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Pinellas Traditions Intergroup
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Visit us online at oapinellas.org

Monthly Intergroup:

The Pinellas Traditions Intergroup (PTI) meets every third Friday of the month. EVERYONE is welcome to attend. The next meeting will be held:

August 18, 2017 at 6:30 p.m.

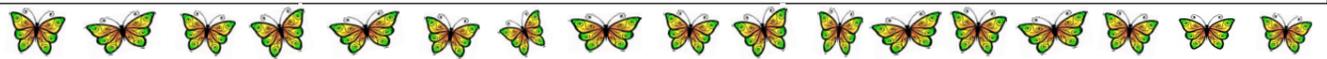
Morton Plant Hospital
1st Floor – Tuttle D Auditorium
300 Pinellas St. / Off Harrison
Clearwater, FL 33756

To receive monthly copies, or contribute to the Newsletter, please email the editor at newsletter@oapinellas.org. Contributions must be received by the first Friday of the month.

Step 8

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

The best discipline in life is
Self-Discipline



Tradition 8

“Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.”



“Abstinence is a new life, not in theory but in practice. It means following suggestions, listening to someone who knows more than I do about living abstinently.”

-For Today, page 203

The old me always knew the answers, always had the good ideas, never listened or followed anyone’s suggestions. It was self-will running riot. Now, when I read something in OA literature, hear something at a meeting, or my sponsor shares something with me, I take it to heart and search for a place to fit it into my life. I reflect on how I can make it work for me, how I can adapt it.

With this disease of compulsive overeating, I cannot afford to be selective. Whatever is presented to me is presented for a reason, and my job is to absorb it. My OA recovery cannot be stagnant nor can my progress be put on hold. I cannot control this progressive disease of compulsive eating.

Keeping myself open to other overeaters’ perspectives and to God’s will keeps me alive. Thank you, God, for the insight and experiences shared by others. The circle of life for me is Step work and abstinence from compulsive overeating. I apply what I hear to my daily routine, thus becoming and staying spiritually sound, emotionally secure, and physically fit.

-Voices of Recovery, page147



Concept 8

“The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.”

DELEGATION

YOU CAN DO
ANYTHING,
-BUT YOU CAN'T DO EVERYTHING.-
DAVID ALLEN

INSPIRED *(Exhibiting a creative impulse in the activity specified)*

-By the Franciscan Center Retreat Speaker

HELLO OLD FRIEND

Hello, old friend. Let me assure you I have not forsaken you. Don't worry you'll be lonely when you leave here. I am here. I will always wait for you. You know where to find me even when others don't. I hide and I wait. Don't believe what they say for you know I am your friend. I am here when you need comfort, when you hurt, when you feel you can't go on. I am here to numb those feelings so you will not have to be tortured with terrible emotions. Just stay close and I can and will fix you instantly with no waiting. Don't worry about calling people or going to those meetings. Do you remember how you chose me in the beginning? Through the years we have become so intimate. I trust you will choose me again and not give up this closeness we have known. We have had such wonderful times together, riding life to the highest highs. No one and nothing else has ever done that for you. Remember the good times, not the bummers. Keep the memories alive. We belong together. You'll never be happy without me. You'll never be satisfied sleeping with another. I want to be the first thing you awaken to each morning and the last thing you touch each night. No one will believe what a complete lover you are, how much you are devoted to me, how you come back for more and more. I love to watch you; watch all the things you do with me. I deeply appreciate how much you have sacrificed for me – jobs, family, friends, health, money. You always put me first, easily taking time off work for me. You gave up dreams and hopes. You put me before your friends. You put me before your family, even the ones you love most. You threw people and things away for me if they came between us. That makes me know how much you treasure me. I can't tell you how grateful I am for your loyalty and respect you have shown as I remember those beautiful things you have sacrificed to devote yourself to me. Don't ever despair. You can always depend on me. I wait for you; I will always wait. For I am your friend and lover!

I AM YOUR ADDICTION

MY NAME IS PAMELA COMPULSIVE OVEREATER FOOD ADDICT

I grew up in a dysfunctional home; my parents were prominent members of our church. Both heavy alcoholic drinkers with schizophrenic and narcissistic personalities.

At home, my brother and I never knew what was to come next. My parents had a song for me "fatty, fatty, 2X4 can't fit through the kitchen door," the guilt and shame was emotionally devastating. At age 11 my father committed suicide which my brother at age 9 and I witnessed. We were now left with an emotionally and dysfunctional mother. After my father's death, the only way she could cope was to put my brother and I in separate private schools. I would sneak down to the school kitchen and steal food from the school's pantry, because I was restless, irritable and discontent. Food was my only comfort.

My mother had abandoned me. She would show up at school on visiting day right before my bedtime and think that they would break the rules just for her. My mother fed me a lot to keep me quiet, food for sickness, food for health. Food was a way to show her love growing up, no matter how dysfunctional my home was my mother was a great cook and an excellent seamstress. I didn't take after her, I'm not a bad cook I'm not as creative as she was and as far as being seamstress goes; even with the guide of sewing machine it didn't come out looking like the pattern.

Through the years, I realized I had an alcohol problem supplanted by a desire to stuff myself to create the sense of comfort and well-being.

I married my first husband at age 16 I was thin at the time and he wanted me to stay that way. Our son was born when I was 17 and I had to lose the weight quickly, he didn't want a fat wife. So, I would stop eating until I was thin again. Even thin I would look in the mirror and see fat. When I wouldn't eat I would end up in the hospital frequently having to be hydrated from starving myself to stay thin. It was a dysfunctional relationship to say the least. We divorced after I had run away with our son, which he never saw again. He died of the disease of alcoholism. Not knowing I was carrying my compulsion for food, my weight was fluctuating. I didn't eat so I could lose weight; I blamed it on my alcohol. I got in to another alcoholic relationship, married and divorced with no children after four years. During this time, nothing changed.

I had stopped drinking alcohol for about three years, food became my major source of comfort and my weight was abnormal even though I was staying thin.

Another relationship I was in, was with an alcoholic married man for the next three years. Nothing changed, I was seeking relief in food, alcohol and relationships. I was 29, my son at age 11 was put in to a school for the welfare as I was now an unfit parent. I was a failure all that my first husband (his father) had told me was coming true. I drank and ate it didn't take me long before I gained a lot of weight and hit my bottom.

The welfare had me go to an orientation program so I would go to work. I was pursued and inspired by a gal sitting across a table at this orientation. She would always ask me if I thought I had a problem with alcohol. She was the first to inspire me to do something about my addiction.

That was 1975, in 10/1976 I walked through the doors of my first Twelve Step program very sick and had no self-worth. I was looking at the Twelve Steps in "The Little Red Book" -- I never realized that I was an overeater until looking at the Fourth Step in AA. I looked at the 7 deadly sins, and there was gluttony hitting right between my eyes. I didn't like what I saw. I was introduced to O.A. about thirty years or so ago. I walked in to OA on my own and had a lot of weight to lose. There was an OA meeting not too far from the AA meeting I was attending. Because I was unemployed and unemployable I attended as many OA meetings as AA meetings and was working both programs. (Talk about confusion early in recovery) I was in OA to lose weight to be attractive to the male society. I was in OA about six years lost 100lbs and about three years into abstinence I married husband number three. While on our honeymoon I became very ill with keratosis. While shopping in the village of Bermuda, in one of the Shoppe's, I passed out under a clothes rack. At my husband's dismay, I was sick for the rest of the time. I had called the doctor from Bermuda so when we arrived at home I had an appointment. When I went the doctor confirmed the diagnoses of keratosis. He had informed me I had been abstaining from foods, that I was depriving my body of vital nutrients. As I brought these foods back, my weight gain was rapid.

In the meantime, I was diagnosed with Candida. Now came some different foods that I had to abstain from. I lost weight and maintained a healthy weight for many years.

I had no program to speak of. I read the Big Book over a thousand times and I couldn't find the directions that everyone spoke of that was in the Big Book. I was an insane lady and almost lost my husband, son and two grandchildren.

In the last 40yrs I have had a couple of break-downs one ended me in a rehab facility. I was admitted for crisis intervention. That's where I started to understand the principles of the Twelve Step program. It brought out all that anger, resentment and fear. I was diagnosed with PTSD from the molestation and rape I had experienced as a young girl and early adulthood the first time that I ever felt free from my demons. I was still having flash back and I learned how to accept the flash backs and start living the principles.

We moved to Florida about 20 years ago. Since I had no structure, and although I still had the Twelve Steps to live by in another program. I was miserable. I was eating out of control and I was rapidly gaining, I had gained 50lbs my first month here and I was emotionally unstable. I could not fathom the idea of the insanity around food and what food was doing to me physically, mentally, and spiritually.

-continued on page 6

Quotes form "Abstinence" Book

My HP gives me the strength to deal with what may happen in the next twenty four hours. Thank you, OA and HP for guiding me along the road of recovery to a place where I can support others as well as take care of my own needs.

Before finding OA, I viewed the world in black and white extremes: Everything was either wonderful or awful, perfect or a total disaster. People were either good or bad, and I loved them or hated them. I was either wealthy or poverty stricken, and of course, if I wasn't thin, I was fat. p. 120

Yet I kept going to meetings. There was nowhere else for me to go. They said that I wasn't a bad person trying to become good, but a sick person trying to become well. Now I'm learning to separate issues from personalities. p. 121

As an abstinent compulsive overeater, I always enjoy being comfortably hungry before each meal, and the feeling of satisfaction afterward.

I'm grateful for the support of a wonderful sponsor and friends in the OA program who are there to listen to me and keep me grounded as I experience different levels of recovery.

I'm grateful for my own willingness to listen to all my different hungers and the ability to differentiate between my body's needs and my disease, which tells me I'm too "full of feelings" to have room for healthy and abstinent meals. p. 122

I feel better about myself and have no intention of depriving myself of delicious, well-balanced supper – or better yet, a well-balanced life.

It felt great to be with people I cared, and I could feel their love for me as well. p. 123

God, give me the ability to see clearly the borderlines in life and the wisdom not to cross them. Help me never to stray over the narrow lines between:

- Helpfulness.....and.....Interference
- Self-confidence.....and.....Arrogance
- Love.....and.....Possessiveness
- Enthusiasm.....and.....Fanaticism
- Frankness.....and.....Tactlessness
- Admiration.....and.....Idolatry
- Enjoyment.....and.....Excess
- Self-reliance.....and.....Obstinacy
- Compassion.....and.....Sentimentality
- Righteous Indignation.....and.....Vengefulness
- Self-awareness.....and.....Self-centeredness

by (British Serenity Borderlines)

Carrying the Message

Carrying the message is more than just working with others, it also includes other service, service at Intergroup and at Region. I have to give it away in order to keep it. If we expect to grow worldwide, it will only happen if we get involved outside our own little circle. Get involved in helping others, go to the Florida State Convention where it is all about recovery. Go to a SOARB Convention and learn the business of OA and what it costs to keep it funded. Get involved with Intergroup, that is being of service outside sponsoring. Open yourself to what else goes on in the world of recovery. There is a whole lot of other things happening out there. It's really a very big picture. I have a lot of footwork to do. Get involved in a committee. That is where our work is accomplished. Please help me spread the word and to help some other tortured soul. This is a privilege I have been given and it is an expression of gratitude for me to pass it on every way I can. The miracle of service is when I do it, I find more available to me than I realized. The gifts are not only free, but priceless. It is through service that the greatest gifts are found. I am responsible!

JR

Pinellas Traditions Intergroup – Meeting Minutes for 6/16/17 - 6:30PM

Timekeeper Judy

Call to Order

1. Open with the Serenity Prayer
2. Reading of the 6th Step, 6th Tradition, 6th Concept
3. Does everyone agree with the agenda?
4. Any additions?
 - a.) Survey for old paperwork 23 & 28 (in review noted there was a question on what this referenced)
5. This is a spiritual program so let's remember to keep principles before personalities, please.
6. Anyone new to Intergroup today?
7. Introductions & representatives from what meeting: Joan, Donna, Jason, Lynn T, Marcia, Mary T, Felice, Shirley, Crystal, Ruby H, Sarah B, Jim K., Julie O, Pat, Leslie, Jason, Gail, Tamar, Judy L, Diane, Kim, Laurie, Dana, Crystal, Donna D, Margie, Leslee
8. Parliamentarian-(3)pro(3)con(1)min –discussion(3)minutes: amended(2)pro(2)con(1)min-disc(3)min
No questions until after pros & cons- (Parliamentarian absent tonight)
9. Approval of Secretaries minutes – any corrections – move to approve- passed
10. Treasurer's report – any questions - move to approve
 - a.) Write the group numbers for 7th tradition on each group's envelope; label the special collection for the "translation \$5 for fellowship" on a separate envelope so PTI can match the funds for WSO
 - b.) Please see Ruby's treasurer report for May 2017 (we'll miss you Ruby)
 - c.) Treasurer's report passed
11. Vice Chair ??? - still in need of service
12. Pass the 7th tradition
13. Break into Committees – 10 minutes Committee reports - (Our work is accomplished through our committees)

OLD BUSINESS

14. Committee Chairs –UWD ?, Tech Web? (Both positions are needed)
15. Franciscan Center – July 21-23 Please announce in your group to create a basket for drawings.
Recovery Bags needed from prior convention events are appreciated for donations, supplies are needed to decorate book covers like fabric or craft supplies; 25 ppl registered so far; 3 scholarship applicants
16. Treasurer as of June/Region Rep- someone is applying for treasurer in the process
17. Fundraising for WSO and PTI to match translation fund- \$5 for the fellowship--Reminder
18. Any other old business? NO

NEW BUSINESS

19. Treasurer app and Motion
Julie stated: Anyone on the board, as stated in bylaws, must have 6 months abstinence. Julie motioned that the bylaw be suspended (an exception in this instance to fill the treasurer position) for 3 months abstinence because we need to fill the position soon. This person would be "acting treasurer/board member" until full 6 months recovery is reached; Pro- focus on recovery and give service, not our disease. Observation - someone stated that we follow the same guidelines for OA region because they are in place for specific reasons; Con- The guidelines are in place for a reason. It's a problem that there are many people in recovery 6+ months who don't want to step up. Motion: To suspend the six month requirement in the bylaws for the position of treasurer for this time only (approved by PTI). Crystal reviewed her application for treasurer; motion passed for this position (treasurer is in charge of software, programs, computer, files/flash drives, drop box back-up access codes as stated by Ruby as stated in by-laws) **Motion to vote in Crystal as the new treasurer of PTI (approved by PTI)**
20. Healthy meetings – Discussion
 - a.) Call newcomers, reach out to others, promote service opportunities, 10 years ago the same meetings were struggling and the attendance was similar to 2017 (interesting)
21. Service Opportunities email- We need a Tech Chair and UWD otherwise the agenda will not be posted on the computer and projector screen
22. Any other new business?
 - a.) Motion to dispose/shred noncurrent transactions, scholarships, board paperwork and applications, etc. prior to the purchase of a new computer for outdated materials; we are trying to go paperless to scan old/new info on computers and shred all noncurrent docs; all current material is scanned into the PTI computer right now (approved by PTI).
 - b.) All minutes and treasurer reports are available in PTI newsletters and online
 - c.) WSO is doing a survey for all meetings to be done online, a variety of people from each meeting not each and every member is suggested

Things to Take Back to Your Meetings

1. Buy Lifeline – Meeting Lifeline Rep – does yours have one?
2. Please remember to support struggling meetings: Tues, 9am Rebo, 7pm Gulfport; Wed, 6:45pm Mad Bch; Wed, 7pm Terra Nova; Thurs, 10:30am Aldersgate; Sat, 9:00 Pin Park Library
3. Please remember to invite everyone to intergroup.

July 14 Intergroup Change Date

July 15 FSC meeting

July 21-23 Franciscan Center Tampa

August 19 Abstinence vs Food Plan Tampa

October 13-15 SOAR 8 Miami

February 23-25, 2018 FL ST Convention Tampa

OA's Responsibility Pledge:

Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.

Close with the "Serenity Prayer."

PTI Treasury Report for June 2017

INCOME		Beginning Balance	\$8,212.60	
Focus on Abstinence	\$150.00	EXPENSES	PIPO	\$225.00
Voices of Recovery	\$82.50		R8 Rep	\$280.00
Living in Today	\$60.00		Scholarships	\$280.00
Mille Stretch	\$100.00		Webmaster	\$40.00
Pasco Pioneers	\$129.50		R8 - 10%	\$167.47
Back to Basics	\$47.14		WSO - 30%	\$502.41
Sat Serenity	\$293.05		Mailbox	\$86.00
Meeting Donations	\$924.69		Trans Fund	\$326.00
Franciscan Center	\$750.00		TOTAL	\$923.00
WSO Trans Fund	\$326.00			
Scholarship Fund	\$100.00	Ending Balance	\$8,964.29	
TOTAL	\$1,674.69	Prudent Reserve	\$3,000.67	
Scholarship Balance	\$651.00	Ending Balance w/ Prudent Reserve	\$11,964.96	

RECOVERY FROM RELAPSE

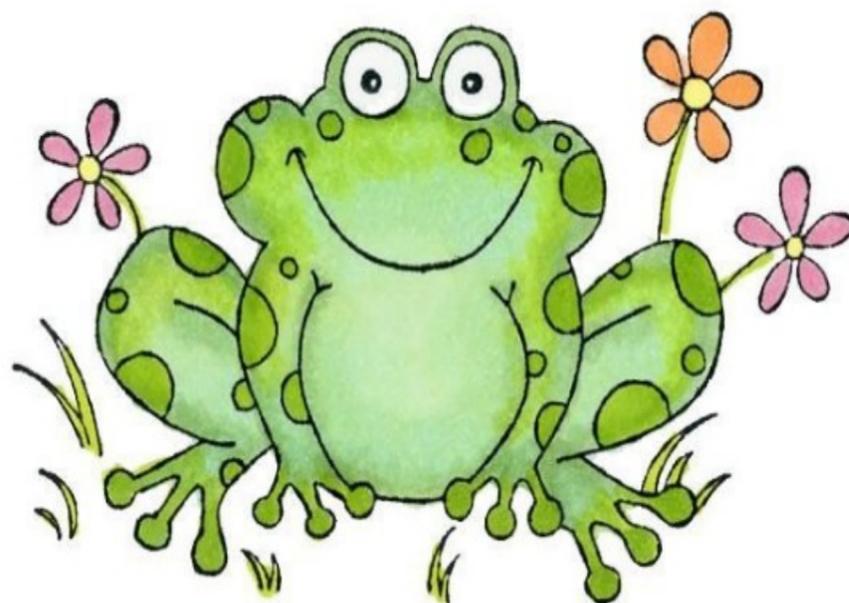
Are you aware that we have a "Recovery from Relapse" mentor program available through the Region 8 website? We can provide you with someone who is familiar with relapse. They are willing to share their experience, strength, and hope.

To access the "Recovery from Relapse" mentor program:

- 1) Go to www.oaregion8.org ...
- 2) Select the "Committees" menu, and then "Twelfth Step Within" ...
- 3) Select "Online Relapse Mentor Request" ...
- 4) Complete and submit the online form ...

Yours in service,
Neill M., Twelfth Step Within Committee (TSW)

REMEMBER: If you fail to plan; you plan to fail ...



Fully Rely On God

Pinellas Traditions Intergroup - 7th Tradition

The 7th Tradition states, "Every OA group ought to be fully self supporting, declining outside contributions."

Available online, local OA groups and members can now send a contribution using a secure site via

Donate now with..



INSPIRED

... continued from page 2 ...

I became friends with a gal who was almost as overweight as I was. Then all sudden she was losing weight and lighting up spiritually. I would ask her how she was doing what she was doing. The first few times my ears kind of closed. Then I ran in to her one night and I was open to the idea of structure. She inspired me to attend the OA/HOW meeting on Thursday night and I asked her to meet me there. She was my inspiration to bringing me back to OA. Over the years shame and guilt were my constant companion.

SHAME: Refers to how you feel about who you are. The confrontation with shame, although also set in motion by OA-H.O.W.'s first step, proves trickier – and, for most, more difficult. Again, the OA program – all of it, but especially Steps Two, Six, Seven and Ten – suggests shame's solution. It is Overeaters Anonymous as a fellowship that makes real this solution, but it is only in the conjunction with the Twelve Steps as a program that the full benefits of O.A. as a fellowship can be realized – made real.

GUILT: Refers to how you feel about what you did. Guilt is rooted in actions of the past, perpetuated in the lack of action in the present and delivered in the future as pain and suffering.

I find in dealing with guilt in the inventory and amendment Steps (Four, Five, Eight and Nine) of the O.A. - H.O.W. format, which guide me directly to guilt's resolution.

It's like when my friend would share with me her experience, strength, and hope; I would think of that when I was eating. It was miserable living like that. Now I can share with her my experience, strength and hope. We are on even ground now.

I just didn't care; I had set myself up a long time ago. It was said if you have the twelve principles in your life you can let go of any devise, alcohol, smoking, eating, gamble, etc. That didn't work for me, I need the support of the O.A. fellowship, and the twelve principles to practice in my life.

When I think about my compulsive overeating, there is nothing glorious. My disease wants me to feel isolated, different, and persecuted. Addiction makes it easy for me to notice the negative, no matter how slight and completely ignore the positive, and no matter how large! If "it" can keep me away from meetings, keep me from gaining knowledge of "itself", "it" can remain strong – and in control of my life, while I am fighting for mine. Talk about persecution! My disease is my biggest "persecutor," intent on diminishing me until I am nothing but walking, breathing testament to its power over me.

Food is a product of amazing versatility, it will remove the clothes off my back, if I by chance use it in sufficient quantity, food will remove furniture from the home, rugs from the floor, food from the table, lining from the stomach, vision from the eyes, and judgment from the mind. Food will also remove good reputations, good jobs, food friends, happiness from children's hearts, sanity, freedom, spouses, relationships, and my ability to adjust and live with my fellow man, even life itself.

As remover, food as no equal! Food Always Lied to ME!

I ate for Courage ... and woke up night after night horrified.

I ate for Sophistication ... and became crude.

I ate to find peace ... and ignited a war within myself.

My "spirit of other days" is doom and gloom, I ate because I was angry, sad, depressed, or even happy, it didn't matter. I don't look at those days as the "spirit of other days." Although at times I do think about certain comfort foods I think of the doom and gloom and choose to eat my food plan for the day.

I feel like I belong in the OA/HOW. I need the structure of the OA/HOW format. I need to be accountable for my actions and my food. Thanks to the sponsors and my Creator, I have another day of Abstinence and living the principles in my daily life.

TO PUT THESE THINGS IN MY BODY IS INSANE AND MY ACTING OUT IS THE INSANE PART, NOT BEING INSANE. THE FOOD IS A DRUG FOR ME. I HAVE NOT HAD TO ACT OUT BECAUSE OF THE STUFF BEING PUT IN MY BODY. When one overeater shares their experience, strength and hope with another, they share the true nature of their malady. When introduced to O.A. that overeater will never be the same. Always in the back of their mind is that overeater sharing the wonder of the next bite or binge will be the last. I went to counseling for a very long time. I still too this day have one on standby. The last sixteen months I have been more comfortable and at peace with myself and my past.

Each day that I live an abstinent day is a grateful day. I have (with my Creator and Sponsors) a day of peace and joy even when I don't feel good. I am not dwelling on how I feel, emotionally, spiritually, or physical. I am in my Creator's hands.

I like the foot step poem, when I only saw one set of foot prints, and I asked God why he had abandon me, His reply was when you only saw one set of foot prints, it was I who was carrying you.

Spirituality of many faiths were insufficient to produce a feeling of self-worth. Only to discover that my bondage doesn't come from outside sources. All hope seemed lost, but where there is still life, there is hope.

For me faith didn't come easily. For others, especially if we have experienced betrayal it may be more difficult. Sometimes I must exhaust all my mental and physical "disease" before I will risk believing in a higher Power.

To recover, I cannot afford to stand back, hoping for "cures," and avoid deliberate action because of my lack of faith. I lived with my condition for many years, spending my resources on promising "cures" without success. When I came to believe in God, a power greater than myself, and have the faith to take hold of my own recovery, I will find the healing power I have been looking for. I have come to understand through the second step that the Power greater than I was expressed in the love and patient kindness of the presence of God within the Twelve Step program; fellowship that gave me the opportunity to restore me to an emotional and mental balance. Faith is the key whether it is blind faith or as it has been said, believe because I believe. Don't quit before the Miracle happens. Miracle is God's Intervention.

I EARNESTLY BELIEVE THAT GOD EXISTS, THAT I MATTER TO HIM AND THAT HE HAS THE POWER TO HELP ME TO RECOVER.

Now in closing I have been asked to speak some on 'Inspired' ...

I have been inspired by God's direction thru inspiration, intuitive thought and decision as found in the Big Book of Alcoholics Anonymous:

INSPIRED:

To fill with an animating, quickening or exalting influence: His courage inspired his followers, sponsorship

To produce or arouse (a feeling, thought, etc.): to inspire confidence in others, fellowship

To fill or affect with a specified feeling, thought, etc.: to inspire a person with distrust, strength/hope/experience

To influence or impel: Competition inspired her to greater efforts. Promises

To animate, as an influence, feeling, thought or the like, does: They were inspired by a belief in a better future. Rocketed into the 4th dimension – happy/joyous/free

To communicate or suggest by a divine or supernatural influence: writings inspired by God. Prayer and meditation

To guide or control by a divine influence. OA-H.O.W.

Abstinence in Action "Adventure" Fellowship

August 19th	Abstinence/Food Plan Workshop	Tampa
October 13th-15th	SOAR8 Assembly - "WELCOME HOME: Recovering in Paradise"	Miami
November 4th	Journaling Journey	New Port Richey
February 23rd-25th	Florida State Convention	Tampa

For more information and flyers, PTI's Calendar of Events may be viewed online - <http://www.oapinellas.org/events.htm>



PINELLAS MEETINGS – WE NEED YOU!!! - IS YOUR MEETING REPRESENTED???

ATTENTION INTERGROUP REPRESENTATIVES!!! Your attendance at the Intergroup meeting is very important to the health and well-being of the Pinellas Traditions Intergroup. It is also an invaluable form of service. Intergroup reps have the opportunity to share information about their group, learn what other groups are doing, and make new friends. This helps us all stay connected. Please make every effort to do your part in keeping OA strong and vibrant. We meet the third Friday of every month, this year with 2 exceptions, in the Tuttle Room, at Morton Plant Hospital, Clearwater. Please join us!!!

Looking for a sponsor??? There are some people out there that are willing to sponsor by phone and/or email.

By Phone: Julie O. 727-784-7958; Sandy 727-846-2100; Lynn E. 901-830-1092; Pat Mc 727-581-8201; Linda Mc 727-804-4610; Claudia 727-781-7411.

By Email: Sandy - utopiarevisit@yahoo.com; Julie O. - julianeob@yahoo.com; Linda Mc - lindaproductions@aol.com; Carol - carolsch@ptd.net; Jane T. jtorell78@gmail.com; Claudia bytelady@tampabay.rr.com. I'm hoping to add to this list as time passes. Try it, you might like it!

Do you know one of the easiest way to get OA information? In your email's Inbox ... Just send your email address to newsletter@oapinellas.org and you will be added to our mailing list to receive information about what is going on in OA. You will also receive the monthly newsletter, as well. If you are receiving the monthly newsletter now, you are already on the list, so you don't need to do anything. The list is private, which means it will not show your email address once you have been added to the mail list. So, if you're interested, please send us your address ASAP!

Thank you so much for the beautiful share, talk about an inspiring weekend, it was wonderful. A great **"BIG THANK YOU"** to Dana, Chrissy and Beth for all their hard and effort they did to pull off a fantastic retreat. Those who were there know what it was like. Those who didn't go will have the opportunity to attend next year to see if they can top this one!!!



Happiness is not ready made. It comes from our own action.

-dalai lama

Please consider supporting the following meetings:

- Tues - 9:00 AM - REBOS
- Tues - 7:00 PM - Back to Basics
- Tues - 7:00 PM - The Mile Stretch
- Wed - 6:45 PM - Madeira Beach Bunch
- Wed - 7:00 PM - You Are Not Alone
- Thurs - 10:30 AM - Hope
- Sat - 9:00 AM - Great Reality

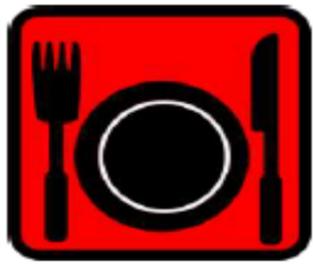
Much Appreciated!!!

Nominating Committee for PTI Board positions will be in August. Please come to Intergroup! Do you know who your board members are? Do you have an opinion? You can make a difference only if you are there. PTI needs you!!!

Upcoming Events

Abstinence vs Food Plan OA Workshop

Saturday, August 19th
1:00 PM – 4:00 PM



Christ the King Youth Center
3809 West Morrison Ave.
Tampa, FL 33692
(S Dale Mabry & Henderson in South Tampa)

EVERYONE IS WELCOME!!!

\$6.00 suggested donation ...

Questions? Call JC (813) 240-8572 or Jim (727) 424-7075



Miami-Dade and the Keys Intergroup
of Overeaters Anonymous presents

**SOAR 8 Recovery Convention
and Business Assembly**



October 13th - 15th, 2017

Miami Airport Marriott
1201 LeJeune Road (42nd Ave)
Miami, FL 33126

[CLICK HERE](#) for more information and registration form.

Journaling Journey

November 4, 2017 1-3PM



Win A Door Prize!!!

Yoga for the mind!!!

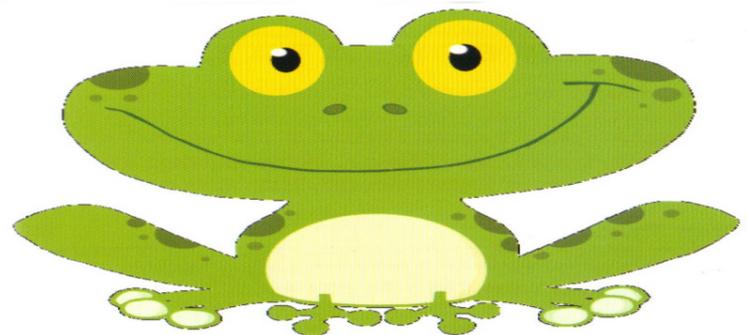
\$6 - Please join us at -

5615 Saren Drive, New Port Richey

Call Jeanne (727) 494-7994

28th Annual Florida State
Convention of Overeaters
Anonymous

**“Together We Can...
Fully Rely on
God* (FROG)”**
*(*of our own understanding)*



Feb 23-25, 2018

Holiday Inn Tampa– Westshore
700 N. Westshore Blvd.
Tampa, FL 33609
866-941-4919 (Reservations)
813-289-8200 (Hotel Direct)

More information on all of these events may be found on our website ... <http://oapinellas.org>

PINELLAS COUNTY MEETING LIST

August 2017

DAY	TIME	MEETING NAME	MEETING TYPE / NOTES	LOCATION	CONTACT
Mon	10:15 AM OA#46182	Just For Today	1-Step/ 2-Lifeline/ 3-Lit/4-BB/5-Speaker	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 (727) 595-6644 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	9:00 AM OA#54726	Abstinence NEEDS SUPPORT	Daily Readings Open Discussion	REBOS Center – Friendship Baptist Church 4001 74 th St. N., St. Petersburg	Ellise (239) 384-4682 Harland (727) 667-4743
Tues	7:00 PM OA#53878	Back to Basics NEEDS SUPPORT	Literature/Discussion	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Jim F. (949) 463-0837
Tues	7:00 PM OA#54697	Living In Today	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	Literature Meeting	St. Vincent de Paul Catholic Church 4843 Mile Stretch Rd., Holiday	Chris (727) 688-9823 Judy (727) 457-3976
Wed	12:30 PM OA#52863	Message Carriers	Open Discussion	Metro Center 3251 Third Ave. N., St. Petersburg	Ellen L. (727) 381-8043
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
Wed	7:00 PM OA#54502	You Are Not Alone NEEDS SUPPORT	12 & 12 Study	Terra Nova <i>(Small room with green door)</i> 7550 40th St. N., Pinellas Park	Cynthia (561) 254-3642
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>	Tamar (727) 796-5878 Laurie (727) 517-4137
Thur	5:30 PM OA#49784	Steps to Freedom	Focusing on Recovery * through the Steps and Traditions - 90 Days Meeting	St. Cecelia's Church, Room A 820 Jasmine Way, Clearwater	Mary Mc (727) 319-4321
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 <i>(NW of Belleair Rd. & Highland – entrance on Belleair)</i>	Phil L. (727) 754-0131
Fri	11:00 AM OA#53104	OA Amigos NEEDS SUPPORT	English & Spanish Literature	Metro Center 3251 Third Ave. N., St. Petersburg	Margie C. (904) 322-1899
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Cora (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	Joan R. (727) 785-9208
Sat	9:00 AM OA#36776	Great Reality NEEDS SUPPORT	Beginners	Pinellas Park Public Library 7770 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	Betsey (727) 466-9277 Judy (727) 442-9234
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	12:00 PM OA#52497	Oldsmar Men's Group New Time: 12:30 PM Beginning on July 1st!	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 day) *	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	Cora (813) 956-4642

PLEASE NOTE: All meetings are open meetings unless indicated otherwise. * Closed Meeting - OA members only!

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