



PTI NEWSLETTER

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



Volume 14, Issue 7

July 2019

SURRENDER FOR FREEDOM

I felt fat from the time I was in kindergarten. Though only slightly heavier than other girls, I was obsessed with my size. I always daydreamed of returning from summer vacation magically thin, suddenly popular, and beloved.

As my disease progressed, it morphed through an all consuming cycle of binge eating, dieting, and exercise bulimia—of self-loathing and self punishment. After ten years of this hell, I found Overeaters Anonymous and began my long journey of many surrenders.

I started with surrendering the idea that I could “get over” my food problem with a quick fix and never have to deal with it again. That surrender took a long time, but now I have no problem with the fact that I have to keep coming back to OA. I get to keep coming back!

Next, I needed to surrender my bingeing absolutely. At first, I only thought to surrender my daily binges and the negative

emotional and physical effects of bingeing. But after many starts, stops, and relapses, I learned I also needed to completely surrender the idea that it would ever be an option to binge again. For a time, I also had to surrender certain foods that seemed to smooth the path toward that destruction.

Once I surrendered bingeing and became abstinent for two and a half years, I realized there was yet more to surrender: my body. I hadn’t suffered the pain of overeating since beginning my abstinence, so I thought I was in the clear! I was thinner than ever and felt great. But I was controlling my weight by micromanaging my intake. This was not compatible with the freedom and complete surrender modeled by my sponsor. I realized I would have to surrender to my HP all control of my body—weight, shape, and size. I accomplished this by giving up my bathroom scale, my kitchen scale, and all my controlling food behaviors.

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PTI Trusted Servants

CHAIR:

JC D.
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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, July 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



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

Sponsor Day



August 18, 2019
1PM - 4PM

Cypress Point Park - Shelter #3
5620 W. Cypress Street, Tampa, FL

Visit our website OAPinellas.org for more information or to download the event flyer.

SOAR8

RECOVERY CONVENTION
AND BUSINESS ASSEMBLY

RIVER CITY



OCTOBER 11TH - 13TH

For more information, please visit oaregion8.org.



Please refer to 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 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.

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.

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

July 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. & 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 54 th Ave. N., Kenneth City	Donna D. (727) 480-0865
Tues	7:00 PM OA#54697	Living In Today NEEDS SUPPORT	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	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 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	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. & 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 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	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: May 4, 2019