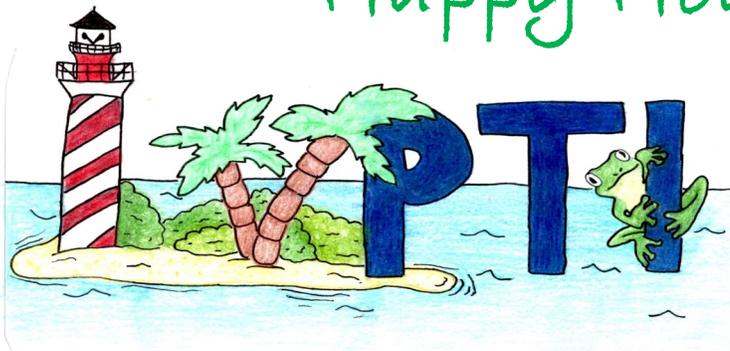


# Happy Holidays!!!



December 2017

Overeaters Anonymous

Pinellas Traditions Intergroup

P O Box 16582

Clearwater, FL 33766

[www.oapinellas.org](http://www.oapinellas.org)

## Our Trusted Servants

CHAIR:

Joan R.

(727) 785-9208

[chair@oapinellas.org](mailto:chair@oapinellas.org)

VICE CHAIR:

Seat vacancy

TREASURER:

Crystal C.

(813) 426-2201

[treasurer@oapinellas.org](mailto:treasurer@oapinellas.org)

SECRETARY:

JC D.

(813) 240-8572

[secretary@oapinellas.org](mailto:secretary@oapinellas.org)

NEWS EDITOR:

Joan R.

(727) 785-9208

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

December 15, 2017 at 6:30PM

Morton Plant Hospital

1st Floor – Tuttle D Auditorium

300 Pinellas St. / Off Harrison

Clearwater, FL 33756



*Beware lest you lose the substance by grasping at the shadow.*

-AEOSP

Weight loss is not what the OA program is about. A normal-size body is a fringe benefit received in the course of reconstructing that which cannot be seen.

Inner change is the substance of the twelve step program. It is sad to contemplate that there are OA meetings where food pans and “food sponsors” take precedence over the twelve steps. Newcomers are given shadow in place of substance.

When I take a sponsor, both of us understand that we may or may not discuss food and food plans. The whole idea of having a sponsor is predicated on my need for guidance in working a spiritual program – by someone who has attained a measure of experience in doing so.

**For Today:** I have done enough “research” on diet and weight loss programs to know that the program we have in Overeaters Anonymous is not one of them.

“For Today” pg. 353



Step 12: Having had a spiritual awaking as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

# SERVICE



*What are you doing to carry the message?*

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.



# SPIRITUALITY

Concept 12: The spiritual foundation for OA service ensures that:

- a) no OA committee or service body shall ever become the seat of perilous wealth or power
- b) sufficient operating funds, plus ample reserve, shall be OA's prudent financial principle
- c) no OA member shall ever be placed in a position of unqualified authority
- d) all important decisions shall be reached by discussions, vote and, whenever possible, by substantial unanimity.
- e) no service action shall ever be personally punitive or an incitement to public controversy
- f) no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action

## **PINELLAS MEETINGS – WE NEED YOU!!! - IS YOUR GROUP REPRESENTED???(Assign before meeting begins)**

**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 in the Tuttle Room, at Morton Plant Hospital, Clearwater. Please join us!**

.....

Name Timer N/A

1. Open with the Serenity Prayer
2. Reading of the 11th Step, 11th Tradition, 11th Concept
3. Does everyone agree with the agenda?
4. Additions: Webmaster note and thank you card, updating world service emails
5. This is a spiritual program so let's remember to keep principles before personalities, please.
6. Anyone new to Intergroup today? Yes Carlene, Shirley Q, Laurel M
7. Introductions & representatives from what meeting: Joan, JC, Jim L, Julie, Laurel, Carlene, Sue D, Shirley Q, Lee, Sarah B, Judy L, Laurie, Dana, Crystal
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
9. Approval of Secretaries minutes – approved
10. Treasurer's report – approved
11. Vice Chair – Position open
12. Pass the 7<sup>th</sup> tradition
13. Break into Committees – not held



### **Old Business:**

14. FSC Baskets from meetings to go directly to Tampa
15. Committee Chairs –Unity With Diversity, Tech Web, PIPO, Chair/ Vice-Chair – positions are all open
16. Explain misinterpretation on Article III, Section 3, Intergroup Representative. No vote needed. States a intergroup rep cannot be a committee chair. Does not affect board members.
17. Newcomer Packets given to every meeting.
18. Any other old business? No

### **New Business:**

19. Annual committee reports – TSW – Held a workshop or fellowship event at least once every month or more. We are having a 10 AM meeting Thanksgiving and Christmas, Palm Harbor on Nebraska 7PM Thanksgiving. IGOR and Bylaws sent in by email. PIPO Christmas under the oaks and Halloween Party Great success.
20. Vote on board applications/new apps? Chair/Vice-Chair no one ran JC elected Secretary
21. Motion to have the treasurer report and minutes of the PTI meetings be posted on PTI website and not put in newsletter. Motion approved.
22. The chair and vice chair positions remain open. Acting chair asked for. No one volunteered. Bylaws states next in line is treasurer. Treasurer passes on acting Chair. JC Devitt is secretary acting chair starting January
23. The scholarship committee is one year, bylaws chair, treasurer and 2 others for the scholarship committee. Dana is joining committee. (But not chair)
24. Treasurer's report. Income not reflected secondary to the date of deposits. Scholarship fund is \$1051.00. Approved.
25. Motion to approve the secretaries minutes. Approved.



### Things to Take Back to Your Meetings:

Buy Lifeline – Meeting Lifeline Rep – does yours have one??

Please remember to support struggling meetings: Tues, 9am Rebois, 7pm Gulfport; Wed, 6:45pm Mad Bch; Wed, 7pm Terra Nova; Thurs, 10:30am Aldersgate; Friday morning OA Amigos meeting in St Pete; Sat, 9:00 Pin Park Library

Please remember to invite everyone to intergroup.

Call those people you are not seeing at meetings.

**10 AM meeting Thanksgiving and Christmas, Palm Harbor on Nebraska 7 PM Thanksgiving**

**December 9 1-3 PM Release of Character Defects, Aldersgate Church, Seminole**

**December 12 - Twelfth Step Within Day – Celebrate and Carry the Message by calling a still suffering member!  
Feb 23-25, 2018 Florida State Convention Holiday Inn 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"**

October 6, 2017

Re: The balance sponsor/sponsee relationship

Dear Fellow OA Members,

The promise of relief from our disease of compulsive overeating may give newcomers the expectation that members who sponsor are speaking for OA as a whole. This puts the newcomer in a position to be vulnerable to recommendations that may not be in their best interest. When we first join the Fellowship, we may not be aware of how the practices of working the Twelve Steps vary with our members. No one member speaks for OA as a whole.

Sometimes we hear "if you want what I have, you will do what I do" from individuals who appear to have the answer we are seeking.

Unfortunately, in some cases, an individual who offers themselves as a sponsor may go beyond the boundaries suggested for sponsorship and ask things that are inappropriate in the sponsor/sponsee relationship.

Sponsors are not professionals when they are doing Twelve Step work. They ought to only share or suggest changes that worked for them in their journey. Sponsors should not issue orders or make demands, for example, when it comes to the use of medications. Sponsors should not give advice regarding medications or other substances. All members of OA may choose their own plan of eating, their Higher Power, and how they work their program.

In OA, we are here to care for our members. If a sponsor becomes controlling or demands that you must behave in a certain way to recover, we suggest that you speak with a fellow member from another group or contact your local intergroup/service board, region chair, or any trustee to discuss the matter. You may change sponsors or go to different meetings to find other ways that members use to heal from the disease of compulsive eating.

We individually judge our own abstinence, healthy weight, and food plan. Your sponsor and your OA group are there as helpful guides. Others in OA (sponsors or not) are not medical experts or counselors. Members and sponsors encourage – not judge – others on the path of recovery. We are asked to turn our will over to the care of a loving Higher Power. Other human beings help – not hinder – that process.

Yours in service,

Cindy L.

WSO Chair of the Board of Trustees

## **NEW** OA Business Glossary available at [oa.org](http://oa.org)

New for groups and service bodies, the *OA Business Glossary* lists and defines OA business, conference, and parliamentary procedure terms for effective and efficient communication across the Fellowship.

The opinions expressed in this 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 newsletter. Please submit your article by the last day of the previous month for publication in the next month's newsletter.

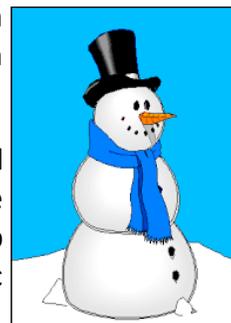
## Responsibility Pledge:

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

## "Public Information, Outreach and Step 12"

The World Service Business Conference (WSBC) has both Public Information and Outreach committees as do many intergroups. In some cases, these committees have been combined as they can and do overlap in many ways.

However, have you ever thought about the fact that Step 12 ("Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters, and to practice these principles in all our affairs.") IS public information? Step 12 IS outreach. As such, each of us is responsible for doing outreach and providing public information, regardless of whether or not you officially serve on these committees.



How creative can you be in carrying out Step 12? How do YOU do outreach and provide the public information about our life-saving and life-giving program of Overeaters Anonymous? How do you carry the message? We can even include the OA Responsibility Pledge ("Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.") as part of public information and outreach.

There are so many people suffering from the effects of the disease of compulsive eating. What will you do today as your Step 12 work? Who might you reach by sharing just a bit of your story? None of us can save everyone from this disease but we can all do something. Let us all be mindful of the fact that, just as we recall Step 1 and our Step 3 commitment daily, we should be equally aware of our Step 12 duty.

Janice J.  
Sinking Spring, PA

Thank you to all those beautiful, dedicated service people who helped with Christmas Under the Oaks ... rain or shine, we survived!!! Talking about service, received an application for chair for JC which will be voted on at the December intergroup meeting and understand a secretary application is on the way, too. Hurray!!! Please join us ... Remember at the January intergroup meeting, we will be pulling 3 names for a pass to the Florida State Convention in Tampa in February. Also, new and exciting news ... a new Friday night meeting will be starting at the Warehouse in Dunedin on Mains Street ... watch for the announcement coming soon. Thanks for all the wonderful service.

## Abstinence in Action "Adventure" Fellowship

December 9th 1-3 PM

Release of Character Defects, Aldersgate Church

Seminole

February 23-25, 2018

Florida State Convention

Tampa

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

The "compulsive overeater who still suffers" isn't always a newcomer to OA. He or she can also be an established member experiencing difficulties with the disease of compulsive eating or with other problems. Seeing one of our members go into relapse or face personal problems can be frightening to us, and we may react with condemnation toward the member who breaks his or her abstinence or has other kinds of difficulties. Often we're tempted to avoid the issue by avoiding the suffering person. Perhaps we use the slogan "stick with the winners" as a rationalization not to speak to the person in relapse at OA meetings, or never to call our friends who have stopped coming. When we react in these ways, we're forgetting the primary purpose of our group, which is to carry OS's message of hope to those who still suffer – including those among us who have heard the message many times before.

-OA 12 & 12 pgs. 148-149

### Tradition 12 Questions???

What is each individual's real importance in the OA Fellowship?

Do I speak up for OA principles, no matter who might be displeased?

Do I listen when others talk about personalities (gossip)?

Do I ever repeat anything personal I have heard at meeting or from other members?

Do I treat some individuals as stars?

How do I practice this principle as a sponsor?

Do I demonstrate loving kindness to myself and others?

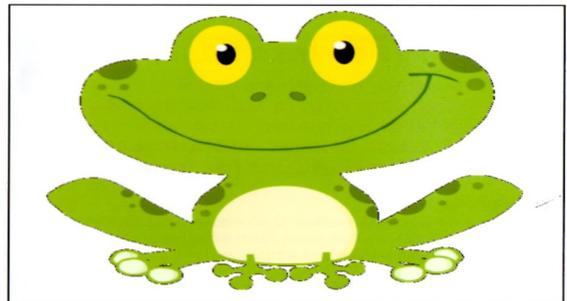
Do I disparage another's beliefs?

Do I isolate in my home group, discounting other groups and members?

Do I say what I mean, mean what I say, and not say it mean?

28<sup>th</sup> 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)

 **OVEREATERS  
ANONYMOUS**<sup>®</sup>  
Pinellas Traditions Intergroup

# Release of Character Defects



**December 9, 2017  
1:00 -3:00 PM**

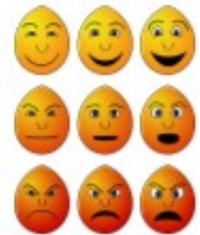


**Please bring your 12&12  
and an old CD to decorate**



**Aldersgate Methodist Church  
9510 Starkey Rd.  
Seminole, FL**

*(Back of church near the office)*



**For more information, please  
contact Lynn (901) 830-1092**

