



NEWSLETTER

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

Volume 14, Issue 9

September 2019

PTI Trusted Servants

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NEXT PTI MEETING:

Friday, September 20th - 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

Emotional Sobriety



We are told in the big book of Alcoholic anonymous that “we never have to drink again but we do have to deal with sobriety everyday.” First we gain freedom from the physical part of our disease thru abstinence then we start dealing with our emotions, fears and resentments by working the steps. We achieve emotional sobriety by finding mature, rational ways to deal with life troubles as they arise. Bill W. says, “The basic flaw has always been a dependency almost complete dependency on people or circumstances to supply me with prestige, security and the like.” To live in emotions sobriety we can’t let circumstances, emotional things or others opinions to define our happiness and worth. In one of my favorite passages in the big book of Alcoholics Anonymous says that “when I am disturbed, it is because I find some person, place, thing or situation - some fact of life unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at that moment. I need to think not about what needs to be changed in others but what needs to be changed in me or my attitudes.”

So how are we to achieve this **emotional sobriety**? We are told that “Expectations are inversely proportional to serenity” so we stop expecting other people or things to satisfy our needs or letting people’s approval define our happiness. We work on our attitudes and are grateful when both bad and good situations arise because both are chances for learning and growth. It has been said that “Experience is not what happens to a man, it is what a man does with what happens to him.” We need to be mindful of our normal human emotions and develop positive, new ways to deal with them other than eating. We recognize and accept our faults and imperfections and we look to our HP for our acceptance -- not other people. We learn to feel our feelings and know they are neither good or bad they are just a normal part of life. We do Step 10’s and we figure out our part in any disturbance and we make an amends if needed or make a conscious decision to forgive and we move on with our lives. Through Step 11 we maintain our contact with our Higher Power to maintain our serenity and through Step 12 we get out of our selfish ways and help others, which increase our self-worth.

Emotional sobriety is a process and not every one achieves anything close to perfect emotional health but we work toward better balance, greater emotional awareness and to use coping methods, which are healthy and productive to live a more content life.

-Susan D.



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 9

Made direct amends to such people whenever possible, except when to do so would injure them or others.

Tradition 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Love Happens



Hearing so many people at meetings share their shame without feeling shameful made me feel safe enough to take an honest look at my own behaviors.

I believed love meant going to any length no matter what to share my view; to resolve, even to interrupt, in order to identify; to make suggestions; and to point out others' past mistakes so they could learn from them, despite some consistent reactions of defensiveness.

Talk about repeating my old behaviors expecting different results! OA has helped me learn that love is "supporting" others, not "fixing" them.

OA has helped me learn how to listen better and to understand that listening can be a way to accept.

OA has helped me learn that honesty leads to trust and trust leads to intimacy. I cannot make intimacy happen, but I can allow it to happen.

— Lifeline, Sept/Oct 2009

"I love you. I bless you. I release you to your own indwelling presence of God."

-Author unknown



It is nothing less than a complete turnabout that this program brings into being. It gives me the amazing ability to release the people I love; to detach myself from their pain and turmoil and suffering, and turn them over in love to that same Power within that is directing me.

This act of release, performed daily in a moment of quiet prayer, exerts incredible influence on those I would help. I say and do only what is necessary to attend to my everyday responsibilities, showing the love I feel and radiating the calmness and peace that come from giving up control.

For today: I turn over responsibility for the lives of others to the same Higher Power within each of them that manages my own life.

-For Today, page 363



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



August 16, 2019

Dearest Members of PTI:

My name is Christina, and I am a compulsive overeater, restrictor and orthorexic.

I had the privilege of attending the 7th Annual PTI Franciscan Center Retreat that was held last month in Tampa, and it was an amazing and awesome experience. The service that I was asked to do was to speak on a panel about my Action Plan. This had to be the easiest service I was ever given, and I didn't even need to prepare anything in advance. However, my service went far beyond this short six minute talk on what I do for my program every day.

Upon arrival on Friday night, I recognized many faces who were at my very first Franciscan Center Retreat six years ago. Among them, there were many new faces: some who I know from my local meeting, but had never attended the retreat, and some very new members of Overeaters Anonymous who I had never met before. Friday night, I learned that there was a record number of people in attendance – I believe 48 was the final count. The room that we had our meetings in was packed!

After I got checked in and brought in my stuff, I wandered around gathering hugs, checking out the baskets to be raffled, and then found a group of members playing Dominoes in the "Craft Room". A very unorganized, not by the rules game, where we actually made up the rules as we went along! It was incredibly relaxing, and a great way to ease into the weekend!

One of the things that amazes me every year, is that the retreat is never the same from the year before. Each one is unique and special in its own way, whether it be the topics, the crafts, the people in attendance, the speakers, and most especially where I am at in my program of recovery, and the ambience of the entire group as a whole. Some may remember the wild time of four years ago when we had a pajama karaoke party in the dining room!

This year was no different. God gave me an incredible gift on Friday night after I did a 10th step because something wasn't going the way that **I thought** it should go.

In my fears of not getting what I wanted or needed, I asked God what He would have me be. What He told me was to let go of what I thought I needed from this weekend. To open my eyes, my mind, my ears, and my heart to gifts that He wanted me to receive. I didn't exactly know what that would be at that time, but I trusted that He would reveal it to me as the weekend went along. This was one of the greatest gifts that I received and the greatest service that I gave.

The next morning as I saw my brothers and sisters, I suddenly became aware of all the new people present at the retreat, and I began to think back to my first retreat six years ago. How incredibly anxious I was when I first arrived, and I was welcomed and included. You all took the time to get to know me as much as I would allow, and you allowed me to be me right where I was at. A very scared, anxious, young woman that couldn't even share without crying, or turning 50 shades of red! I began to think about how these new people might be feeling. Surely there was one who felt just as afraid as I did. Over breakfast on Saturday morning, one woman asked me how I knew something had sugar in it. (I had brought my breakfast both days and was eating my own breakfast). I was surprised when she shared with me that she had no idea how to read a nutrition label to identify the ingredients that she needed to stay away from. She was very new to program, and I realized that this was one of those moments that God was giving to me as a gift.

~ continued on next page ~

Continued from page 3 ...

As the meetings for the day began, I continued to reflect on where I had been just six short years ago. I was filled with so much fear and anxiety at that first retreat. But here on this weekend, God directed me to sit somewhere new every time. Even during the meetings, I always, *always, always* sat on the left side facing the speaker. But this time, I found myself on the right side a couple of times, always eager to meet some of these new faces I was seeing. During meals, God directed me to sit at different tables each time. Such a difference from my first retreat. I never knew who I was going to talk to, or the conversations we were going to have. I shared with some of those people what had been helping me this past year, and my experiences in Overeaters Anonymous, and I listened to others experiences as well. I was filled with so much gratitude and awe. The weekend was surely a spiritual experience.

I also shared at the meetings after the speaker when I felt called to. I will admit, I love to talk – especially about myself! Such a change from six years ago. But at the last meeting, there was a part of me that wanted to get up there one last time – I was on this high. I really didn't have anything left in me though, as I hadn't slept well the last two nights. I yielded to the idea and was encouraged by my decision as a lot of the new people began to get up and "claim their seat" and share for the first time since arriving.

The weekend was a fabulous weekend, and I am grateful to each and every one of the members who were on the committee to put this retreat together. I am grateful for everyone who shared their experience, strength and hope during the weekend, and during meals or casual conversations. I am grateful to the Intergroup to give me the opportunity to attend the retreat on a scholarship. If there is anyone who has never been, I encourage you to give it a try at the next one. Don't let anything stop you from putting your program and your recovery first! I promise you won't be disappointed.

Blessings to all in recovery one day at a time!

**Pinellas Traditions Intergroup
Eighth Annual OA Franciscan Retreat
July 26-28 2019, "You are Not Alone"**

I attended the Franciscan retreat and enjoyed every moment of it. The camaraderie of the fifty or more fellow compulsive overeaters was both gratifying and humbling. Upon my arrival I assisted with the registration and was fortunate to meet, greet and spend time many new people. I made myself available to help out in any way I could, setting up chairs and rearranging for special events and etc.

I was particularly impressed with the openness of the speakers when sharing their experience, strength and hope. Their stories have inspired me to keep going in my own recovery. They shared on various topics. I thoroughly enjoyed the meditation time. I spent that time in reflection of my own experiences. I enjoyed the peace and serenity on the grounds of the Franciscan Center. One of my favorite sessions was the "Night Owl Session", there was great fellowship there. For many of the people there it was there first time too. I was not alone. There was an abundance of compassion, kindness and unconditional love. I was in AWE all weekend.

During the downtime between sessions there was a craft room set up where guests could gather to work on a quilt that will be displayed at the World Service Convention in August 2020. We designed 12inch squares using various techniques that reflect hope and recovery.

I want to thank the Pinellas Intergroup for the opportunity to experience the retreat. It provided me with more knowledge of how OA works on a larger scale. The fellowship and togetherness were very uplifting. I left the retreat feeling enlightened. I am truly grateful to have had the opportunity to attend and experience the retreat.

Katheryn S.

THE POWER OF Writing!



Presbyterian Church of Palm Harbor
2021 Nebraska Ave., Palm Harbor, FL

September 14th 12:30-3:30 PM

Bring your lunch if you want to ...

Donation \$6.00 ♦ No one turned away!

Any Questions Contact Shirley Q: (727) 916-2099

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!

Please visit our website 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 COUNTY MEETING LIST

September 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 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	<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	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 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: August 18, 2019