

The logo features a lighthouse on a small island with two palm trees and a green frog perched on a branch. The letters 'PTI' are large and blue, with the frog sitting on the 'I'.

PTI NEWSLETTER

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

Volume 14, Issue 5

May 2019

PTI's Trusted Servants

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(813) 240-8572
chair@oapinellas.org

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Vacant Seat

TREASURER:

Vacant Seat

SECRETARY:

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

NEWSLETTER EDITOR:

newsletter@oapinellas.org

Next PTI Meeting

Friday, May 17th - 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 Three Legged Stool

In the OA program there is much talk of the three legged stool of our disease, spiritual, physical and emotional. I am instructed to work each leg of my stool equally or my program cannot succeed. There is also the three legged stool that contain the three legacies of the program which are recovery, unity and service. These are the cornerstones of a new way of living.



What is recovery ? For me what it means to recover is spelled out beautifully in the promises that are on page 84 and 85 in the Big Book of AA. Now the question becomes how do we achieve this recovery. The first step must be to understand our condition fully and to put down our “alcoholic foods” which are spelled out in the chapter The Doctors Opinion in the Big Book. We must truly understand the grave nature of our addiction and treat it just like an alcoholic or a drug addict would treat their addiction. We would never tell them it was ok to just cut back and congratulate them for making “progress”. For me if food is an option when push comes to shove my mind will tell me it is the only option .

The Second leg of the stool is unity. We are told that our common welfare should come first and the personal recovery depends on program unity. In the appendix of the AA big book it states we must work together and hang together, else most of us will finally die alone. In essence unity or death! Thankfully in OA we have the twelve traditions which teach us how to have unity in our fellowships and apply to life in general.

- Continued on page 2 -



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 5

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

Tradition 5

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

Concept 5

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



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

The Three Legged Stool - continued from page 1 -

The third leg of the stool is service. In the chapter Working With Others it states that nothing will insure immunity from drinking (eating) as intensive work with others . We are told life will take on new meaning and to watch people recover, loneliness vanish, to see a fellowship grow up around you, to have a host of friends- this is an experience you must not miss! We are instructed that in order to keep what we have we must give away what so graciously has been given to us. So what does it mean to give service and when can I start giving service? Service starts the moment you walk into your first meeng and remind others what it was first like at the beginning of our program. Everyone

can and needs to give back no matter where you are in your recovery. Sometimes when people are struggling in their program they say I don't have the me or ability to share anything useful but that is exactly when we need to reach out and help another person. Just remember do not think of what you will get out of a situation but of what you can bring to it. To be helpful is our only aim! I know that to sit firmly and comfortably on this stool each leg must be equally worked and that even if two legs are very strong one bad leg can topple my program.

Susan D . - Twelve Step Within Committee Member



CELEBRATING THE SUNLIGHT OF THE SPIRIT IN PLANTATION FLORIDA APRIL 5-7

First I must say how nice it was to have one previous convention under my belt, to see familiar faces and to not be the "newbie." What an inspiration it was to see people who joyfully give service year after year so our region can continue to thrive. We have all been give so much and we must give back to keep the OA program available for all.

The Gold Coast intergroup really stepped up and provided a beautiful convention at a fantastic hotel. The sunlight really shined through their passion, hard work and friendliness. Since this is not only a business convention but also a recovery convention we had over 200 people in attendance. People came from all over the region to bask in the sunlight of recovery and fellowship. There were many good workshops available all three days and they always allotted time for audience share after their presentations. I often get just as much out of the shares as the actual talks.

Now for the business part, which takes up most of the available time for delegates. The most important matters were the nine different amendments to be voted on. Six amendments dealt with minor house keeping changes to the policy and procedure manual. The purpose of these changes was to improve or clarify wording and to keep the by-laws aligned with the policy and procedure manual. These six changes were easily approved. There were three proposed changes to the policy and procedure manual to establish residency requirements for Region 8 service positions. The two that passed state the Board Members and committee

chairs must be full time residents within the geographic boundary of region 8. The third amendment which also would of also established residency requirements for regional reps daily not pass by the required 2/3 vote. The question of how to best use region 8 money and resources is sure to be a hot topic at future assemblies.

I personally serve on the Twelfth Step Within (TSW) committee, which has now been combined with the Unity with Diversity (UWD) committee. We are working together to get the word out on the many resources Region 8 and World service have available and sharing ideas to make our intergroup and workshops better.

There were two inspiring speeches at lunch and dinner, one of which was done by our own chairman J.C. The evening entertainment was a d.j and some fun dance music and was enjoyed by many. Shirley and I really enjoyed the boutique and it was fortunate I brought my van to carry home our great bargains.

These conventions always energize my own program and I am looking forward to future conventions. Fall will bring the River City Recovery in Memphis, TN and spring of 2020 will be the Traveling the Bayou from relapse to recovery in Baton Rouge, LA. What great opportunities to see our country and to make new friends in program. Thank you to OA for putting the Sunlight back into my life.

Sue D.
Region 8 Representative

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.



Raised to a Higher Power

In these rooms and in these halls
Love shows here from wall to wall
Empowered by forces yet unknown
Never will you be alone

Beyond mathematics very rules
Living by the God given tools

Steps of twelve and twelve traditions too
Words of man now used by you

Step right up and share your heart
This is the place where changes start

Take those first steps one two three
Do them each day religiously

Then take four and five then do six
Finding all those things to fix

Tell him please now set me free
All those defects I can see

Making lists of those I've harmed
Found this program I am charmed

And then came eight and nine and ten
A healing comes I'm sorry friend

Eleven I prayed to find my God
All these miles I've had to trod

Hear my message or' the world
OA's flag is now unfurled

Written by Burt T.

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



**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

May 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