



May 2018

Volume 13, Issue 5

“Indeed, admitting the exact nature of our wrongs to another human-being has been a frightening prospect for most of us...”

- OA 12 & 12, pages 47-48

Fear that people would know the real me kept me from divulging the real me. Why risk rejection? The irony is that, in wanting to avoid rejection, I isolated myself, which put me in the same solitary, lonely position that rejection from other people would cause. But I guess it's always different if I choose it for myself. I told myself it hurt less this way, by isolating, than by having people reject me. Then came my first Fifth-Step experience, and innumerable others since then, when I allowed people to know the real me, and they did not reject me. So I had been living in my self-imposed isolation all along when, in reality, people would not have isolated me. This is one more example of my tendency to do more harm to myself than other people would do to me. And it's a perfect example of the way this loving program releases me from self-defeating behavior.

- Voices of Recovery, page 314

OUR TRUSTED SERVANTS

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NEXT PTI MEETING:

Friday, May 11th - 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 **15th** day of the previous month for publication in the next month's newsletter.

Please send to: newsletter@oapinellas.org

“Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God Bless you and keep you – until then.”

-AA Big Book, page164

Step 5

Admitted to God, to ourselves, and to another person the exact nature of our wrongs.

Integrity



Doing what is right even when it is difficult.

Integrity *Soundness/ wholeness/ strength/ honor/ honesty/ stability/ steady and firm following of a strict moral or ethical code ...*

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

PTI is looking for newsletter entries on the topic of “Willingness” for the month of June. The deadline is May 15th.

Also, the topic for July is “Humility” that must be submitted by June 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 are interested, please email Joan: newsletter@oapinellas.org

Tradition 5

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

“What is the most loving thing you can do for yourself today?” MZ

Perfectly Imperfect

If you're anything like me, you spend a fair bit of time thinking about how your body could be better. What needs to change? What is imperfect? So, I began to wonder, "What if we started balancing those critical, unconscious thoughts with grateful, conscious thoughts?"

My arms are flabby. They jiggle and wiggle and move in ways I don't like; I think it's ugly. The stretch marks are obvious. But my arms give good hugs. My arms can carry furniture, make (many) abstinent salads and write "Lifeline" stories.

My thighs are lumpy. No matter how thin I've been, even at three years old, I've had a lump of fat at the top of each inner thigh, and that lump isn't going anywhere. My thighs aren't symmetrical and commercials won't feature them anytime soon. But my thighs have never failed to carry my body around. They can hold a child when crossed on the floor, cradle my lover's hand and provide a folded foundation for prayer.

My belly is goopy and saggy. As a teen I grabbed a handful of skin and fat and thought about cutting it off. The thought still crosses my mind as I watch the loose skin spill over my lap every time I sit on the toilet. But my belly connects my legs and torso and helps me stand tall. My belly sends me messages (via knots, butterflies and the like) that I could not understand prior to recovery.

I could go on and on, as I'm sure we all could. Maybe that's a good idea! Be honest. I don't have a perfect body, but this imperfect body takes fine care of others and me. For this I am grateful.

Amy B, Beaver, PA
-Lifeline, May 2012



How To Be An "Online" Sponsor:

We have many newcomers and members who are unable to get a sponsor. Whether they live in a remote area or in other regions, it is our responsibility to carry the message of hope to all who want to hear it. SOAR8 has a program to match available sponsors to individuals who need sponsors. This is an opportunity to share your experience, strength, and hope. We can't keep it if we don't give it away. This is one of the cornerstones of our program; to actively work the 12 steps of recovery with a sponsor. If you are available and would like to sponsor someone via email and/or telephone, please complete the form on the SOAR8 web site:

<https://www.oaregion8.org/committees/tsw/online-sponsor-request>

Concept 5

Individuals have the right of appeal and petition in order to ensure that opinions and personal grievances will be carefully considered.

Next 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:

(Date change) ...

May 11, 2018 at 6:30 PM

Morton Plant Hospital 1st Floor –
Tuttle D Auditorium
300 Pinellas Street *(Off Harrison St.)*

FYI ...

Pinellas Traditions Intergroup meeting was canceled for the month of April due to the SOAR 8 Recovery Convention and Business Assembly in Mobile, AL.

SILVER PLATTER PATTERN

By Donna D.

Presented on a silver platter,
Saying, "Just a bit won't matter,

A taste, a bite, a crumb, a slice,
Take one Sweetie, don't think twice.

Come on, right now when no one sees,
It tastes so good, aw, pretty please?

It's a secret, I'll never tell.
Why wait? Just eat, you might as well,

Because we know you're going to give in
To me 'cause eatin' lots is livin'

You worked so hard, It's what you
deserve."

I don't think so, you big perv.
You're barking up the wrong tree baby
Get lost now, I don't mean maybe

I'm not listening, go away,
No extra food for me today.

You don't give up, I don't give in,
You rag and nag, but I stay thin.

No thanks to you and all your chatter,

"Just one little slice won't matter.
You can skip a meal tonight and
Make up for this sweet delight".

My little clothes are wearing thin
It's been so long since I've been in-um

You lie, you lie, you always do,
You try to make me sad and blue

"Now what's this? You're on your knees?
That never works so please don't tease."

You can sing and dance all day,
I'm abstinent the OA way.

When I first came to OA, admitting I was a compulsive overeater was a big step toward my recovery. What about today? Have I said the words, "I am a compulsive overeater" so many times that they have lost their meaning for me? I need to keep in mind that while I've been recovering in the OA rooms, my disease has been doing push-ups out in the hall. My compulsion to overeat is cunning, baffling, powerful, and patient. If I am wanting to eat inappropriately or to overeat, it will do me no good to deny to myself what's going on or seek to hide from others. That kind of egotistical pride will surely lead to relapse.

It doesn't matter how long I've been working the Steps or how many service positions I've held or how long I've been abstaining or how much physical recovery I've have. Today, If I'm wanting to overeat, I need to call someone and talk about it. I need to say those humble, magic words I said when I first came to OA: "I need help." In this way, I admit to God, to myself, and to another human being the exact nature of what's wrong with me today. When I stop denying the truth, it loses its power to destroy me.

-Voices of Recovery, page 357

If I believe I can do this with my Higher Powers help, then there is a pretty good chance that it will happen. If I don't think my recovery will happen, then it won't for sure. I believe in my Higher Power and the strength I get from my sponsor, going to meetings, using all the tools, living the steps one day at a time.

I know this program works when I work it and trust that it will work for anyone who wants it and takes the time, effort and has the faith in themselves and their HP to live this program. My thoughts create my actions or inactions as the case may be. Please believe in yourself and your HP, keep coming back and the miracle will happen for you, too!

MB

Integrity is
choosing your
thoughts and actions
based on values rather
than personal gain.

OA GROUP INVENTORY

Part 1: Group Inventory*

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does the group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?
13. Are cross talk and advice-giving avoided?

Part 2: Determine your part in the group

1. Do I make a point to welcome new members, talk with them, offer my phone number? Do I sponsor new members?
2. Do I interrupt speakers or other members who are sharing?
3. Do I give my full attention to the speakers, the secretary and other group members?
4. Do I ever repeat anything personal I have heard at meetings or from another member?
5. Do I put pressure on the group to accept my ideas because I have been in the Fellowship a long time?
6. Do I take part in meetings, or do I sit and listen?
7. Do I volunteer or willingly accept a group office (i.e., secretary, treasurer)? Do I offer to help set up, clean, etc.?
8. Do I criticize others in the group or gossip about them?
9. Do I try to give advice?
10. Is it difficult for me to realize that my point of view may not always be the group conscience? Can I accept disagreement?
11. Do I use the telephone to help myself and others, not just for complaints and gossip?
12. Do I make it a point to speak with newcomers who are having a difficult time in the program? Do I let them know they are welcome?
13. Do I monopolize the conversation and explain every tool, Tradition, etc.?
14. Do I feel no one can lead a meeting as well as I?
15. Do I go to meetings to learn instead of teach?
16. Do I cross-talk and cause meetings to go off on tangents?
17. Do I wait until announcement time to make proper OA announcements?
18. Do I have a topic so everyone can participate at meetings I chair?
19. Do I try to cause dissension?
20. Do I follow the meeting format completely?
21. Do I commit myself to the OA program?
22. Do I have a sponsor and work the Steps?
23. Do I give service promote group growth and benefit my own growth as well?
24. Am I only interested in my own welfare, or am I concerned for my fellow OA members as well?

*Part 1 of this inventory is the same as the Strong Meeting Checklist.

Upcoming Events

Abstinence in Action "Adventure" Fellowship

Sponsorship in OA through the 12 Steps

OA Workshop
Saturday May 5, 2018
12:30 PM – 2:30 PM

Presbyterian Church
2021 Nebraska Ave
Palm Harbor, FL

All are welcome!!!
\$6.00 suggested donation

Questions?

Please call (813) 240-8572



Save the Date!!!



PINELLAS TRADITIONS INTERGROUP

Invites you to the "8th Annual"

OA FRANCISCAN CENTER RETREAT

"Growing In Recovery"

July 27th - 29th

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



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

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

*****MEETING CLOSED*****

Due to non-attendance ...

7:00 PM - Wednesday Night

"You Are Not Alone"

Terra Nova, Pinellas Park

PLEASE NOTE:

*The 3rd Friday of the Month PTI Meeting has been changed to **May 11th.***

PINELLAS COUNTY MEETING LIST

May 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	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 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
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 #56266	Big Book / 12 & 12	Literature Study	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	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