact with a living higher power each day and all throughout the day.

Step twelve I surrender my will in order to make affirmative action and follow the principles of steps, traditions, and concepts in all of my affairs.

Ultimately, I surrender my time, energy, attention, and self-centeredness to be of service to others.

-JC

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The opinions expressed in this newsletter reflect those of the writer and do not represent OA as a whole. Serve your group by sharing your experience, strength and hope in the newsletter. Please submit your article by the **15th** day of the previous month for publication in the next month's newsletter.

Please send to: newsletter@oapinellas.org

Step 1

We admitted we were powerless over food – that our lives had become unmanageable.

The process of changing a life-style is more important than reaching a goal or measuring a performance.

-Thomas Isaac Rubin

There are many fundamental differences between diet clubs and Overeaters Anonymous. But perhaps the major difference is that in OA preoccupation with diet and weight loss is replaced by the vastly more interesting, satisfying and rewarding process of changing ourselves from the inside.

We begin this process with step one; surrender. For some of us this is impossible at the outset, so we do what we know has worked for others. We go to meetings, we make an effort to express our feelings openly, and we act as if the power to change, to abstain from compulsive overeating is already ours.

For Today: I reject the idea that I can deal with compulsive overeating with diets, scales and weight charts. I do not have to measure my progress in this program.

-For Today, page 8

"I am going to know a new freedom and a new happiness."

Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.

"... I finally understood that fighting the problem of compulsive overeating would never in this life relieve me of it."

-For Today, page 96

I couldn't understand it! After maintaining a 100-pound weight loss for over two years, I relapsed and continued to relapse for the next seven years. After every regained abstinence, I'd share in meetings that I'd surrendered. Surrender, to me, meant "hitting bottom," praying desperately for help, then trying something different – food plan, sponsor, meetings – ALL external changes.

Today I know that this was not surrendering. I simply did what I needed to do to recover until I was no longer so desperate. A part of me always believed that someday I'd be able to eat normally. I still fought my food problem and other things in my life. Since I stopped fighting my Higher Power's will, one day at a time, I've not relapsed. My life has become more than "manageable." It has become more fulfilling than I could have ever imagined.

Someone once told me, "Life before surrender is a boxing match; after surrender it's surfing." Today, I'm gracefully and joyfully surfing.

-Voices of Recovery, page 186

PINELLAS MEETINGS - WE NEED YOU!!!!

IS YOUR GROUP REPRESENTED?

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. Please join us!

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



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 send a contribution using a secure site via PTI's PayPal page.

Please click the PayPal button below or you may visit our website at oapinellas.org/donations.html to send in a donation today.

Your donation is appreciated!!!



MEETING CHANGES

The Pinellas Park (Library) Saturday 9AM meeting is moving on January 6th.

NEW LOCATION:

St. Giles Episcopal Church
8271 52nd St. N.
Pinellas Park, FL 33781

Beginning January 20th, the Saturday morning Palm Harbor meeting on Nebraska Avenue will have a Big Book Study following the morning meeting at 11:15 AM every third Saturday of the month.

Concept 1

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

Guidelines for Membership Retention

Our responsibility pledge states: "Always to extend the hand and heart of OA to all who share my compulsion: for this I am responsible." Where are the people who were at your first meeting? How many of them are still coming to OA? There are many things that each of us and our groups can do to keep people coming back. In an effort to extend the hand and heart to those who share our compulsion, the following are some suggested Membership Retention Dos and Don'ts.

DO ...

- study The Twelve Steps and Twelve Traditions of Overeaters Anonymous. The Steps and Traditions will strengthen our recovery and keep us living.
- focus on the miracle of physical, emotional and spiritual recovery.
- remember that anonymity is the spiritual foundation of our program.
- understand that there are no special requirements for members to share. The only requirement for members is a desire to stop eating compulsively.
- make it a point to warmly welcome back members who are attending meetings again. In fact, reach out to everyone at meetings with love.
- participate in group inventories; use the "Group Inventory Checklist" of the Twelfth-Step-Within Handbook.
- send strong speakers to meetings in areas where the attendance is declining or there is a lack of abstinence. make tapes of successful speakers from OA events and distribute them at meetings.
- make meetings and special events fun!
- keep a good supply of OA-approved literature. Keep a Lifeline lending library for members to share.
- focus on "OA Spoken Here!"
- encourage and support Step-Study Meetings.
- welcome newcomers to your meetings. And, have volunteers telephone newcomers to answer any questions they may have.
- hold newcomers' meetings at least once per week.
- start and support a Relapse & Recovery Meeting, based on the format in the Twelfth-Step-Within Handbook.
- have a regular Steering Committee Meeting.
- have the intergroup sponsor a Service and Traditions Workshop
- encourage your intergroup to regularly distribute a newsletter to keep all groups informed about what's going on in the area.
- start and end your regular group meetings on time. Meet on holidays, too!
- have volunteers telephone members who haven't been at the meeting for a while. Build a network of support.
- create a phone chain for the entire group, especially during the holidays; put all the members' names in a hat and have each person draw one name to call.
- provide service opportunities at the group level which have no abstinence requirement, so everyone can benefit from doing service! rotate service positions, no matter what.
- list all meetings in both large and small local newspapers.
- encourage members to post information cards about meetings in their grocery stores, libraries, etc.
- share that sponsoring and doing service are a rewarding and exciting way to benefit your recovery. Get a sponsor; be a sponsor; stand up and be counted.
- hold sponsorship workshops so members aren't afraid to sponsor.
- stick to the Twelve Steps, Twelve Traditions, OA tools and approved literature when sponsoring.
- share about your progress in working and living the Steps. When sharing your experience, share your strength and hope.
- be an example of recovery. This is a program of attraction, not promotion.
- encourage people in their recovery; support and encourage those who don't "get it" right away.

DO KEEP COMING BACK, NO MATTER WHAT!

DON'T ...

- forget that our common solution is the Twelve Steps & Twelve Traditions of OA.
- forget to emphasize abstinence from the beginning, making sure that members know that it is NOT OKAY to binge.
- be afraid to speak your truth at any level.
- judge another's recovery or relapse.
- be afraid of new ideas or changes.
- "preach" or try to sell the program.
- hesitate to ask people to do service.
- overload yourself with service work; avoid burnout.
- give advice, but share your experience.
- cross talk during meetings.
- form cliques and ignore others around you.
- put personalities before principles.
- allow one person to continually lead or run the meeting.
- allow anyone to monopolize or dump at a meeting.
- be too serious, rigid or authoritative.
- ignore a member's weight gain/loss.
- discuss outside issues; stick to our primary purpose.
- participate in gossip.
- break another person's anonymity.
- forget that whatever is said in your meetings stays in your meetings.
- let meetings become social gatherings that lack program focus.
- use outside literature, because it implies endorsement of outside enterprises.
- be afraid to help a group member in trouble; remember -- relapse is not contagious, recovery is!
- participate in power struggles or personality clashes.

MOST OF ALL ...

**Don't leave before
the miracle happens!**



Dear All,

I have realized that it is time for me to move on from PTI chair and gladly pass this on to JC, who will do an amazing job. I want to deeply thank all those dedicated members that have been attending while I have been serving as chair, you guys are great and please keep coming. I will be back!

There are amazing opportunities for service here in your Intergroup. Did you know that every group can have two voting representatives? There are many positions available. There are no abstinence requirements for an Intergroup rep (*check if your meeting has a requirement*). What does it involve? Coming to Intergroup once a month, listening, discussing and voting on PTI business, and bringing information back to your group. Intergroup meets the third Friday of the month at Morton Plant Hospital in Clearwater from 6:30-8:00PM.

My personal experience with service has been a tremendous importance to my recovery. It has helped me to learn how to work with others, given me a voice, I've learned to say no, and how to say yes. I have grown in confidence and deal with situations in dignity and maturity by practicing pause and prayer.

Giving service is a constant gift and the foundation of the 12th step. Remember, you are not alone. There are people who are willing to mentor newcomers. Did you know Region 8 Intergroup Outreach Committee has used the PTI Intergroup as a positive example for other Intergroups? Come be a part of something wonderful. We have the Vice Chair position available, along with committee chair positions. More information is available on our website: www.oapinellas.org

This disease is harming and shortening the lives of so many people. Service is a cornerstone of recovery. Think of all the effort your disease took and what you do for your recovery. Are you doing the same effort for recovery? How about writing an article for the monthly newsletter? Please think of the support you can give to help others. Remember, you can't keep it if you don't give it away!

In love and service,
Joan R.

What's New in 2018:

PTI will be posting the monthly meeting minutes and the treasurer's reports on their web site: oapinellas.org

Currently, the site is being upgraded into a new content management system so look for a fresh new look and changes to be implemented soon!!!

TIME
for
Change

Upcoming Events

OA Workshop



Saturday, January 6th
12:30 PM – 2:00 PM

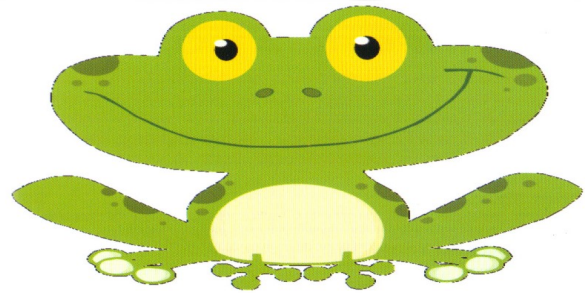
First Lutheran Church Nursery Road
Clearwater, FL

ALL are welcome!!!
\$6.00 suggested donation

Got Questions???
Call (813) 240-8572

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)

Looking for PTI Members to share their Experience, Strength and Hope...

PTI is looking for newsletter entries on the topic of “Hope” for the month of February. The deadline is January 25th. Apologies for the short notice but some folks actually write better under pressure. 😊

Also, the topic for March is “Faith” that must be submitted by February 15th. 😊

Save the dates and please consider on sharing your experience, strength and hope in our monthly newsletter. If you’re not sure of what to share on the monthly topic, please feel free to send in an article of any “recovery” topic that inspires you. 😊

Please, please, please consider sharing your written thoughts. We all have them ... this is a thinking disease! 😊

PTI is also looking for a new newsletter editor. If you’re interested, please email Joan: newsletter@oapinellas.org 😊

PINELLAS COUNTY MEETING LIST

January 2018

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 T. (727) 593-4758 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	7:00 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	10:00 AM OA#54726	Abstinence NEEDS SUPPORT	Daily Readings Open Discussion	REBOS Center MOVED – New Location: 5639 54 th Ave. N., Kenneth City	Donna D. (727) 480-0865
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 L. (727) 457-1053 Jeanne A. (727) 494-7994
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	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	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 Pending	NEW Meeting <i>Starts 1/5/18</i>	Big Book / 12 & 12	Northwood Presbyterian Church 2875 State Road 580, Clearwater	Sarah B. (860) 796-6333
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	NEW TIME 7:00 AM OA#36776	Great Reality NEEDS SUPPORT	Beginners	NEW LOCATION: As of 1/6/18 St. Giles Episcopal Church 8271 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	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Betty N. (727) 505-4562
Sat	12:30 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 Days)	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	Judy C. (201) 259-3924

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