



# NEWSLETTER

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

## SEASON'S GREETINGS

Volume 14, Issue 12

December 2019

### PTI Trusted Servants

**CHAIR:**

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

**VICE CHAIR:**

Shirley Q.  
(727) 916-2199  
vicechair@oapinellas.org

**TREASURER:**

Vacant Seat

**SECRETARY:**

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

**NEWSLETTER EDITOR:**

newsletter@oapinellas.org

### NEXT PTI MEETING:

**Friday, December 13th - 6:30 PM**

Please join us!

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



## ANNOUNCEMENT

Starting in January 2020, PTI will be holding our monthly Intergroup meetings on the **3rd Saturday** of the month at the First Lutheran Church, 1644 Nursery Road, Clearwater at 12:00 p.m., following the 10:30 a.m. meeting.



*“Don’t fight your problem. Know that there is a solution.”*

-Joseph Murphy

When I fight, or resist, a problem, I am actually giving it strength and weakening my chances of finding a solution.

If I think constructively about a problem, a course of action will present itself. Constructive thinking is to know that a Power greater than myself is directing me, and that this Power already has the answer.

In asking God’s help with a problem, I take whatever action is possible, knowing that every step brings me closer to the solution.

**For today:** There is no problem I cannot take to God, and none for which God does not have a solution.

-For Today, page 350



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)

## Step 12

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

## Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

## Concept 12

The spiritual foundation for OA service ensures that:

- a. no OA committee or service body shall ever become the seat of perilous wealth or power.
- b. sufficient operating funds, plus ample reserve, shall be OA's prudent financial principle.
- c. no OA member shall ever be placed in a position of unqualified authority.
- d. all important decisions shall be reached by discussions, vote and, whenever possible, by substantial unanimity.
- e. no service action shall ever be personally punitive or an incitement to public controversy.
- f. no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

## ★ ★ LET GOD LEAD ★ ★

The holiday season has always been my favorite time of year. I am a sentimental sucker for the lights, smells, decorations, and traditions. Before I joined OA, holidays always came with a heavy dose of insanity and compulsion: eating handfuls of sweets while my mother had her back turned; starving myself all day to binge at dinner; waking early on Christmas morning to get in a few hundred sit-ups before opening gifts; and vowing every day to start my diet tomorrow. ★

In my first year of abstinence, I found myself panicked as November crept toward me. What would it look like to eat three meals on Thanksgiving Day instead of grazing nonstop? Wouldn't my mom be disappointed if we didn't have a baking spree? Would it be possible to eat just one plate of food? Should I start obsessively tracking my calories to prepare? ★

I knew I had to take action. I learned early in OA that failing to plan is planning to fail. So I prayed for God to show me the way, talked to fellows about their experiences, and listened to OA podcasts. Through working the Steps and using the Tools, I was able to stay abstinent.

Instead of focusing on the way the rest of the world celebrates, I realized I had to adjust my own attitude. So rather than laze around and snack all day, I spent Thanksgiving outdoors, going for a run and paddle boating at a local

park. Food was not the centerpiece of my day, and I felt truly blessed and thankful. I had dinner, of course, but the meal was loving, and one plate was enough. ★

My mother and I baked a single batch of treats and gave most of them away. She wasn't angry with me, and I didn't ruin Christmas for her. My family went hiking on Christmas morning. We played card games and laughed incessantly, and I was present for all of it. My brain was not thinking about the next big meal, nor were my thoughts fixated on how I could burn off the sweets I'd eaten. I didn't wake up with a food hangover the next day, and more importantly, I didn't feel like I had been cheated out of celebrating my favorite holiday. ★

Of course, it wasn't perfect. The holidays were still messy, just as my recovery is, but the progress was tremendous. Instead of berating myself for behaviors and actions, I reached out to my sponsor, read OA literature, and took time to meditate. I didn't allow tough meals or triggering conversations to take me out as they once had. I didn't start planning my next diet or give up on myself and my program.

The holidays will come again, and I take comfort in the fact that if God leads me to it, God will lead me through it. ★

— Olivia P., Morgantown, West Virginia  
Lifeline, Nov/Dec 2015, pages 14-15



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

## Pinellas Traditions Intergroup - 7th Tradition

The 7th Tradition states, "Every OA group ought to be fully self supporting, declining outside contributions."

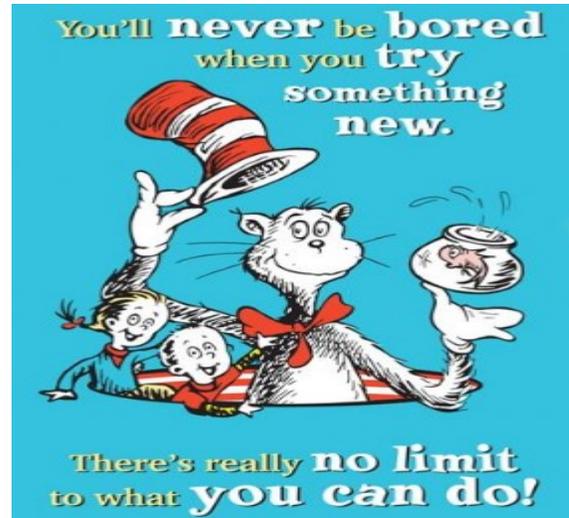
Available on the PTI web site, local OA groups and members can now send a contribution using a secure site via PTI's PayPal page. Please click the button located on the right or visit our website at [oapinellas.org/donations](http://oapinellas.org/donations) to send in a donation today.

Your generosity is greatly appreciated.



**Join us on ZOOM**  
**We are getting together...**  
**Try something new...**  
**12 on the 12<sup>th</sup>**

**December 12, 2019**



**TOPIC: GRATITUDES**

For more information, visit [oapinellas.org](http://oapinellas.org)



## Tips for the Holidays



- ◆ Christmas is just another day to be abstinent. If in doubt, leave it out. That includes food about which we are not sure and places and situations where we don't know if we can be food sober.
- ◆ It never hurts to bring your own food. If we find we can eat the food that's served, we can save the meal we brought for another time. If we can't eat the food – or are not sure – our "Plan B" meal can save our abstinence.
- ◆ "Bookending" is a way to play it safe in difficult social situations. One way to "bookend" is to call someone before going into a situation. Say that you will call them if you have any trouble. Call again immediately afterwards and share how it went.
- ◆ There are meetings all day in many cities and phone marathons throughout the day. Please check the WSO web site for more info at [oa.org](http://oa.org).
- ◆ When all else fails, help another food addict. Invite someone who is isolated to your Christmas celebration. Give a call to someone who is asking for help.
- ◆ If someone or something disturbs you during the holidays, pray for them. Don't eat no matter what (you'll still have the same problem you had before you picked up the bite).
- ◆ May we all enjoy a contented and abstinent holiday among friends and family!

# PINELLAS COUNTY MEETING LIST

December 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 <i>(NW of Belleair Rd. &amp; 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 <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	<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 <b>NEEDS SUPPORT</b>	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	Sue D. (585) 704-4464
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. &amp; 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	8:00 AM OA#36776	Great Reality <b>NEEDS SUPPORT</b>	Beginners	St. Giles Episcopal Church 8271 52nd St. N., Pinellas Park	Rita S. (727) 521-7505
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 3<sup>rd</sup> Friday of each month: 6:30PM - Morton Plant Hospital, 1<sup>st</sup> 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: August 18, 2019