



Overeaters Anonymous  
Pinellas Traditions Intergroup  
P.O. Box 16582  
Clearwater, FL 33766

Volume 14, Issue 4

April 2019

## PTI's Trusted Servants

**CHAIR:**

JC D.  
(813) 240-8572  
chair@oapinellas.org

**VICE CHAIR:**

Vacant Seat

**TREASURER:**

Vacant Seat

**SECRETARY:**

Sarah B.  
(860) 796-6333  
secretary@oapinellas.org

**NEWSLETTER EDITOR:**

newsletter@oapinellas.org

## Next PTI Meeting

**Friday, April 19th - 6:30 PM**

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

## Courage To Change

When I pray the Serenity Prayer, I ask for serenity, acceptance, courage, and wisdom.

The first word in that prayer is “God.” It is he who grants me these ingredients that lead me to recovery time and time again. For me, the word “serenity” is very important because it tells me I must remain calm in all situations, with everyone, all the time. But it is the word “courage” that gets me to change. Courage doesn’t only change me; people, places, and situations around me change when I become clean and honest. Courage! No more people pleasing to avoid a situation that must instead be let go.

When I become courageous enough to be who I am and say what I mean without saying it meanly, I make a choice to allow God to change things. In the past, I avoided “making waves,” not wanting to damage or end a relationship, but now I often make a courageous choice to speak calmly and lovingly to address a person or situation. At all costs, I cannot be afraid to speak or fear the outcome. I need to be courageous, knowing full well that things are going to change once I make the decision to pocket my fear and go to it.

This does not mean I do it in a reckless manner. I do it after discussing it with my partner in recovery and asking the God of my understanding to help me.

Fear is useless; what I need is faith in God and myself. The Serenity Prayer will, through the grace of God, eventually grant me the wisdom to know I am doing the right thing. For today, I ask God to help me with my imperfections so I become willing to change the things I can and allow the healing to continue.

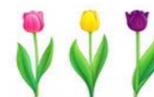
**Anonymous**  
-Lifeline, September 2017



The opinions expressed in this monthly 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 PTI newsletter. Please submit your article by the **25th** day for publication in the following month’s newsletter. Please send to: [newsletter@oapinellas.org](mailto:newsletter@oapinellas.org)

*"Better deny at once than promise long."*

-Danish proverb



"Well, maybe." "Perhaps." Is that what I say because I can't say No? Or worse yet, "We'll see." That takes the prize for keeping someone dangling and coming back to find out whether it's Yes, No or another We'll see.

Fear is at the root of my inability to refuse. Someone may get angry or be so displeased as to write me off, no longer have anything to do with me. But I cannot be responsible for the way people react to the choices I make. That is their problem, and I no longer think I can solve other people's problems. All I can do today is try to carry out God's will for me as I see it. If I'm wrong, I will stand corrected and make my amends. I believe that, too, is God's will.

**For today:** God grant me the courage to be honest; to say No if that is what I mean.

-For Today, page 128



## STEP 4

Made a searching and fearless inventory of ourselves.

## TRADITION 4

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

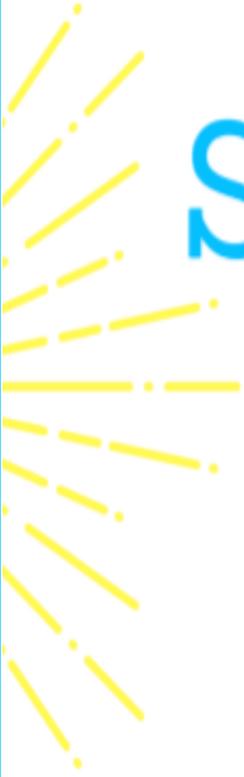
## CONCEPT 4

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



Please refer to [oapinellas.org](http://oapinellas.org) for the latest available Pinellas Traditions Intergroup meeting minutes and treasurer's reports.

REGION 8  
BUSINESS ASSEMBLY &  
GOLD COAST INTERGROUP  
RECOVERY CONVENTION



# Sunlight of the Spirit

PLANTATION, FL

APRIL 5-7, 2019

To print registration flyer, please visit our website - [oapinellas.org](http://oapinellas.org)

## Newcomer Pamphlet Workshop



**Saturday, May 25th  
1PM-4PM**

**Marge Porter Center  
at Turning Point of Tampa  
6311 Sheldon Road  
Tampa, FL 33615**

### CONTACTS:

**Tara (412) 260-8859  
JC (813) 240-8572**

**MORE INFORMATION AT [OAPINELLAS.ORG](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 on the PTI web site, 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](http://oapinellas.org/donations) to send in a donation today.

Your generosity is greatly appreciated.





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

**JULY 26 – 28, 2019**

**“YOU ARE NOT ALONE”**

**Fragrance Free Zone Please**

**WHAT:** Three days of fabulous speakers, crafts, the usual Pinellas Pizazz, serenity and peace on the river

**WHERE:** The beautiful Franciscan Center Campus, 3010 Perry Ave., Tampa, FL 33606

**WHEN:** Friday, July 26, (check-in 4PM), to Sunday, July 28, 2019

**COST:** (Note, there are two separate places to pay: **Franciscan Center for food/lodging and Pinellas Traditions Intergroup for registration**)

**HOW:**

**Step 1:** Pay the Franciscan Center at 813-229-2695, for room and board accommodations, and tell them it's for the OA Retreat. Room/board packages include five meals; single rooms are \$184 and double rooms are \$164 per person. For directions or more information about the Franciscan Center, visit [franciscancenter.tampa.org](http://franciscancenter.tampa.org).

**Step 2:** and PAY PTI: **MAIL** your registration form and check or money order **payable to PTI:** \$30 for early bird (postmarked by **June 30, 2019**) or \$40 for regular registration (but no one will be turned away) to: Pinellas Traditions Intergroup, P. O. Box 16582, Clearwater, FL, 33766.

Direct any questions to [francenter@oapinellas.org](mailto:francenter@oapinellas.org).

Space is limited so register early. There will be a waiting list.

**(Sorry, but NO DAY Trippers allowed, must come for whole weekend)**

1. Call and book your reservation at Franciscan Center
2. Call all your friends and make plans to carpool with them
3. Announce this Retreat and print copies of this fine flyer for your meetings, pretty please.
4. Save this flyer for your information. See you at the pagoda on the peaceful Hillsboro River!

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**Cut on the dotted line and mail Retreat Registration Form and check or money order made out to PTI to:  
Pinellas Traditions Intergroup, P. O. Box 16582, Clearwater, FL, 33766**

**PINELLAS TRADITIONS INTERGROUP EIGHTH ANNUAL RETREAT REGISTRATION FORM**

Print Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Check one: \_\_\_\_\_ \$30 Early Registration \_\_\_\_\_ \$40 Regular \_\_\_\_\_ Do you wish to participate? \_\_\_\_\_

# PINELLAS COUNTY MEETING LIST

April 2019

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 (NW of Belleair Rd. & Highland - entrance on Belleair)	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 (Jackson Street entrance)	Cynthia (561) 254-3642
Tues	10:00 AM OA#54726	Abstinence <b>NEEDS SUPPORT</b>	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 <b>NEEDS SUPPORT</b>	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 <b>NEEDS SUPPORT</b>	Big Book Meeting	St. Vincent de Paul Catholic Church 4843 Mile Stretch Rd., Holiday	Jeanne A. (727) 494-7994 Sue D. (585) 704-4464
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch <b>NEEDS SUPPORT</b>	Open Discussion	On the beach in front of the snack shack 15100 Gulf Blvd., Madeira Beach (Bring a chair)	Linda H. (727) 647-8280 Donna D. (727) 480-0865
Thur	10:30 AM OA#53015	Hope <b>NEEDS SUPPORT</b>	All Literature	Aldersgate Methodist Church 9501 Starkey Rd., Seminole (Back of church near the office)	Lynn E. (901) 830-1092
Thur	11:00 AM OA#40873	Key to Freedom	Big Book Meeting	First Presbyterian Church 455 Scotland St., Dunedin (Downtown Dunedin)	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 (NW of Belleair Rd. & Highland - entrance on Belleair)	Phil L. (727) 754-0131
Fri	12:00 PM OA#52863	Message Carriers	Open Discussion	Metro Center 3251 Third Ave. N., St. Petersburg NEW entrance on west side of building (closest to 34th Street)	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	8:00 AM OA#36776	Great Reality <b>NEEDS SUPPORT</b>	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	Cora L. (813) 956-4642
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: January 29, 2019