



Our Trusted Servants

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Pinellas Traditions Intergroup
PO Box 16582, Clearwater, FL 33766
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:

July 14, 2017 at 6:30 p.m.

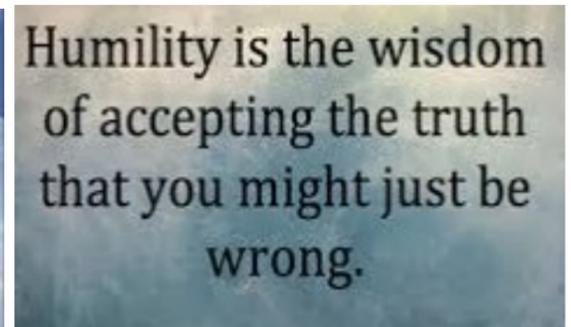
Morton Plant Hospital
1st Floor – Tuttle D Auditorium
300 Pinellas St. / Off Harrison
Clearwater, FL 33756

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 7

“Humbly asked Him to remove our shortcomings.”

HUMILITY



Tradition 7

RESPONSIBILITY

“Every OA group ought to be fully self-supporting, declining outside contributions.”

SPIRITUAL HEALTH

When the spiritual malady is overcome, we straighten out mentally and physically.

-AA Big Book, page 64

It is very difficult for me to come to terms with my spiritual illness because of my great pride, disguised by my material successes and my intellectual power. Intelligence is not incompatible with humility, provided I place humility first. To seek prestige and wealth is the ultimate goal for many in the modern world. To be fashionable and to seem better than I really am is a spiritual illness.

To recognize and to admit my weaknesses is the beginning of good spiritual health. It is a sign of spiritual health to be able to ask God every day to enlighten me, to recognize His will, and to have the strength to execute it. My spiritual health is excellent when I realize that the better I get, the more I discover how much help I need from others.

-Daily Reflections, page 152

Concept 7

“The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the WSBC are accorded to it by Tradition and by OA Bylaws, Subpart B.”

BALANCE



Progress Not Perfection

When we began life as an infant, we lay there, unable to do anything except let others help us. Gradually, as the nourishment given by others gives us strength, we were able to begin rolling over. As time passed we were able to creep along, then to crawl. Eventually came the day when we are strong enough to stand, wobbly holding on to a chair, or a low table, or hand. When our legs gave out, or we let go, we plopped back down on the floor, later to get back up again. Later, as our legs gained more strength, we took tentative steps, holding on for balance and support to the strong hands of others, listening to their encouragement and praise. Then came the Day! We took a step on our own... and promptly fell. But we got up and took a step again ...and fell. This process went on for some time before we were able to, shakily, walk from point A to point b. As our legs became stronger and our balance became more sure, we were able to walk a little further, then a little further, until one day we were running, strong and sure, without thinking about what we were doing. It came naturally.

Our recovery process takes the same progression. We come into program as an infant, unable to do anything yet, except to have others help us. Little by little we gain the strength, through the nourishment of our sponsors, meetings, the steps, and our Higher Power. There will be faltering steps, followed by slips and falls occasionally, but, like a small child, if we get up and try again, we continue to gain strength we need to "stay the longer" until one day we are able to walk and run easily. When we, then, reach out to help another "infant" we are reminded of our own struggle and it keeps us humbly mindful of how easy it is to lose our balance. We know that while we can run and walk with ease, all it takes is a loose stone or toy underfoot to cause us to lose our balance and fall. Therefore it is important we watch, constantly, where we step so we don't take unnecessary falls. Being diligent in our own program helps prevent the "accidents" that befall those who are heedless of their surroundings. Only by using what we have learned, and taking each moment in its turn, can we continue our recovery process, realizing we are to seek progress, not perfection.

-bp

Reprinted from PTI NewsPages April 2001

"God Bless Those Blessings in Disguise"

*God speaks to us through toilet paper on shoes,
runs in stockings, and life's humiliating
experiences that keep us laughing at
ourselves along the way.*

*God speaks to us through long lines, and
traffic jams, and all the annoying little
inconveniences that make us
slow down and take a deep breath.*

*God speaks to us through flat tires,
bounced checks, broken appliances, and all
the little "last straws" that make us say, "
I give up!" so He can finally take over.*

*Hold on tight - God is up to something
wonderful for you!*

BN

Broken Dreams

*As children bring their broken toys
With tears for us to mend,
I brought my broken dreams to God
Because He was my friend.
But then instead of leaving Him
In peace to work alone,
I hung around and tried to help
With ways that were my own.
At last I snatched them back and cried,
"How could you be so slow"
"My child," He said, "What could I do?
You never did let go."*

-Author Unknown

Pinellas Traditions Intergroup – Meeting Minutes for 5/19/17 - 6:30PM Timekeeper Marcia

Call to Order:

1. Open with the Serenity Prayer
2. Reading of the 5th Step, 5th Tradition, 5th Concep
3. Does everyone agree with the agenda?
4. Any additions?
5. This is a spiritual program so let's remember to keep principles before personalities, please.
6. Anyone new to Intergroup today?
7. Introductions & Reps and from what meeting: Joan, JC, Ruby, Jim, Julie, Donna, Jason, Marcia, Mary T, Michele, Sam, Chrissy, 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 with one correction
10. Treasurer's report – End balance \$9524.90, prudent reserve 3000.45 approved with one correction
11. Vice Chair- position open
12. Pass the 7th tradition
13. Break into Committees – 10 minutes Committee Reports - (*Our work is accomplished through our committees*)

TSW

Jewelry workshop was a success

Free concert to Florida Orchestra June 3 1-3:30PM Carry the Message Oldsmar 727-470-9448

July 21-23 Franciscan Center Retreat Tampa

August 19th tentative Abstinence versus Food Plan workshop details TBA Hillsborough

September TBA Tools

Crystal will update the contact person on meetings list

PIPO – Craig's list, Facebook, emailing, feedback on benches too much writing small print.

Ways and Means no report

Bylaws – no report

Old Business:

14. Committee Chairs needed –UWD, Tech Web, PIPO
15. Franciscan Center – July 21-23 – need to update website, need arts and crafts donations, asking for bags that do not have specific businesses.
There may be FSC bags available
16. Treasurer position will be open as of June/Region Rep
17. Any other old business?

New Business

18. Meeting contacts announcements and activities – Crystal will update the list and remind people to read PTI emails and newsletter and make announcements
19. Spreading the word of Growing Unity Worldwide – 5\$ for the Fellowship asking for fundraiser, asking meetings to collect for June to go to world service and PTI will match the funds with a donation to the new Translation Fund to translate OA literature worldwide. It is suggested that if every member made a one-time \$30.00 donation world service would be self-supporting.
20. How to keep healthy meetings – suggestions for read
21. Any other new business?
Announcement for Automatic reoccurring Contributions – OA.org you can set up your account to repeat donate to world service OA from your account. If you need help, please ask.
22. Annual OA Sponsorship Day will be the 3rd Saturday of the Month.
23. Discussion of WSBC.

Things to Take Back to Your Meetings

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

Please remember to support struggling meetings: Tues, 9am Rebos, 7pm Gulfport; Wed, 6:45pmMad Bch; Wed, 7pm Terra Nova; Thurs, 10:30am Aldersgate; Sat, 9:00 Pin Park Library

Please remember to invite everyone to intergroup.

June 3rd 1-3:30PM Carry the Message Oldsmar 727-470-9448

July 14th Intergroup Change Date

July 21st-23rd Franciscan Center Tampa

August 19th tentative Abstinence versus Food Plan workshop details TBA

September - TBA Tools

October 13th - 15th SOAR 8 Miami

Five for the Fellowship fundraiser month of June monies donated by people in the group will go to world service and PTI will match the money to go to translation fund to translate literature.

OA's Responsibility Pledge:

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

Closed with the Serenity Prayer.

PTI Treasury Report for May 2017

INCOME		Beginning Balance		\$9,524.90
Voices of Recovery	\$102.67	EXPENSES	WSBC Delegate	\$1,149.48
First Fellowship (Thurs)	\$250.00		Scholarships	\$140.00
First Fellowship (Sat)	\$250.00		Webmaster	\$40.00
Pasco Pioneers	\$34.00		Region 8 (10%)	\$228.03
PTI	\$9.00		WSO (30%)	\$653.09
			TOTAL	\$2,210.60
Meeting Donations	\$645.67			
TSW WS	\$55.00			
Boutique	\$27.00			
Franciscan Center	\$100.00			
Region8 Reimbursement	\$70.63			
TOTAL	\$898.30	Ending Balance		\$8,212.60
		Prudent Reserve		\$3,000.60
Scholarship Balance	\$861.00	Ending Balance / Prudent Reserve		\$11,213.20

THANK YOU!!!

Many thanks to Ruby H. for her dedication as our treasurer for the past year. She did a super job and we appreciate her efforts and service to our Intergroup.

We want to wish her much luck on her new endeavors in Miami and hope to see her many times as she enjoys her position as the secretary at the Region 8 assemblies.

Good Luck, Ruby!!!

We love you!!!

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

Hello All,

OA's expanded translation policy for online material is now posted on oa.org. Please share the news with members, groups, and service bodies.

Find it online at What's New at oa.org/whats-new and at Groups/Service Bodies, in the Guidelines section, on the Copyright Requests page.

Here is the link to the Copyright Requests page: <https://oa.org/groupsservice-bodies/guidelines/copyright-requests/>

The expanded policy says:

Items not needing written permission

All registered OA groups and service bodies have permission to reprint any OA print material currently on the OA website (downloadable PDF files or text) without having to submit a written request to the WSO. This does *not* include permission to reprint photographs on the OA website. The materials listed below may also be reprinted without written permission. When using OA material, cite the source and include the following: Copyright Overeaters Anonymous. All rights reserved.

All registered OA groups and service bodies also have permission to translate and reprint any OA print material currently on the OA website (downloadable PDF files or text) and the materials listed below without written permission. This does *not* include permission to reprint photographs on the OA website. The translated manuscript must include the following in the language of the translation: This is a translation of OA-approved literature. © [date of translation] Copyright Overeaters Anonymous, Inc. All rights reserved.

The group or service body is also required to provide a digital copy of the published translated literature to the WSO. The digital copy can be in PDF or text format and should include the English-language name of the translated publication, the language of translation, and the group or service body name and registration number.

1. [The Twelve Steps of OA](#)
2. [The Twelve Traditions of OA](#)
3. [The Twelve Concepts of OA Service](#)
4. [The OA Preamble](#)
5. [The OA Promise](#) (I Put My Hand in Yours)
6. [The Responsibility Pledge](#)
7. Fifteen Questions
8. About OA (flyer)
9. "Welcome Home" from the *Taste of Lifeline*, pp. xiii-xvi
10. Articles from *A Step Ahead* and the *Courier*
11. Individual *Lifeline* articles for limited personal and group use (may not be recombined into other publications or resold).
12. Many well-known slogans and sayings (such as "one day at a time," "easy does it" and the Serenity Prayer) require no approval.

Thank you,
DeDe DeMoss
Publications Manager



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 PTI's PayPal page. Please click the button located on the right or visit our website at oapinellas.org/donations.html to send in a donation today. Your generosity is greatly appreciated!!!

Donate now with..

PayPal[™]

Abstinence in Action "Adventure" Fellowship

July 14th	Intergroup Meeting Date Change	Clearwater
July 21st-23rd	Franciscan Center Retreat	Tampa
August 19th	Abstinence/Food Plan Workshop	Tampa
October 13th-15th	SOAR8 Assembly - "WELCOME HOME: Recovering in Paradise"	Miami
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!



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!!!

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!!!

"The difference between successful people and others is how long they spend time feeling sorry for themselves."

-Barbara Corcoran

Upcoming Events

REMINDER:

Pinellas Traditions Intergroup monthly meeting has changed this month to **July 14th** due to the upcoming Franciscan Center Retreat.

Nominating Committee for the 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!!!



PINELLAS TRADITIONS INTERGROUP INVITES YOU TO THE SEVENTH ANNUAL OA FRANCISCAN CENTER RETREAT

"INSPIRED"

JULY 21 – 23, 2017

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

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

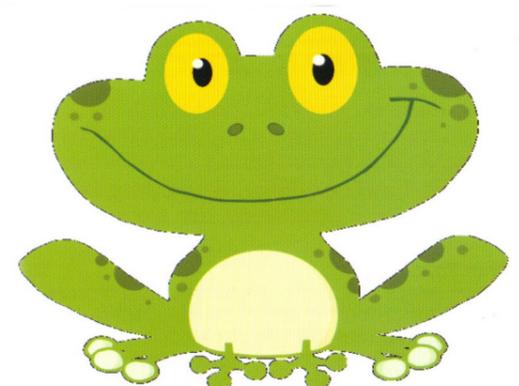
Miami Airport Marriott
1201 LeJeune Road (42nd Ave)
Miami, FL 33126

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

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

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)

PINELLAS COUNTY MEETING LIST

July 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
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
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
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	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	Tiffany (727) 565-3136
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