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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:

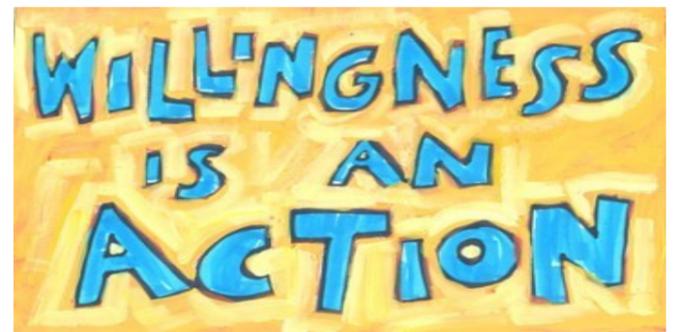
June 16, 2017 at 6:30 p.m.

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 6

“Were entirely ready to have God remove all these defects of character.”



Any Change To Improve Our Nature

Tradition 6

“An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”



ANGER: A “DUBIOUS LUXURY”

If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of the normal men, but for alcoholics these things are poison.

-Alcoholics Anonymous, page 66

“Dubious luxury.” How often have I remembered those words. It’s not just anger that’s best left to nonalcoholics; I built a list including justifiable resentment, self-pity, judgmentalism, self-righteousness, false pride and false humility. I’m always surprised to read the actual quote. So well have the principles of the program been drummed into me that I keep thinking all of these defects are listed too. Thank God I can’t afford them – or I surely would indulge in them.

-Daily Reflections, page 115

Concept 6

“The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.”

THE MOMENT YOU TAKE RESPONSIBILITY FOR EVERYTHING IN YOUR LIFE IS THE MOMENT YOU CAN CHANGE ANYTHING IN YOUR LIFE.

-HAL ELROD

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!!!



"Growing OA Unity Worldwide"

Here I am in Albuquerque, NM on my first trip to the World Service Convention. I arrived on Monday night at 10PM at the Embassy Suites ready to go as a "green dot" at the assembly. My mentor is from Region 8, Atlanta area and we have hit it off quite well. Every morning at 7AM there is a great meeting to start the day. Tuesday, the leader suggested to choose your favorite piece of OA literature and share on it, it was a great meeting. People from all over the world are here. I have met people from England, Ireland, Venezuela, Iceland, Sweden, Israel, Australia, Canada, New Zealand, Spain, Greece, Brazil and so many from all around the United States. We are all over this world.

I was put on the Bylaws Committee, as well as the Reference Subcommittee. This committee provides reference, discussion and revision on motions put before the Bylaws Committee. Interestingly enough, not all bylaw members were on the reference committee. This committee meets at 7AM on Thursday and Friday morning, Thursday evening at 7PM, then depending on the motions, we will see what happens.

Tuesday morning I chaired the 7AM meeting by using the reading in "For Today". I think it went well, great start to the day. I shopped in the Boutique and supported different Regions by purchasing some interesting items. I lunched with my mentor. In the afternoon, there was a great workshop on the Concepts of OA given by 2 fantastic members that I attended. Tuesday evening was "All About the Conference" that explained about the conference, the set-up, parliamentary, Robert's Rules, room set up and procedures, very interesting.

Wednesday morning another 7Am meeting was great. At 8AM was "Passport to Unity" where we were assigned to a table and we had 4 different speakers (one at a time) come to our table and share on their diversity. It was so interesting to hear how we are all the same in so many ways. It was a great exercise. At 10:15, I had my Bylaws meeting. We discussed Social Media and Glossary Terms. I was in the Social Media group. Quite a discussion we had. We had to come up with goals, actions, and deadline. Our afternoon committee meeting consisted of being broken into subcommittees for the Bylaws and Policy & Procedures review. I was chose the Bylaws side. Then we completed our Social Media work. It was an interesting day.

Thursday morning at 7AM was my first Reference Subcommittee meeting. We discussed how our process would work and some upcoming motions. Then at 8:30, the 56th annual World Service Business Conference began. It started with the Serenity Prayer in English and Spanish, the 12 Steps, 12 Traditions and 112 Concepts. We had introductions of the Board of Trustees, Region Chairs, volunteers, mic assistants, time keeper, pages and group delegates. Then there was the Adoption of Credentials, Standing Rules and agenda. Of course, there was no written agenda to follow, so I found that entirely confusing. In a meeting that size, it seems to me, that an agenda to use would have been appropriate. There was the delegate briefing, directions about the Reference Committee (that's my committee) and Parade of the Bylaws where the motions presenters had to come up and introduce themselves. There was an amendment made for a motion, then an "Out of Order" request at the very beginning for one of the proposals. That caused a little bit of a stir and discussion, but it was not passed. We reviewed the Consent Agenda, dropped three items from that, two amendments were made and we passed the Consent Agenda on Motions D, E, and G. The Board members were questioned on their reports that were presented in the manual, first the Chair, Treasurer, Managing Director and each region chair. There were 186 delegates present. Committee reports followed with Twelve and Twelve Ad Hoc, Board Approval Literature, Board Reference Manual, Review, Conference Planning, Convention 2016, Convention 2020, Delegate Support Fund, Internal Information, International Publication/Translation, Literature Review, Professional Tradeshows, Public Awareness, Strategic Planning, Virtual Services Website Review, Bylaws, Conference Approved Literature, Finance, Professional Outreach, Public Information, Region Chairs, Twelve Step Within, Unity with Diversity, Virtual Services, Web/Technology and Young. All allowing a question period. It was then time to hear from the people applying for the trustee positions. Regions 4 and 7 running unopposed, four running for three General Service Trustee positions. They are all very interesting candidates.

So on Friday morning, after the Serenity Prayer in Greek and English and the credentials were done, the elections took place. Region 4 Trustee is Cyndy L, Region 7 Trustee is Karen B, the three general Service Trustees are Lawrie C, Joanne M and Ron P. A seventh tradition was taken and they collected \$1,323.68. Then the voting began with 185 delegates. First up were two amendments. The first one was withdrawn, the second passed. The process of three pros and three cons then 15 minutes of questions was adhered to, with an extension of time for questions. Approved was the pamphlet of "Maintaining a Healthy Body Weight". The "Concepts Pocket Guide" was referred back to the Literature committee. The revision of the "Twelve & Twelve" was passed. An adoption to rescind an email loop policy was adopted as it is no longer pertinent. The copyright and ownership of creative works where WSBC and WSO wanted to "own" everything we shared with them had failed. The mindfulness tool was defeated. The word booklet motion was withdraw as it really is still being used. Placing of the requirement of the Preamble, Twelve Steps, the Twelve Traditions and the Seventh Tradition inside the Unity with Diversity pamphlet failed. Another email policy was withdrawn. The proposal to add "to help carry the message of recovery to those who still suffer" to all motions was adopted. The proposal to develop ideas of different ways to conduct the business at World Service by using consensus-building failed, but it was pretty close. It was a long and tedious day in my opinion, but I certainly learned quite a bit.

On Saturday, we started with the Serenity Prayer in Swedish and English, followed by the reading of "Voices in Recovery. Credential s read again with 181 delegates. The motion to have an International Publications/Translation Committee budget was adopted. Then an emergency business order was proposed and after some discussion it was decided that the board would review the copyright laws and make all the OA materials on line available for translation purposes in any language to members. An adoption of a Spanish Language Service Board was adopted. The Sponsorship day for the third Saturday in August passed. Let's have a workshop where we collect and donate to WSO! The next motion was for the election of trustees to only take one position. The motion to have the mandatory use of the Preamble, Twelve Steps and Twelve Traditions be read at all meetings had a first, second, and then third amendment, causing it to die because it was the last day and any motion with three amendments is supposed to go back to the Reference Committee and it was over. The motion to delete the word religious from the Dissolution Article failed and the last motion we had time for was for the trustee application qualifications time and that failed. The remaining motions just die and if the makers wish to propose them again next year, they may. We had the "Green Dot" ceremony just before noon at the closing with 61 green dots in attendance. Then there was the banquet, a wonderful outgoing chair speaker, Karen C, and entertainment in the evening. The new chair of World Service is Cyndy L, the Region 4 Trustee.

I truly appreciate the opportunity to do this service at this level. Thank you for allowing me the privilege to represent you all in Albuquerque at WSO and to join in unity to grow along with so many other dedicated people coming together from 21 countries. It has been a memorable experience.

In love and service,
Joan R.

WSBC Delegate Report

Thank you for this opportunity to serve and represent PTI. The WSBC is a powerful and important experience. I would first like to extend a big thanks to the former WSBC delegate for all his hard work as this service is a great deal of challenging work.

I arrived in Albuquerque Monday and met with many fellows I have met from other service work and conventions. The theme for this WSBC is "Growing OA Unity Worldwide." I spoke with another on how the Concepts help us to achieve this goal. The talk focused on each of the principles of the Twelve Concepts, how they are applied in service work and personal life. (I'm willing to present a workshop on this topic if PTI members are interested in attending.) Tuesday night held an informational session on conference proceedings as they are different than those at intergroup or region level.

There are three OA meetings held each day to allow individual to take care of their recovery. Wednesday began with a forum on unity with diversity. Everyone was divided into small groups and 4 different fellows came to share a different vantage point on recovery. I was privileged to hear and reflect on the sharing related to, HOW program, Men in OA, Bariatric Surgery, and Bulimia. It was eye opening to be able to relate to others with differences. The majority of the day was spent working in committees. Each delegate is assigned to a different working committee. (TSW, PI, PO, Unity, etc.) I worked on the TSW committee and am now participating on the Fun and Fellowship subcommittee to help OAer's to increase fun and fellowship to increase recovery and prevent relapse. Wednesday night we practiced fun and fellowship by having dinner as Region 8 together. It is a gratifying to spend time with so many people that give service to OA.

Thursday the business meetings began. Credentials of members were presented and approved with 186 voting members present. Each of the motions is introduced by those submitted. This allows delegates to speak with the makers for more information. Chair report brought to attention the costs of the WSBC for OA as a whole. It is currently, partially funded by OA. The board is looking at any option to make this more reasonable, including shortening WSBC and board meetings, and make some board meetings virtual. The Chair also highlighted the new Twelve Step Workshop and Study Guide. It is designed for people to go thru the steps as a group over the course of four months, but the timeline may be flexible. Treasury report showed the electronic version of Lifeline can now be translated by Google into more than 100 languages. OA contributions increased by 5% however literature sales dropped as compared to last year. Managing Director Report: It is critical to ensure your meeting and service body information is current with the world service office so that those people requesting info for meetings from world service office can give accurate info. Strategic planning focus from 2014-2016 is to increase the Fellowship's focus on the individual's responsibility to carry the message. Strategic planning focus from 2017-2019 is to increase the Fellowship's focus on Growing Unity Worldwide. Various regional chairs, trustees, and committee chairs presented a report on the activities in their area. The full reports are available online OA.org, WSBC, delegate binder link. Here are some highlights:

Regions 1 and 6: Held Intergroup renewal workshops. Region 3: Presented at the Nevada Psycho-pharmaceutical Association Conference. Region 5: Held a convention in Detroit and organized a "Take the Freeway to Recovery" chartered bus that picked up members along the route to travel together in fellowship to and from the convention. Region 8 : announced our regional assemblies may be observed virtually online and we are working towards members possibly being able to participate and vote in the future. Virtual Services Report: last year contributed \$34,000.00. It was recently proposed by business office that if everyone gave only 30\$ a year to world service, it would be fully self-supporting. Board Approved Literature Committee – completed projects: Guidelines for anonymity in the Digital World, Guidelines for writing the history of your local area (updated) selected new stories reprinted from lifeline magazine included in the focus on anorexia and bulimia literature packet. Pending Projects: New Group Starter Kit, Guidelines for addressing Disruptive behavior (revision), Approve graphics updates on bulletin board attraction sticky notes and New Prospect business cards. Upcoming Projects: Guidelines for OA Events, OA CARES inmate correspondence (update), Service traditions and concepts workshop manual revise.) International Publications/Translations Committee Report: It is harder to find people able to translate then it appears. OA tries to find a group of members to translate and then go to professionals. Strategic planning Committee: Growing Unity (2017), Growing Recovery (2018), Growing Membership (2019) Website Committee – Is working on improving the search function. Finance Committee Report: the Automatic Reoccurring Contributions allows members to create automatic financial contributions online to OA. Finance Committee Report: The OA 7th tradition report. It is available on OA.org which breaks down and shows exactly how your 7th tradition to WSOA is used. Professional Outreach Committee: The courier newsletter for health professionals will no longer be renewed. They will create one handout for Professionals. Web/Tech Committee: OA now as a Facebook information page.

I have to say, it was quite fun/intense at times watching some of these strong personalities at play. For example one delegate told a trustee she did not receive a reply to her question via the website. The trustee responded: I'm so sorry; we try to respond as quickly as possible. Please send it again. The first delegate said: "well I think that's just unacceptable. Can I email you directly?" To which the trustee responded. "Yes ... I'm in this position till Saturday." J

Trustees elected:

Cyndy L
Karen B
JoAnne M
Ron P
Lawrie

New Business Motions (in order as presented):

Literature Proviso Motions (cannot be edited)

- A – a: Revision of Maintaining a Healthy Body Weight pamphlet –Adopted
- A - b: New Pocket guide, Twelve Concepts of OA Service Pocket Guide- Failed
- A- c: Revision of OA 12 and 12 Steps and Traditions- Adopted

New Business Motions Related to Policies :

- A: Remove wording in bylaws related to email loops, as it is no longer used - Adopted
- B: Copyright release is a standard business practice that protects OA from legal claims of ownership for creative work performed by the individual - Failed
- C: Move to add a tenth Tool: Mindfulness - Failed
- D: To update the WSBC policy to be in line with current practice. More inclusive language and rotation of service. Withdrawn
- E: Policy on 12th Step within Day changing wording to service bodies rather than boards. – Withdrawn
- F: Remove the word booklets from a policy on literature – Withdrawn
- G: Changing policy to state new literature will be posted online rather than mailed – Failed
- H: OA agrees it is important that meeting formats include Preamble, and the 12 Steps and Twelve Traditions of Overeaters Anonymous and of mention of seventh tradition contribution. – Adopted
- I: Change in language regarding the definition of a group – withdrawn
- J: All new business motions will now also require a statement on how they help carry the message of recovery to those who still suffer – Adopted
- K: Motion to investigate ways other than Roberts rules of regulations to run business meeting – Failed
- M: Establish an ad hoc committee to consider the implementation/registration of a Spanish Language service board - Adopted
- L: To create a dedicated fund that contributions can be received into to assist with translations –Adopted

Editorial: (Note only 20% of the world speaks English. Consider how difficult to it was to come to your first meeting. Imagine how much more difficult it would have been if everyone in the meeting was speaking a different language and all the literature was in English)

N: Sponsorship Day to be held annually the third Saturday in August.

New Business Motions related to Bylaws:

1. Update language in bylaws to clarify that a candidate cannot run for both a regional and general service trustee at the same time. Adopted
2. Update definition of an OA group to be defined as including a format that includes the preamble, the twelve steps, and twelve traditions of OA (Following standing rules this was referred to the bylaws reference committee as there were three amendments made to amended to include “and a collection of the seventh tradition”)
3. Remove “religious” as an acceptable type of organization for receipt of funds upon dissolution of OA. Failed
4. To change the time the qualifications for trustee must be met from application date to election date. (not the application date)

The following motions and emergency motions were not heard due to a lack of time. Even after we voted to extend the time we worked in business meetings.

5. If an intergroup dissolves but does not provide world OA with form the region trustee and region chair (in agreement) may deem the intergroup dissolved.
6. If a service body dissolves but does not provide world OA with form the region trustee may deem the intergroup dissolved.
7. In countries outside the US and Canada where the language is a barrier, virtual groups could form a virtual service group to work in the virtual world, and these groups could affiliate with the national service board within the proposal of unity and attend conventions from this national service board using literature in their own language and being in unity with their country and have the same opportunity to ne a virtual service board where we don't have a national service board.
8. Changing the WSBC meetings from annual and biennial.

The last night is a dinner for the members of the WSBC, a speaker and fellowship with dancing! On a more personal note there were times of great challenge during the WSBC. Many motions involved significant contention and debate. There were times when the pros and cons, and discussion moved to change my vote.

As my sponsor and I live out of state it was a pleasure to see and work with her in person. IT was also quite amazing to have 4 generations of sponsorship here in service. This is a WE program. The best thing I heard after a period of significant debate was a call for no comments from the body after decisions made or speakers as “Everyone is doing their best in their own mind for the best benefit of OA as a whole.” This is the greatest thing I am taking home. I will be presenting to PTI a request for a campaign to raise money for a one time donation to WSO OA and for it to be matched by PTI funds. I would not be her today, nor do I even think I would be alive unless someone in a Professional Information gave a flyer to my psychologist, I would not be here with the OA literature, as I was initially not able to relate to the Big Book, however the OA 12 and 12 told my story, I would not be here without the strong support of WSO to promote working the steps, sponsoring and meetings. Please consider the tremendous amount of service the World Service Office gives and how this saves lives when considering the amount of your donation to such a fund.

I was continually awed by the calm and poise of our Chair of WSBC Karen C, who was previously a long standing member of PTI. I experienced tremendous gratitude and humility during the “Green Dot Ceremony” when Green Dots (newcomers) are honored.

JC

Growing our Recovery World Wide

I'm pleased to share these notes from the WSBC forum on Growing our Recovery World Wide.

These are notes not written sentences. If you have any questions or would like to discuss, please call JC.

Unity necessity for OA

This is a Disease of isolation

It is so important that we focus on our commonalities.

There are as many food histories and food plans now as they are people here.

There are many vantage points to recovery :

90 day, HOW, 100 weight loss, a vision for you, anorexia, bariatric surgery, bigger, Bulimic, compulsive exercise, health/disabilities, LBQTQ, long Term Recovery, non-English speaker, no traditional Higher Power, Person of Color, relapse survivor, young person, men in OA, OA-HOW, virtual meetings, and more.

We talked with someone with experience in 4 different areas and then discussed these questions.

1. I may never have struggled with _____, identity as _____, or used the _____ format, but I'm able to identify because....

2. Some qualities/ experiences I share with this person are....

3. This person's recovery strengthens mine because

4. Although I work my program differently, I can see how this person's experience might help someone I know because

1. HOW Honest Open Willing

Came in during the 1970's

Only 2 food plans Grey sheet. Green sheet

Big book only

She felt she needed structure because she was fighting structure.

Her meetings are open to HOW and non HOW people.

Calls sponsor every day, she and sponsor and she picked her food plan from dignity of choice with input from doctor.

Whole grains, no sugar food plan. Some HOW meetings say no flour some do not say that. She writes her food plan the night before.

Given a question each day for 30 days and reads writing to sponsor. Then complete steps 1, 2, 3.

Some HOW meetings do 70 questions or 100 questions.

She was then able to sponsor. HOW meeting formats may include: We believe our disease is absolute and therefore only absolute structure will work.

Some have suggestions to call sponsor before making a change to food.

2. Men in OA

He has 30 years OA, smothering mother, workaholic father.

Learned a Fear of not being worthy, don't ask for help, always on the outside looking in. He had a broken heart that started a wall to keep people out. This wall got bigger for decades. College was about drinking. Became workaholic and stayed full of fear.

He believes he has a genetic predisposition for food and alcohol addiction. He stayed unhappy adult in 20-30's leading to more and more eating. Married and had a lot of the outside things, kids house job etc. Obsessed about suicide.

Christmas 1981 climbed to bridge over the Hudson. Did not jump but within 30 days was sent to OA and given Big Book.

He was an atheist with bitterness towards God.

Lost a couple hundred pounds, did not believe in God but finds he can work this program this way. Sees the program as his higher power. Just took the actions without understanding. Surrendering is not about giving up its about choosing to cooperate

What does it mean to be a man in recovery

Men are handicapped in OA because they don't feel they can be honest.

Men talk differently to men and women. Newcomers going to meeting with women are likely not come back. They need to be able to share.

Men have a hard enough time being honest with their spouses and often are not. Men need men. In mixed meetings they need to "weigh and measure" what they say.

Often women in meetings are intimidated by men or don't trust them. Best men work with men. Men have hard time being honest and showing fear.

Some men ask female sponsees to do 4th and 5th step with other women.

Sponsoring is needed to stay abstinent but there are less men to sponsor.

Spouses may not like them to call other women for fellowship and support calls.

We are all OAers but men and women are different.

There are men's phone meetings. Including

Tuesday night listed on OA.Org They have a contact call list of a couple hundred men.

3. Bulimic

She was told by her mom to stay thin. Her Mom taught her to purge because she got car sick, so would stick her finger down her daughter's thrust and say "there, no there is nothing to complain about." She continued purging as a child.

Some Bulimics binge then purge some purge regular meals.

She was sexually assaulted at age 10.

Became Anorexic after flashbacks of abuse come up.

Purged for 38 years.

Tried OA in the 1990's but they didn't know how to relate with Anorexics.

Many people in meetings asked her what's her secret to staying thin. She stopped going.

Kept purging and devolved heart complications.

Got therapy.

Went back to OA years later. Needs it to stay abstinent.

One of the hardest things is battling negative thoughts. Everything in life was interpreted as negative about me.

Red yellow green foods and Red yellow green behaviors.

Examples:

Red talking about diets, weighing self, giving negative thoughts my energy

Yellow swimming laps

Green recover my behaviors

Sponsors a lot Of Anorexics and Bulimics.

Tends to not sponsor OAers. Their abstinence looks like her restricting.

Really heard her story on a conference cd about a Bulimic

Started an OA Anorexic and Bulimic focus meeting. Goes to regular meetings as well.

"I'm powerless over dieting "

Sponsors someone as a positive thought sponsor. Helps her to keep her thoughts positive.

4. Bariatric surgery

After decades of Compulsive overeating had bariatric surgery.

Lost 250-300 pounds but nothing else changed. Stayed Miserable.

Became an alcoholic and then got sober and worked steps but kept gaining weight.

Found OA. Thought he knew everything about twelve steps but learned more.

Today he is frustrated with his program as he has been not been losing weight. Finding here at WSBC many others feel the same. He is learning patience and perseverance. The "one day at a time" thought seems to help keep him in the game.

Has heard from a sponsor that she could not lose more weight till she let go of a resentment.

He uses literature daily.

He thinks himself as bingeing on program. What else can I do for myself spiritually?

Some people don't want to share they had bariatric surgery. It only changes the physical body. But he has had experiences of totally relating to an Anorexic.

How important it is to focus on how I have progressed not on what I haven't done.

Acknowledges not gaining weight is a miracle.

Open sharing really emphasized how much people could identify with others they would otherwise not feel connected with. There was also the focus on how necessary it is to translate the literature to different languages. Think about how hard it is to come into these rooms. Now imagine how much more difficult if you were doing it in a foreign language.

Please consider identifying with our fellows. Together We Get Better.

-JC

Pinellas Traditions Intergroup – Meeting Minutes for 4/21/17 - 6:30PM

CALL TO ORDER:

1. Open with the serenity prayer.
2. 4th step reading, 4th tradition, 4th concept
3. Yes- agree with agenda
4. Any additions- no
5. This is a spiritual program so...
6. Anyone new?- no
7. Intros & Reps- Marcia, Judy, Ruby, Jim, Joan, Sam, Sarah B, Pat G., Felice, Cibby, Chrissie
8. Parliamentary
9. Approved secretary report: scholarship for July Retreat
10. Treasurer's Report - approved
 - Ruby is resigning as of June due to personal commitments and a Treasurer is needed asap.
11. Vice Chair- Position is needed for vice chair
12. Pass 7th tradition
13. Committees- It was moved to not convene into committees due to low attendance.
 - IGOR** - April newsletter sent to meetings
 - Bylaws** - N/A
 - TSW** - great upcoming recovery events, 4th step workshop last night went well in Clearwater
 - Upcoming Men's Event
 - May 13th - Fellowship, beading event in Palm Harbor 1-3pm
 - Franciscan Center Retreat in July- bags and blue jeans needed for the event

OLD BUSINESS:

14. Emblems- 8 different emblems for the PTI t-shirt were submitted. Motion to pass the vote tonight, not May 19th. T-shirt "G" won the vote (palm tree logo on the beach with "PTI" an acronym).
15. Any other old business- no

NEW BUSINESS:

16. SOAR Motions- Quorum (motion moved to have at least 8 inter-groups represented when voting at Soar 8, not two; reimbursements to SOAR 8 will continue to be submitted in checks, even if the intergroup is not in U.S. (i.e. Central America); Future FL state conventions and SOAR assemblies will be Oct/Nov and April/March
17. SOAR Reports- Judy and Sarah B Region Reps read aloud their reports; Donna D not in attendance, but her report was printed in the newsletter April.

Closed the meeting with the Serenity Prayer.

Submitted by,
Sarah B.

Important Forwarded Message from JJ

Subject: Posted our fundraiser for translations assistance to World Service

FYI,

I know that this is going to create a maelstrom for everybody involved but, OA needs our help and I want to help. Response to Facebook hate postings done against World Service Office ...

You make some very valid points here that I agree very much with such as maintaining abstinence requirements for service positions. I believe that the spirit of the world service business conference approving an agenda item requiring OA World Service to translate present literature into various languages was done in good faith by our delegates board of trustees. Our primary purpose is to carry the away the message to the still suffering compulsive overeater. I do still believe that we should assist OA World Service Office in the immense translating costs for at least some of our literature. I absolutely love the AA big book and I personally work my program by it but, I also embrace many pieces of the OA literature and own all of them. If each of our members would give only **\$30** more per year in addition to their present level of giving, **OA would be financially solvent** instead of hemorrhaging money to support a membership body that has a very few members that regularly contribute to the 7th tradition. Please visit OA. Org and click the contribute button today! :-)

Overeaters Anonymous needs to survive if we are to remain alive. Thanks and I so admire my fellows in recovery with me ...

Thanks so much for sharing this....If every member contributed \$30 to OA it would be self-supporting. It saved my life!!! HOW ABOUT YOU??? - JJ

PTI Treasury Report for April 2017

INCOME		Beginning Balance		\$10,387.68
Franciscan Center	\$75.00	EXPENSES	Webmaster	\$40.00
Workshop	\$50.00		TSW - Beg Pk	\$840.00
			FSC	\$32.78
			Region 8 - 10%	\$12.50
TOTAL	\$125.00		WSO - 30%	\$37.50
		Ending Balance		\$9,524.90
Scholarship Balance	\$871.00	Prudent Reserve		\$3,000.00

Five for the Fellowship

Please spread the word ...

Overeaters Anonymous is lifesaving for me and my fellow compulsive eaters worldwide. During the month of June, PTI is having a fundraiser. We ask each meeting member to collect \$5 (more or less as able) towards the World Service Business Office. Contributions will go to World Service OA.

PTI will match all funds (up to \$1000) to go towards a new Translation Fund. This fund supports carrying the message to non-English-speaking compulsive overeaters around the world.

Most translations are given freely by OA members in service to their local intergroup, national service board, or language service board. This is incredibly time consuming and challenging. Translation funds can give service boards the means to hire a skilled translator (a special worker) and offset publication costs for new literature. When more literature is translated, meetings grow and multiply. Remember how hard it was to come to your first OA meeting. Imaging the difficulty and confusion if all the literature was in another language!

Voted on and approved at the 5/19/17 PTI meeting!!!



Fully Rely On God

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 ...

Abstinence in Action "Adventure" Fellowship

June 3rd	Carry the Message Workshop	Oldsmar
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!!!

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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!



**Happy
Our
Program
Exists**

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!!!

**Live
and
Let
Live**

Upcoming Events

“CARRY THE MESSAGE” OA Workshop

Saturday, June 3, 2017

1 PM – 3 PM

Community United Methodist Church
207 Buckingham Ave East
Oldsmar, FL 34677



ALL ARE WELCOME!!!

\$5.00 suggested donation

Questions? Please call (727) 480-4821



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

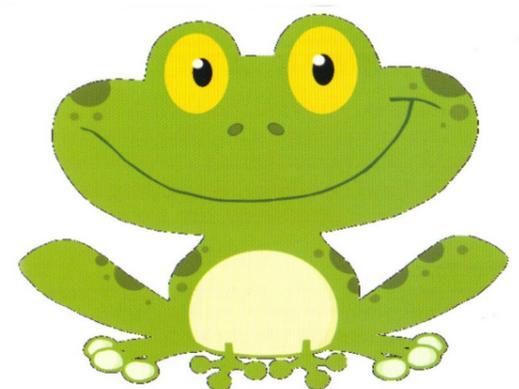
Miami Airport Marriott
1201 LeJeune Road (42nd Ave)
Miami, FL 33126

[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

June 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	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