



NEWSLETTER

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

Volume 14, Issue 3

March 2019

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Next PTI Meeting

Friday, March 15th - 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

KNOW-HOW

I don't really know how a computer works. People with comprehension greater than mine designed this amazing tool. But I don't need to understand all the intricacies of a computer in order to use one. If I just follow simple directions, I can do pretty amazing things with words and pictures, such as send and receive messages in a flash, to and from any part of the world.

I don't really know how the Overeaters Anonymous program works either. But I found out I can just follow directions – the Twelve Steps – and do some pretty amazing things.

The program suggests I get a sponsor, so I got an experienced OA member to be my sponsor and guide me through my many questions. My sponsor was a sensitive, trustworthy, caring person who heard my Fifth Step. The program I follow a food plan, so I developed one I thought would work for me. With adjustments along the way to help me eat properly, I obtained and am maintaining over 60 pounds (27 kg) of weight loss.

The program suggests I turn my will and my life over to a Power greater than myself, so I did. I have been rewarded with some marvelous inner healings of hurts from my past. I no longer need to be in charge of everybody and everything. I no longer need to be critical of others so I can feel better than them. I live a peaceful life and let others live their lives their own way.

The program suggests I improve my conscious contact with God as I understand him, and pray only for knowledge of his will for me and the power to carry that out (Step Eleven). I set aside time in my daily schedule for prayer and meditation, and I have been rewarded with spiritual growth. I no longer know the judgmental God I knew before OA; now I know a loving God who wants the best for me. He gives me good direction if I have the heart and courage to listen and do things his way instead of mine. This spiritual growth has given me peace, contentment, and a zest for life I've never known before.

The program suggests I go to meetings, so I faithfully attend my weekly home meeting. I share and often volunteer to be the topic speaker for the meeting.

The program also suggests I do service, so I perform a service position each year in support of my meeting. I have also done service at the intergroup, region, and world service levels. Service has brought me into contact with people from all walks of life. I've seen much program success, and been given support and friendships.

I'm not too sure how the OA program works, but I do know that it works, if you stay in and work it – and you're worth it!

Anonymous, Minnesota, USA
-Reprinted from Lifeline, March 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

STEP 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

TRADITION 3

The only requirement for OA membership is a desire to stop eating compulsively.

CONCEPT 3

The right of decision, based on trust, makes effective leadership possible.

“Nothing in life us more wonderful than faith – the one great moving force which we can neither weigh in the balance nor test in the crucible.”

-Sir William Osler

I never saw it, touched it, smelled it, swallowed it with water or had it injected into me with a hypodermic needle. But it brought about what no pill, no shot, no book, no lecture, no prayer had ever been able to do. It broke my compulsion.

“It,” of course, is faith. From the moment I stepped in the door of my first meeting, OA gave me faith that this program would work or me. I believed, against all odds, that it would work – and it did.

My faith in the power of the twelve-step program is stronger than ever. It has never failed me, and it will not fail anyone who can put aside doubt.

For today: Compulsive overeating is no match for the twelve steps. There are people who need to hear that, both in and out of OA.

-For Today, page 76



As **Tradition Three** implies, a desire to abstain – to refrain from eating compulsively – is at the heart of OA membership. There are many opinions among us about what it means, exactly, to stop eating compulsively. Nobody is excluded from OA membership because of his or her personal opinion of how to achieve abstinence. Note, too, that while the desire to stop eating compulsively is required, a person doesn't have to be abstinent to be welcome at OA meetings. We encourage one another to keep coming back, no matter what.

-The Twelve Steps and Twelve Traditions of Overeaters Anonymous, pages 129-135



Please refer to oapinellas.org for the latest available Pinellas Traditions Intergroup meeting minutes and treasurer's reports.

Unlocking the Secret of Abstinence

Written by Burt T.



Understanding each step, tradition and concept ...

We will then find the keys to unlocking the secret of achieving abstinence ...

As each step is understood we find the key to the next step ...

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

3rd Step Prayer

God, I offer myself to Thee-
to build with me and to do
with me as Thou wilt. Relieve
me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may
bear witness to those I would
help of Thy power, Thy love,
and Thy Way of life. May I do
Thy will always!

Alcoholics Anonymous
Pg 63



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

March 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 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 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	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 NEEDS SUPPORT	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 3rd 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	NEW TIME 8:00 AM OA#36776	Great Reality NEEDS SUPPORT	Beginners NEW TIME as of 2/2/19	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