

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



HAPPY HALLOWEEN



# PTI NEWSLETTER

Volume 14, Issue 10

October 2019

## PTI Trusted Servants

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## NEXT PTI MEETING:

**Friday, October 18th - 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

## THOUGHT POLICE

I have learned that the thought precedes the bite. So to get rid of a thought, I must employ a replacement thought.

Slogans are either pithy (clever) or humorous, they're easy to remember, and they can be counted on in hungry moments and emergencies. Sometimes the impulse to eat can feel so urgent that getting literature or making a phone call can take more time than it takes for my hand to put food in my mouth. That's when a slogan can step in. For example, the thought "Go on and have a little bit; one won't hurt" can be replaced by these slogans: "One bite is too many for me and one thousand is not enough" and "Nothing tastes as good as abstinence feels."

Another thought that can lead me into temptation is "I can't believe I can never eat this for the rest of my life." So I interrupt any urges with "Just for Today" and "One Day At A Time." My personal ploy is to say, if I really want it tomorrow, I'll have it. I have never yet wanted the item the next day. Usually the desire is gone in a few minutes.

Sometimes, when my unmanageable life overwhelms me and my first response is to make it all better by eating something sweet, I say things like "Let Go and Let God;" "If you eat over a problem, you have two problems;" "The only problem that food solves is physical hunger;" and "You don't want 'just a drop of poison'— eating something compulsively is just as deadly."

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 **OVEREATERS ANONYMOUS®**  
Pinellas Traditions Intergroup

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 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

## Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

## Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

**'Thought Police'** ... continued from page 1

My unmanageable life is the main cause of my compulsive food thoughts, so I have many replacement thoughts lined up: "Easy Does It;" "Move a muscle;" "Trust God and do the next right thing;" and "Trust God and clean house" (this one can be taken figuratively or literally). And when all else fails, "Don't eat, even if your rear end falls off."

When things start to go stale, and I don't want to go to a meeting, don't want all those vegetables, and don't want to use the Tools, I say things like: "Suit up and show up;" "This too shall pass;" and "If I do today what I did yesterday to recover, I can stay in recovery." And I really want recovery. I hope something I have said might help someone. Thank you for letting me share.

B.D., San Antonio, Texas USA

-Lifeline, October 2016, Pages 3-4

*"Not to go back is somewhat to advance, And men must walk, at least, before they dance."*

-Alexander Pope

Nothing in nature grows at the speed human anxiety would wish it to grow. It takes time to halt a retreat, more time again to overcome inertia and begin to take a new direction. I cannot expect the difficulties in my life to be erased because I wish it. I am learning to walk one step at a time, and I look forward to dancing. I am grateful for the upturn in my attitude, for my patience, my ability to reach out, then step back and wait. Yes, indeed, I am on my feet, thanks to my Higher Power and Overeaters Anonymous.

**For today:** I rejoice in the broken bonds of obsession, obsession, and I am content with my progress.

-For Today, page 278

## Pocket Serenity



I prefer to speak to my Higher Power in a personal, casual way, so written prayers have not played a big role in my recovery. The exception is the Serenity Prayer, which so beautifully helps me put "situations which used to baffle [me]" (**Alcoholics Anonymous, 4th ed., p. 84**) into a more realistic and healthy perspective.

When I know that I will be dealing with a difficult situation or person, which usually means anything that or anyone who will stir up my character defects, I put my Serenity Prayer Coin in my pocket. I can discretely touch it when I start to get uncomfortable, and somehow—maybe because I move a muscle and change a thought—I become calmer and my words and actions flow from a wiser part of me.

~Anonymous

-Lifeline, October 2015, Page 14

# 1st Year Anniversary

"Journey to Freedom"

Saturday AM Beginners Meeting



**WHEN:** Saturday, October 12th  
10:30 AM - 12:00 PM

**WHERE:** St. Andrew's Episcopal Church  
2301 Deltona Blvd., Spring Hill, FL

**CONTACT:** Susan (813) 421-2670

DOWNLOAD FLYER AT [OASUNCOAST.ORG](http://OASUNCOAST.ORG)

YOU'RE INVITED TO An OA  
**HALLOWEEN PARTY**

October 25th 7- 9: 30 pm  
Northwoods Presbyterian Church  
2875 St Road 580 Clearwater

Suggested donation \$ 5.00

Please come dressed  
in your best costume!

## 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.



## OA Outreach Volunteer Opportunity

43rd Annual

## "Christmas Under the Oaks"

*Presented by GFWC North Pinellas Woman's Club*



Sunday, November 10, 2019

9:00 a.m. to 4:00 p.m.

**St. Petersburg College Clearwater Campus  
2465 Drew Street, Clearwater, FL 33765**

We are looking for OA fellows to assist us in reaching out to our community at this event.

Please look at your calendar and see if you can help. We will try to book 1-hour blocks.

**CONTACT:** Rita S. (727) 310-5760



# PINELLAS COUNTY MEETING LIST

October 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