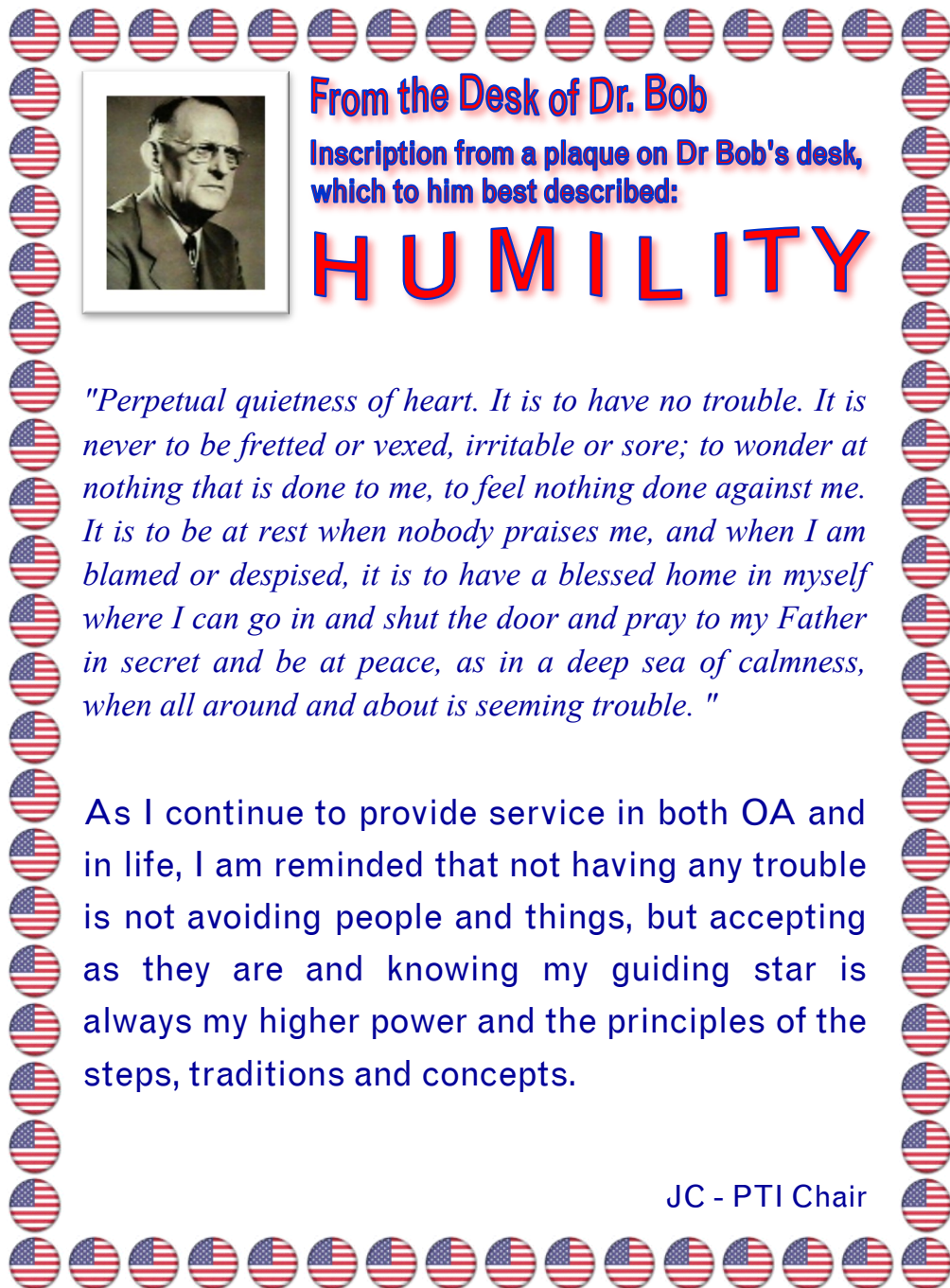




July 2018

Volume 13, Issue 7



From the Desk of Dr. Bob

Inscription from a plaque on Dr Bob's desk, which to him best described:

HUMILITY

"Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and pray to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble. "

As I continue to provide service in both OA and in life, I am reminded that not having any trouble is not avoiding people and things, but accepting as they are and knowing my guiding star is always my higher power and the principles of the steps, traditions and concepts.

JC - PTI Chair

OUR TRUSTED SERVANTS

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NEXT PTI MEETING:

Friday, July 20th - 6:30 PM

**Overeaters Anonymous
Pinellas Traditions Intergroup
P.O. Box 16582
Clearwater, FL 33766
www.oapinellas.org**

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 22nd day of the previous month for publication in the next month's newsletter.

Please send to: newsletter@oapinellas.org

Step 7

Humbly asked Him to remove our shortcomings.



Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions.

Concept 7

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the WSBC are accorded to it by Tradition and by OA Bylaws, Subpart B.

Humility ... a modest or low view of one's own importance; humbleness.

"Those of us who live this program don't simply carry the message, we are the message. Each day that we live well, we are well, and we embody the joy of recovery which attracts others who want what we've found in OA. We're always happy to share our secret; the Twelve steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time."

-Overeaters Anonymous Twelve & Twelve, page 106

I have often told fellow OA members that if you really want to know how I work my program, you will have to follow me around for at least one day. Deception comes easily to this compulsive overeater. Through sheer force of my self-will run riot, I can appear to be working the perfect OA program. But to be the message, as this passage states, takes a commitment to working our Twelve Steps, to be abstinent, and most important, to sharing my successes, as well as my failures, with others. This commitment is one I must make continually, to live well and be well, one day at a time, with God's help.

-Voices of Recovery, page 131

Primer from the Gardening/Spiritual Growth Workshop

1. How does our belief in a power greater than ourselves grow?

... **grow we** had to begin somewhere. BB *We Agnostics*, p.47

That was growth, but if we wished to **grow** we had to begin somewhere.

When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him. Afterward, we found ourselves accepting many things which then seemed entirely out of reach. That was growth, but if we wished to grow we had to begin somewhere. So we used our own conception, however limited it was.

We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

That was great news to us, for we had assumed we could not make use of spiritual principles unless we accepted many things on faith which seemed difficult to believe. When people presented us with spiritual approaches, how frequently did we all say, "I wish I had what that man has. I'm sure it would work if I could only believe as he believes. But I cannot accept as surely true the many articles of faith which are so plain to him." So it was comforting to learn that we could commence at a simpler level.

... **grow into** it more slowly. BB *We Agnostics*, p.57

Some of us **grow** into it more slowly.

Save for a few brief moments of temptation the thought of drink has never returned; and at such times a great revulsion has risen up in him. Seemingly he could not drink even if he would. God had restored his sanity.

What is this but a miracle of healing? Yet its elements are simple. Circumstances made him willing to believe. He humbly offered himself to his Maker - then he knew.

Even so has God restored us all to our right minds. To this man, the revelation was sudden. Some of us grow into it more slowly. But He has come to all who have honestly sought Him.

When we drew near to Him He disclosed Himself to us!

2. How has my spiritual life grown? What actions specifically have help it to grow?

grow along spiritual lines. BB *How It Works*, p.60

The point is, that we are willing to **grow along spiritual lines**.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

-continued on page 4-

3. Have I completed all 12 steps? Have I completed the steps more than once? How has spiritual growth relate to the spiritual awakening?

... **grow toward it.** BB *How It Works*, p.69

Whatever our ideal turns out to be, we must be willing to **grow toward** it.

We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it.

In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test - was it selfish or not? We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed.

Whatever our ideal turns out to be, we must be willing to grow toward it. We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.

4. How has my sexual/relationship life grown? We can apply this principle to all areas of life. What are some examples where I am or would like to be willing to grow towards my spiritual ideal?

... **grow in** understanding and effectiveness. BB *Into Action*, p.84

Our next function is to **grow** in understanding and effectiveness.

This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

5. Am I completing a daily 10th step? How has it helped me to grow spiritually? What does it mean to grow in understanding and effectiveness?

... **grow up** about you, to have a ... BB *Working With Others*, p.89

To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship**grow up** about you, to have a host of friends -- this is an experience you must not miss.

- continued on page 5 -

WORKING WITH OTHERS

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

6. Do I sponsor? Do I make frequent contact with newcomers? Do I engage in fellowship with my fellows?

- **grow by** our willingness to face and ... BB *The Family Afterward*, p.124

We **grow** by our [willingness](#) to [face](#) and [rectify errors](#) and [convert](#) them into [assets](#).

Now and then the family will be plagued by spectres from the past, for the drinking career of almost every alcoholic has been marked by escapades, funny, humiliating, shameful or tragic. The first impulse will be to bury these skeletons in a dark closet and padlock the door. The family may be possessed by the idea that future happiness can be based only upon forgetfulness of the past. We think that such a view is self-centered and in direct conflict with the new way of living.

Henry Ford once made a wise remark to the effect that experience is the thing of supreme value in life. That is true only if one is willing to turn the past to good account. We grow by our willingness to face and rectify errors and convert them into assets. The alcoholic's past thus becomes the principal asset of the family and frequently it is almost the only one!

7. Have I learned how to face the past without regret? Am I practicing a program that faces reality? grow. BB *A Vision For You*, p.162

[Thus](#) we **grow**.

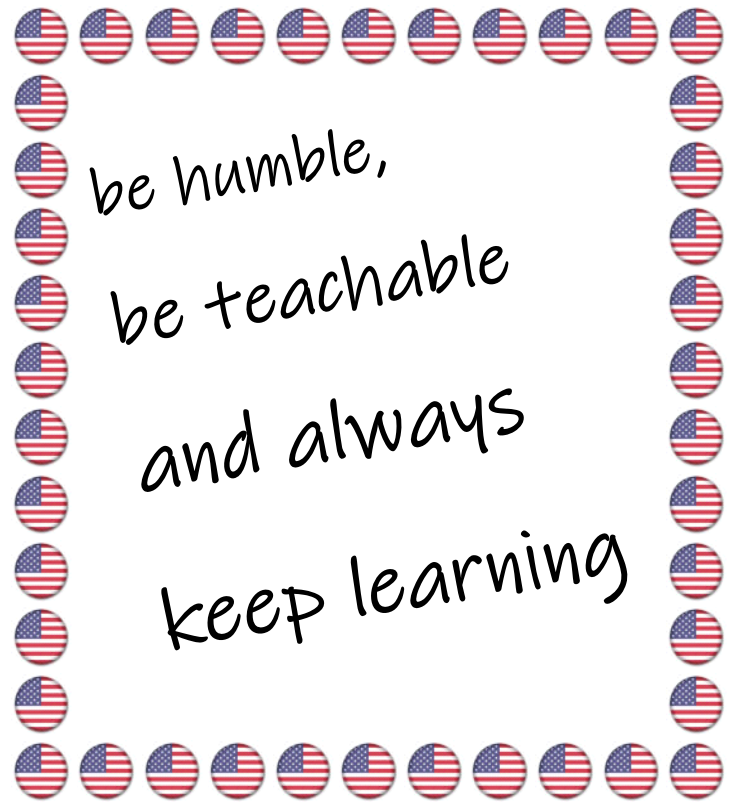
Some day we hope that every alcoholic who journeys will find a Fellowship of Alcoholics Anonymous at his destination. To some extent this is already true. Some of us are salesmen and go about. Little clusters of twos and threes and fives of us have sprung up in other communities, through contact with our two larger centers. Those of us who travel drop in as often as we can. This practice enables us to lend a hand, at the same time avoiding certain alluring distractions of the road, about which any traveling man can inform you.

Thus we grow.

8. Are my daily actions helping OA to grow? How can I help OA grow?

GOD'S PLANS WILL
ALWAYS BE
GREATER AND
MORE BEAUTIFUL
THAN ALL YOUR
DISAPPOINTMENTS.

JONATHAN CAIN MUSIC



be humble,
be teachable
and always
keep learning

Please refer to our online
website at oapinellas.org
for the latest available
PTI meeting minutes and
treasurer's reports.

Responsibility Pledge

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

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

PTI is looking for newsletter entries on the topic of "Self-Discipline" for the month of August. The deadline is July 22nd.

Also, the topic for September is "Love" that must be submitted by August 22nd.

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. A new editor would be a great idea, too. Time for a change!

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

Upcoming Events

Abstinence in Action "Adventure" Fellowship



PINELLAS TRADITIONS INTERGROUP

Invites you to the "8th Annual"

OA FRANCISCAN CENTER RETREAT

"Growing In Recovery"

July 27th - 29th

[Click here](https://oapinellas.org) for flyer or visit <https://oapinellas.org>

Technology Event

Saturday, August 4, 2018

Problems with your laptop, tablet, or phone?
We're here to help you. Bring your lunch if you like.
Water will be provided.

Time: 12:00PM—3:00PM

Place: 806 Robin Ave., Palm Harbor, FL

Contacts: Joan R. (727) 785-9208
Linda Mc. (727) 804-4610

Cost: \$6.00



Please join us and bring a friend who needs help.



Sponsor Sponsee Soiree

Speaker and Fellowship Event

Bring sponsees, friends and family to an OA recovery/fellowship event

Cypress Point Park
5620 W Cypress Street
Tampa, FL

Saturday, August 18, 2018
1-5 PM Shelters 2 and 3
Okay to bring food

Speaker at 2 PM - panel to follow

Volleyball, beach and playground nearby ...
Family can keep playing as we take time to recover

Mini-boutique, baskets, sponsee-sponsor activities, crafts, come add to
Suggested Donation \$6 or more for PTI and Suncoast to carry message
Family and friends are encouraged to come!

Call JC (813) 240-8572 or Tara (412)260-8859 for more info



(Looking for helpers, please call to give service)

ALL upcoming events may be found on our PTI website ... <https://oapinellas.org/calendar>



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!!!



PINELLAS COUNTY MEETING LIST

July 2018

DAY	TIME	MEETING NAME	MEETING TYPE / NOTES	LOCATION	CONTACT
Mon	10:15 AM OA#46182	Just For Today ^^	Big Book / 12 & 12	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	10:00 AM OA#54726	Abstinence NEEDS SUPPORT	Daily Readings Open Discussion	REBOS Center 5639 54th 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	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
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>	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 Mary T. (727) 593-4758
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	12:00 PM OA#52863	Message Carriers	Open Discussion	Metro Center 3251 Third Ave. N., St. Petersburg <i>NEW entrance on west side of building (closest to 34th Street)</i>	Ellen L. (727) 381-8043
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Cora L. (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	JC D. (813) 240-8572
Sat	7:00 AM OA#36776	Great Reality NEEDS SUPPORT	Beginners	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 Book	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

REVISED: June 2018