



Overeaters Anonymous
Pinellas Traditions Intergroup
10845 Shawnee Rd.
Madeira Beach, FL 33708

Volume 15, Issue 2

February 2020

PTI Trusted Servants

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NEXT PTI MEETING:

Saturday, February 15th - 12PM

First Lutheran Church
1644 Nursery Road
Clearwater, FL 33756

Following the 10:30 A.M. meeting ...

Please join us ...

♥ *Happy Valentines Day* ♥

*Infantile love follows the principle: I love because I am loved.
Mature love follows the principle: I am loved because I love.*

-Erich Fromm

Emotional growth often begins the moment we walk in the OA door. Given the eroded self-regard of many compulsive overeaters, it is a deeply affecting experience to find unconditional acceptance in the OA meeting rooms. From that beginning come self-acceptance and the ability to accept and love others without conditions or expectations. As one OA speaker said, "I love you; whether you love me is beside the point."

For today: Do I show people acceptance and love without insisting that they first assure me of theirs?

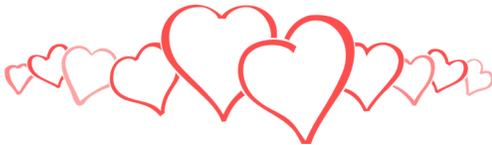
-For Today, page 45



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

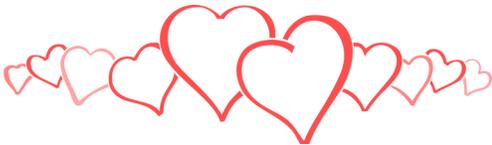
STEP 2

Came to believe in a power greater than ourselves could restore us to sanity.



TRADITION 2

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants they do not govern.



CONCEPT 2

The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

Now That I Say I'm Sorry

This story it has no beginnings

A story that needs no bitter ends

We used to be best friends and then best buddies

How did this world become so unclear?

Amends means you need not forgive me

Just listen to the things I need to say

My program teaches that I need to say them

It doesn't tell me how or what's the way

God brings me to this place before you

And gives me voice for you to hear

I pray that you will now forgive me

And I have nothing more to fear

And all you have to do is listen

To what I have to say this day

To understand amends that are now given

No balances that I am left to pay

Burt T.

CHAIR CHATTER

Hi Everyone,

January 18th was our first PTI meeting at First Lutheran. After a while we were off to a good start. Some had the time wrong. The meeting starts at noon.

Next meeting, we will be taking a group conscience about bringing your lunch to the meetings if you like.

We voted in the new 2020 proposed budget.

We voted on the World Service Business Questionnaire on what motions would be placed on the agenda.

Here is a summary of New Business Motions and Bylaws Amendments on the WSBC 2020 agenda is listed below:

- Amend the Abstinence and Recovery policy statement to allow verbiage changes only in years ending in zero
- Create a definition of hybrid meetings
- Designate July as OA Service Month
- Amend the OA events policy to rename weekend-long events as “weekends” instead of “days”
- Add a Tool: pause
- Establish logistics and support mechanisms to allow virtual attendance of visitors to WSBC 2021
- Add a Tool: Spiritual Plan
- Amend the “Unity with Diversity” Policy to simplify terms used
- Include stories and/or quotes from members from diverse populations when developing new and updating existing literature
- Amend the OA Preamble to include undereating, food addiction, anorexia, bulimia, binge eating, and over exercising
- Amend service board composition to redefine a language service board
- Amend the Board of Trustees composition to institute the new restructuring plan
- Amend the Board of Trustees qualifications to institute the new restructuring plan
- Amend the Board of Trustees nominations to institute the new restructuring plan
- Amend the Board of Trustees terms of office to allow trustees to serve no more than eight years total
- Combine intergroups, service boards, and regions into one section of the OA Bylaws
- Amend Overeaters Anonymous groups to specify hybrid meetings
- Amend meetings of delegates voting to require the board to vote last
- Amend the region composition (housekeeping)
- Amend meetings of delegates (housekeeping)

Hope to see you the next meeting! Saturday, February 15th at 12 noon.

Hugs,
Linda H.

SPRING 2020

SOAR8 BUSINESS ASSEMBLY
Sponsored by Baton Rouge Intergroup

March 20-22, 2020

Baton Rouge, LA

*Traveling the Bayou to Recovery
Uncover, Discover, Recover on the Bayou ...*

For more information, please visit oaregion8.org.



For more information,
please contact
conventioninfo@oa.org.

2ND STEP PRAYER

*God, I'm standing at the turning point right now.
Give me your protection and care as I abandon
myself to you and give up my old ways and my
old ideas just for today.*

-Big Book, page 59



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

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.





**Upcoming Outreach Events for 2020
“Together We Get Better”**

**Our pledge:
Always to extend the hand and heart of OA to
all who share my compulsion
for this I am responsible**

January 2020 is the 60th Birthday of Overeaters Anonymous and we are still here because of outreach. Each meeting and retreat, each counselor and physician who recommends OA, each State-wide, regional or World Service event is an act of outreach and service.

We are asking all our OA members to help with outreach in some way.

1. Pick up OA information at your meetings and share them with your physician or counselor. (We plan to provide professional kits to all meetings.)
2. Participate in one outreach event this year.

The upcoming events needing volunteers include:

1. Saturday Health Fair, February 29, 2020
St. Raphael's Catholic Church, 1376 Snell Isle Blvd NE, St. Pete FL 33704
9AM – 2PM in the Parish Center.
Contact: Rita Sewell ~ rita195382@gmail.com
2. Awakening Into The Sun Wellness Festival, Sat & Sun, March 7th&8th at
North Straub Park (Downtown St Pete), 400 Bayshore Drive NE, 33701
More Info: rita195382@gmail.com

Additional outreach includes:

1. An intro to OA at the St. Anthony's Faith Community Nurse meetings in February.
2. An Article about OA in the January FCN newsletter.
3. Possible opportunity to educate the community about OA at the St Petersburg Free Clinic Health Center at 4th Street and 54th Avenue North St Petersburg.
4. If your meeting is at a church the church would place a blurb about OA in their newsletter.



**PINELLAS TRADITIONS INTERGROUP INVITES YOU TO THE
 TENTH ANNUAL OA FRANCISCAN CENTER RETREAT
 “Willing to Go to Any Length”
 JULY 24-26 2020**

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 24, (check-in 4PM), to Sunday, July 26, 2020 11:30 AM
COST: (Note, there are **two** separate places to pay: Franciscan Center for food/lodging **and** PTI for registration)
HOW: Step 1: Call and 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 \$206 and double rooms are \$186 per person. Additional information about the Franciscan Center at franciscancentertampa.org.
 Step 2: PAY PTI: **MAIL** your registration form & check or money order **payable to PTI**: \$30 for early bird (postmarked by **June 1, 2020**) or \$40 for regular registration.
 Direct any questions to rita195382@gmail.com or text to 727-310-5760

REGISTRATION DEADLINE: June 30, 2020

Checklist

- Space is limited so register early. *No Day trippers you must come for the whole weekend.
- Call and book your reservation at Franciscan Center. Your measuring cups/scales are welcome
- Call all your friends and make plans to carpool with them
- Please Announce this Retreat and print copies of this flyer for your meetings.
- Save this flyer for your information. See you at the pagoda on the peaceful Hillsboro River!



Cut on the dotted line and mail Retreat Registration Form & check or money order made out to PTI to:

Donna D • 5145 55th Street North • St Petersburg, FL 33709

PINELLAS TRADITIONS INTERGROUP NINTH ANNUAL RETREAT REGISTRATION FORM

Print Name _____
 Address _____
 Phone _____ Email _____

***Select your meal preference**

Friday Dinner Vegetarian ___ Chicken ___ Protein Fish ___
 Saturday Dinner Vegetarian ___ Chicken ___ Protein Fish ___
 Check one: ___ \$30 Early Registration ___ \$40 Regular

PINELLAS COUNTY MEETING LIST

February 2020

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	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 (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	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