



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:

November 17, 2017 at 6:30 p.m.

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

Step 11 "Sought through prayer and meditation to improve our conscious contact with God as I understood Him, praying only for knowledge of His will for us and the power to carry that out."



Spiritual Awareness

"Through prayer and meditation we align ourselves with a higher spiritual power which gives us everything we need to live to our fullest potential."

- OA 12 & 12, page 98

I rise in the forelight, before dawn, to align myself with the power behind the rising sun. Through a combination of prayer, meditation, reading, and writing, I put people, places, and things on the horizon. Then I sit quietly, absorbing the procession of colors from dark to dawn as the light feeds my soul and soothes my emotions. I marvel as the day offers greater fulfillment of potential in every area of my life. Simple prayers of "Thy will be done" and Thank you, God" help me maintain my morning mood all day and night. Such spiritual food I have only discovered through continuous abstinence from compulsive overeating. My greatest potential goes beyond my own life; it exists in service to others.

- Voices of Recovery, page 335

Tradition 11 "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, televisions, and other public media of communication."



Anonymity
WHOM you see here
WHAT you hear here
WHEN you leave here
LET IT STAY HERE!!!

Concept 11 "Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants."

Humility
is not thinking less of yourself
but thinking of yourself less
- CS Lewis

True humility is staying teachable, regardless of how much you already know.
- Unknown

# Welcome Home: "Recovering in Paradise"

## SOAR 8 RECOVERY CONVENTION AND BUSINESS ASSEMBLY

MIAMI, FL, USA

OCTOBER 13<sup>TH</sup> – 15<sup>TH</sup>, 2017

Again, my attendance was not only a blessing but a realization of the incredible dedication, commitment, and struggles that go on to keep this organization operating at all levels.

The journey began with four of us traveling by car on Friday morning; arriving at the Miami Airport Marriott safely around 5 pm. Thank you, God!

Registration ran smoothly; we received our folders and ID badges, including our meal tickets. We were served salads, rather than having to be rushed to go to a restaurant and get back in time for the Assembly.

The assembly provided all necessary information and a short skit performed by the Miami-Dade and the Keys Intergroup. I felt very welcomed with much love generating through the room.

I was given permission to attend the Green Dot meeting at 7:30am on Saturday morning. We reviewed parliamentary procedures, voting rules, and what was to be expected during the business assembly.

Business assembly started at 8:30am and continued through lunch break, during which time we covered OA Readings, Credentials, Adoption of the Standing Rules, Introduction of Parliamentarian & short parliamentary lesson, Approve Consent Agenda, Approve Minutes from last Assembly, Jacksonville, FL March 2017, 7<sup>th</sup> Tradition, Board Reports, and the Trustee Report.

We voted on Motions - Bylaws and P&P - all were adopted, except Motion 6: Adjust P&P Manual for Reimbursement, which was tabled.

Katrina S. - new elected Chair.

Sam A. - Treasurer

After lunch we attended committee meetings (I selected the Tech Web Committee).

The Budget was presented, Election and Announcement of selected WSBC Delegates to be funded and their IG'S, and Committee Chairs were announced.

Central Arkansas Intergroup, Little Rock, Arkansas won the bid for the fall, 2018 SOAR 8 Recovery Convention and Business Assembly with great approval by proposal, presenting a (huge rock) ring to the Chair.

Southwest Alabama Intergroup performed the cutest skit, including a song, Mobile, Alabama, promoting their upcoming convention.

The committees gave their reports; announcements were made on upcoming events.

### GREEN DOT CEREMONY

We closed with the Serenity Prayer.

The banquet dinner was delicious, the table decorations were lovely, the speaker was fantastic, and the entertainment was great! I enjoyed the dancing, karaoke, and meeting new members.

We had a wonderful speaker at the closing ceremony which touched my heart and inspired me to continue my journey of recovery, knowing that I am responsible to carry the message.

Thank you so much for giving me the opportunity to attend the Business Assembly.

In Love and Service,  
Julie O.

## Why I participate in the meal plans at OA events ...

I am abstinent today and would like to remain that way on subsequent days. But, we are encouraged (and maybe even feel pressured) to sign up for the banquet and partake of the meal plans at the various OA events such as the SOAR 8 Recovery Conventions and Business Assemblies and the Florida State Convention of OA (FSCOA). Why, when we work so hard to stop thinking about food, do we do this to ourselves and each other? It seems incongruous.

Turns out there are very good reasons for registering for the meal plan we offer at these events. Even though we can attend the speaker meetings after lunch and dinner without actually partaking of the food, sharing a meal with other OA members gives me recovery, fellowship and much needed practice in navigating the real world obstacles I may face. So, here are my top five reasons (counting up to #1) for attending the banquets **and** choosing the meal plan:

5. It is **CONVENIENT!** I don't have to leave the hotel to shop for food or find a restaurant. I don't have to walk or drive through a town with which I may not be familiar. I don't have to find a refrigerator or a microwave and eat on plastic. Call me lazy; but I do not want to put that much thought into my preparations for a weekend event. I normally leave after work on Friday to drive to the hotel, and must find something to eat for six meals before I return home (dinner Friday to dinner Sunday). Salads are almost always available – with dressing on the side – for Friday dinner and Sunday lunch. By choosing the meal plan, I get healthy food prepared for me for four meals and all I have to do is go to the restaurant. What a luxury.
4. It allows me to be **ABSTINENT and SANE!** If you think you should not attend because there is too much temptation or the food offered may not be on your eating plan, think again. The hotel committee goes to great lengths to coordinate meals that may meet most people's food plans, without endorsing any particular plan. This means there is always a good supply of protein, fresh fruits, vegetables with no added butter, minimal starches, and no added sugar.

Planning ahead is the key. The foods being offered at each meal are listed below. Look over the choices, talk with your sponsor about what you will eat, plan accordingly, and stick with your food plan. If the meal is plated, you may be served too much or too little of an item on your food plan. The meals may be served buffet-style, so you may take only what you need and practice portion control. Not on your food plan? Don't eat it. (Remember – we are here to help you.) But isn't this an awful expense and waste of money for food I won't eat? (See points #3, 2 and 1 below.)

### Sample Meal Plans:

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>• Scrambled eggs</li> <li>• Bacon</li> <li>• Sausage</li> <li>• Home fries</li> <li>• Oatmeal (Plain, no sugar)</li> <li>• Fresh fruits</li> <li>• Multigrain breads</li> <li>• Sugar-free yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Salad bar Station - Balsamic and Ranch Dressings (no sugar)</li> <li>• Rice pilaf/Seasoned Potatoes</li> <li>• Olive Oil</li> <li>• Southern style green beans and steamed carrots</li> <li>• Cold cuts and cheeses</li> <li>• Multigrain breads</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Family style salad bowls on tables (Balsamic and Ranch Dressings -- no sugar)</li> <li>• Brown rice or Orzo</li> <li>• Steamed broccoli (no butter)</li> <li>• Grilled Salmon (with sauce on the side)</li> <li>• Basil Garlic Chicken</li> <li>• Tofu Stuffed Portabella Mushroom with Cheese</li> <li>• Sliced fruit</li> </ul>



Lifeline Sampler, p. 320 states, "Then one day I understood that living life to the fullest did not mean having a piece of paper [*sic* food plan] run my life. Our program promises that we will be restored to sanity and returned to society. Was I truly returned to sanity and society when I was afraid to go into an Italian restaurant, or to be near cookies?"

3. I consider it part of the **7TH TRADITION**. Many people have complained that the meal plan is too expensive. Do you remember the last time you had an eating spree? I used to spend a lot of money on fast food, shopping for junk snacks at grocery stores, and spending money on "DIET food" that I was planning to eat. When I have the meal plan, I eat at scheduled times, eat only until I am satisfied, eat at a designated location (i.e., dining table), and have no extra food in my room. Could I eat for less? Probably, but once I subtract out the cost of the food and tips (which are included), I consider the rest as a donation.
2. **IT SUPPORTS THE CONVENTION!** The largest expense incurred for any convention or business assembly is for the hotel (meeting space and food). In our contracts, we agree that will pay the hotel a minimum amount for food and beverage (breakfast, lunches and dinners = the meal plan!) and, in exchange, we are not charged any (or minimal) rental for the meeting spaces. We sincerely **NEED** to have as many people as possible sign up for the meal plan in order to meet this obligation.
1. It helps my **RECOVERY!** Are you afraid to meet new people? Maybe you didn't meet anybody new at last year's convention. You paid the registration fees, traveled far (for you), listened to some great talks and shared your story (knees knocking the whole time), but ate most of your meals in your room. At least you met interesting people at the dinner banquet, didn't you?

According To the Big Book, Chapter 7, "Working with Others" (pages 100-102), "Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. People have said we must not go where liquor is served; we must not have it I our homes; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we mustn't think or be reminded about alcohol at all. Our experience shows this is not necessarily so. We meet these conditions every day. An alcoholic who cannot meet them, still has an alcoholic mind; there is something the matter with his spiritual status. So our rule is not to avoid a place where there is drinking, *if we have a legitimate reason for being there*. Do not think of what you will get out of the occasion. Think of what you can bring to it."

Attending a convention is a great opportunity to meet new people and do some "networking." Attending the banquet allows me the opportunity to sit at a table, talk with others who share my compulsion, laugh, and also share a meal. And through that, we connect not only during that event, but we also carry that connection forward into our everyday lives. With new friendships forming and old friendships re-forging, it's no wonder that food can become a secondary aspect of such a dinner. I hope to see you there.

Barbara Carter  
Vice Chair, SOAR 8  
Treasurer, FSCOA 2017 & 2018

## SOAR8 Delegate Report October 2017

“Welcome Home: Recovering in Paradise”

The SOAR8 Recovery Convention and Business Assembly were held in Miami, FL Oct 13<sup>th</sup> through Oct 15<sup>th</sup> hosted by the Miami Dade and the Keys Intergroup. The weekend began with three speakers Friday night, who all were running for a position on the Board of Directors. It was great to meet them, and helpful to get to know the candidates prior to Voting and Elections scheduled for the next day.

Saturday Business Assembly opened early with the Serenity Prayer, Roll Call, Credentials and approval and adoption of the Agenda and Minutes from March. After Board Reports and Trustee Report, we broke into designated committees. I chose to work on the By-laws / Electronic Documents Committee that includes Policies and Procedures.

We reconvened and had Reports from all the Committees, Unfinished Business and New Business.

Elections were held and our new Chairperson is Katrina from Baton Rouge. Congratulations. Also, to Sam A. who will continue as Treasurer.

We counted off by 5's to form groups and were given scenarios as a topic for an exercise to create a skit.

What a great way to get to meet others who... might not normally mix?

We finished the day with our Banquet of great food and Guest Speaker followed by fun and dancing.

Sunday Meetings, Speakers and Closing Ceremonies ended an awesome weekend of Recovery

Thank you to PTI for the opportunity to give service by attending this event.

Judy L.

## “Admission to Recovery”

The price of admission to this program is the “struggle”...effort is the daily practice. When I put effort, thought and concertation into abstinence, then I am doing something personal for me and recovery.

My daily issue is” Do I “need” to wake up tomorrow regretting what I did not do for myself today? Or do I “need” to feel good about what I did for the child within myself?

Anger comes from “hurt feelings,” but my real worth comes through abstinence. Expectations are future resentments. Evil attitudes such as bitterness and unforgiveness caused all the emotional sickness I kept paying for in physical illness... worry was with me all the time!

Higher Power (God) promises that the problem will be removed with the provision of the tool called abstinence. OA is not a retirement center for air heads!

Maime, Monessen, PA

- Reprinted from Voices of Recovery Newsletter, June 1995

## CHANGE

"Let us never fear needed change. Certainly we have to discriminate between changes for worse and changes for better. But once a need becomes clearly apparent in an individual, in a group, or in A.A. as a whole, it has long been found out that we cannot stand still and look the other way. The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails." Bill W., July 1965

- Copyright 1967, AAWS, As Bill Sees It, page 115



*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](http://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 ...

**SOAR 8 Report from Donna D 10/13/17-10/15/17 Miami, FL:  
WELCOME HOME: RECOVERY IN PARADISE**

7pm Friday: 10/13/17

Chair Viviana: "We have reps here from every state even with the hurricanes"

-Remember we are here with our own abstinence as a priority

-We have three languages, but one heart

Steps read

Traditions read by Mary NFI

Concepts : Katrina- Baton Rouge (running for chair)

For Today: Judy L, PTI

For Today Spanish: Sofia fr Medijean

For Today Portuguese Dora

Recognition of Green Dots: New IG's, new reps, new Service Boards

New Intergroup

Brazil Service Board-Rita

Brazil Service board-Dora

New reps:

Paula, Manasota IG

Aneria, Spanish IG

Dawn, CFI

Susan, Piedmont IG

Jane NFI

Marcialina Palm Bch IG

Mark Palm Bch IG

Gloria Bogata Columbia

Nicholas, Miami

Paula, Manasota

Rita, Brazil

Dora Brazil

Sara, Suncoast IG

Elena, Venezuela

one more person

Visitors sit in back

Rule: Talk outside or write a note, raise the note above your head and a runner will deliver it

Board Introductions:

Chair, Viviana, Venezuela

Vice chair, Barbara, New Freedom IG Gainesville, -120 lb, 1 yr in & 1 yr coming

Sec, Ruby, ab 5 yr, -50, 1 more year in sec

Treas, Sam, PTI, -130, ab over 4 yr

Trustee, Linda H, PTI, -147, 28 yr in oa, ab over 10 yr

Parliamentarian, New Freedom IG, JAX 29 yr ab

Funded Chairs:

Pam G, Manasota

IGOR, Katrina, Baton Rouge,

12 Step Within, JC PTI

PIPO, Bonnie sue, Palm Beach

Web, Michelle, Central Louisiana IG

W&Mm Patty, Palm Beach IG

Introduce Intergroup chairs:

Regina, SW Alabama IG

Desmond, Central Louisiana IG

Michele, Central Arkansas IG

Pam G, Manasota IG

Gloria, Bogota

Mark, Palm Beach IG

Introduce former Board Members etc.

Atiya, treas R8

Judy, former Sec

40 voting members

4 non-voting

44 total

Motion to accept credentials, passed

SOAR 8 Report from Donna D 10/13/17-10/15/17 Miami, FL:

Motion: switch items #18 and 19 on the agenda, passed

Motion: proposed grouping 6 motions to vote on tomorrow, passed

7:30 am, Sat 10/14/17

Point of Order, procedure is not

Parliamentary Inquiry

Request for Information question

Question of privilege, "something smells bad", it's too hot etc.

Never talk across the room, all speech goes to chair and she passes on the message

Motions:

There are no motions from the floor; all motions go thru the bylaws committee

to see if conflicts with what is in place already

Seconded, restated by chair,

Come up and say, "I'm not clear".

Point of Order, "I'd like to make an amendment

Info on the 7 committees here

Bylaws: look at every motion, is it written correctly, no conflict

-all

-newsletter that comes out 3x a year

-business part

Ways and Means: sell things as fund raisers, \$40 hooded sweatshirt, love knot, necklace

IGOR: Intergroup Outreach

-a problem solver for intergroups

-help sponsor each other

-has money to help get reps here

Twelve Step within

-member retention

Unity with Diversity: encourage awareness

-LGBT

-Black member pamphlet

PIPO, Public Info and Prof Outreach

-get newcomers

Tech Web:

-virtual attendees

You can get on every committee email mail out list

Make all changes of your intergroup and meetings on the oa.org website

Take care of all your normal needs while here

After we finish on Sunday at closing, there is a re-entry talk

Next Assembly is April in Mobile Alabama

8:00am Break

8:30 am Assembly reconvenes

Chair: Serenity prayer in 3 languages, steps in 3 languages, speech,

Miranda: 12 Steps read in English

Dawn: Traditions in Eng

Susan: Concepts

Elena: For Today in Spanish, Venezuela

Rita: For Today in Portuguese

Joanna: For Today

Credentials: by Ruby Sec., Any new people not recognized and accounted for last night, stand and show ribbon

44 voting, 5 non-voting, 2 attending virtually, 49 totally in the room

Motion: to accept credentials, passed

Motion: to accept Standing rules

Parliamentary Procedure Lesson

Signs: Point of Order: believe the meeting is going off the rails

Question: request for information

Point of Privilege: problem keeping us from doing business, too

Parliamentary Information:

Chair: address the consent motion, group housekeeping items that don't need discussion

Motion: Add another item to the group motion, passed

Motion: the group of consent items, passed

Motion: approve minutes of last SOAR8 assembly in JAX, passed

Board reports: Chair, Vice Chair, Treasurer, Secretary, Trustee

SOAR 8 Report from Donna D 10/13/17-10/15/17 Miami, FL:

Board Elections: Speeches by 2 running for chair, Andi and Katrina, ballots

passed out to those with blue ribbon,

Speech by only nominee for treasurer, Sam A, ballots passed out, filled in, collected

Result: Katrina elected new chair,

Ballots passed out for Treas position, marked, collected, yes or no on the ballot,

Motion C: Virtual attendees may vote at assemblies, passed

Motion 5 Passed

Lunch, after lunch speaker

Committee meetings: I was voted Chair of the Unity with Diversity committee.

Reconvened: 46 voting, 4 non-voting, 50 in the room

Unfinished business:

Motion: to approve credentials, passed

Motion: to approve budget, passed

Report: April SOAR8 convention and Business Assembly, Mobile, Alabama by Regina and Christy

Bid Proposal: October 2018, Little Rock, Arkansas, approved

Report: last SOAR8 in JAX, FL

Closing of Business assembly

Ad hoc mtg with Secretary of R8 Unity with Diversity exchanging ideas

5pm I attended and participated in the Recovery meeting on the Tools

6:00p dressed for dinner, chatted with my three roommates and rested

7p dinner banquet, fund raising opportunities: basket drawings, 50/50 drawing,

auctioning of Boutique items

8:30p after dinner speaker, dance,

Sunday, up at 6 am, breakfast I brought

7am Meeting of Board and Committee Chairs, report on how the weekend

went for us

8:30a pack to leave

9a Recovery Meeting by Twelve Step Within R8 committee Chair JC

10a Closing Speaker, 40 years of Abstinence

12p begin the long drive home

## Pinellas Traditions Intergroup – Meeting Minutes for 8/18/17 - 6:30PM

### Call to Order -

Timer: Sarah B.

1. Open with the Serenity Prayer
2. Reading of the 8th Step, 8th Tradition, 8th Concept
3. Does everyone agree with the agenda? Added FSC, children at meeting
4. This is a spiritual program. Let's remember to keep principles before personalities, please.
5. Anyone new to Intergroup today? Yes: Sue
6. Introductions & representatives from what meeting: Joan, JC, Jim, Julie, Donna, Lynn, Mary T, Michele, Pat G, Sarah B, Judy L, Crystal, Sue, Stephanie
7. Parliamentarian-(3)pro(3)con(1)min –discussion(3)minutes: amended(2)pro(2)con(1)min-disc(3)min
8. No questions until after pros & cons
9. Approval of Secretaries minutes July.
10. Treasurer's report – approved 5 for the fellowship fund raiser total \$547.42 going to the WSO and PTI matching to translation fund. Income July: \$1795.78. Total: \$ 9837.07 and \$ 3000.75 prudent reserve.
11. Vice Chair position open
12. Pass the 7<sup>th</sup> tradition
13. Break into Committees – 10 minutes Committee reports

### TSW:

September – Yoga Therapy Fellowship Event TBA  
 October 27<sup>th</sup> Halloween Party TBA  
 October 28<sup>th</sup> Bringing the Big book to Life  
 Nov 4<sup>th</sup> Journaling ending Workshop  
 December 9<sup>th</sup> or 2<sup>nd</sup> CD (Character Defect) Release party.

**PIPO:** Baycare is having a health fair, SPC health fair. Asking for volunteers to talk about what OA is. Sign-up sheets for participating. Still working on a connection for Eckerd College. November will have Christmas under the Oaks.

**IGOR:** PTI Newsletter sent out to AllSOAR8, ALLPTI, chairs of SOAR 8

### Old Business:

14. Committee Chairs – These positions are open: Unity with Diversity, Tech Web, PIPO.
15. Alt Rep Application – Julie. Approved
16. Nominating Committee: Julie, Sam, Judy L
17. Please attend workshop 8/19/17 tomorrow 1 PM. Christ the King, North Dale Mabry Tampa.
18. P& P posted on the website
19. Scholarship Committee: By laws chair, treasurer, IGOR chair, Parliamentarian
20. Any other old business? No

### New Business:

21. Review the Bylaws - Request received was to change scholarship application requirement to 3 months active continuous attendance rather than 6 months. And attend at least 2 PTI meetings. One at least 3 months prior to event and the one following event.
  - Treasurer will provide copy of scholarship application to scholarship committee. (no longer will name who the scholarship committee will be).
  - Scholarship assignment is anonymous. Individual may tell others they received it. PTI does not announce.
  - Scholarship committee is formed in January each year or Treasurer, Bylaws chair and two other PTI members.
  - Treasurer will announce scholarship recipients to those persons.
  - Made some editorial changes for ease of reading.
22. Franciscan Center Report read; please email all reports to newsletter
23. Motion to purchase Couriers educating - \$.20 each – 25 meetings x 10 = @ \$ 50.00 + s&h
24. Miami SOAR 8 Motions
25. Alabama SOAR April 13-15, 2018, that intergroup is asking for help.
26. FSC – Julie represented PTI. 350\$ expecting 150 participants. We are hotel liaison and creating Program. Joan looking for Speakers. Andi S. is the Literature person: Entertainment. Skit Friday and Saturday
27. Handed out pocket guides for health care professionals
28. Applications needed for Chair, Vice Chair, and secretary.
29. Children at meeting - Are there any meetings that we can add to the meeting list children may attend. Palm Harbor Monday AM, Saturday AM babysitting available.

### 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's, 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.
3. Please remember to invite everyone to Intergroup.

**August 19th** - **Abstinence vs Food Plan Tampa**  
**October 13th-15th** - **SOAR 8 Miami**  
**February 23rd-25th, 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" ...

### Abstinence in Action "Adventure" Fellowship

November 4th	Journaling Journey	New Port Richey
November 11th	2nd Annual Garden Workshop	Clearwater
December 9th	Release of Character Defects	Seminole
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](mailto: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!

### Responsibility Pledge:

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



*Let  
Go  
Let  
God*

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!!!

I put my hand  
in yours, and  
together we can  
do what we  
could never do  
alone.

# Upcoming Events

## Journaling Journey

November 4, 2107  
1:00-3:00 P.M.



Win A Door Prize!!!

Yoga for the mind!!!

\$6 ~ Please join us at ~

5615 Saren Drive, New Port Richey

Call Jeanne (727) 494-7994

## Here We Grow Again

Save the date: November 11, 2017  
Second Annual Garden Workshop

Featuring abstinent lunch, \* provided, OAF Fellowship, delightful parting gifts.

RSVP: Judy Schraeder, 727-442-9234

Where: 1338 Woodcrest Ave., Clearwater

When: 12:00 p.m. until it's time to wash our hands

What: Bring your green or brown thumbs to force Amaryllis bulbs for holiday gifts or decorating  
Soil, Pots, Bulbs all provided ...

Donation: \$8.00; No one turned away!

### \* Lunch Menu:

Turkey breast, rice, steamed broccoli, butternut squash, fruit and cheese, coffee, assorted teas, and bottled water.

\*Please bring your own food if you wish.

## 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



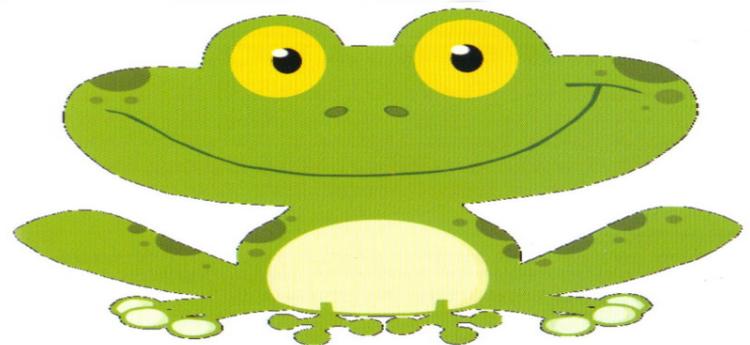
(Back of church near the office)

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



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)

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

# PINELLAS COUNTY MEETING LIST

# November 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. &amp; Highland - entrance on Belleair)</i>	Mary T. (727) 593-4758 Mardie (727) 501-3949
Mon	7:00 PM OA#01530	Search Out Serenity "SOS"	Leader / Discussion Jackson Street entrance	St. Anthony's Hospital, Classroom D 1200 7th Ave. N., St. Petersburg <i>(Jackson Street entrance)</i>	Cynthia (561) 254-3642
Tues	6:45 AM #56126	Fresh Start	Voices of Recovery For Today	Central Church of Christ 1454 Belleair Rd., Clearwater <i>(NW of Belleair Rd. &amp; Highland - entrance on Belleair)</i>	Phil L. (727) 754-0131
Tues	9:00 AM OA#54726	Abstinence <b>NEEDS SUPPORT</b>	Daily Readings Open Discussion	REBOS Center - Friendship Baptist Church 4001 74th St. N., St. Petersburg	Ellise (239) 384-4682 Harland (727) 667-4743
Tues	6:30 PM #56146	<b>NEW MEETING</b> Self-Care for Caregivers **	Dependents/Caretakers Children welcome!	Morton Plant Hospital 300 Pinellas Street (1st floor across from cafe) Tuttle D Auditorium, Clearwater	Crystal (813) 426-2201
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 <b>NEEDS SUPPORT</b>	Literature Meeting	St. Vincent de Paul Catholic Church 4843 Mile Stretch Rd., Holiday	Chris (727) 688-9823 Judy L. (727) 457-1053 Jeanne A. (727) 494-7994
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 <b>NEEDS SUPPORT</b>	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 <b>NEEDS SUPPORT</b>	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 <b>NEEDS SUPPORT</b>	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	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. &amp; 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	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 <b>NEEDS SUPPORT</b>	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 ** <b>New Time: 12:30 PM</b> <b>Beginning on July 1st!</b>	Men's Meeting	Community United Methodist Church 207 Buckingham Ave., Oldsmar	Lee (727) 480-4821
Sun	6:00 PM OA#32923	Clearwater Oasis **	Big Book (90 Days)	Morton Plant Hospital, 1st Floor Tuttle A Auditorium, Clearwater	Chrissy (813) 377-5332 Michelle (314) 378-9391
Sun	6:30 PM OA#49012	Beginner's Meeting Step Study	Beginners/Step Study	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Judy C. (201) 259-3924

PLEASE NOTE: All meetings are open meetings unless indicated otherwise. \*\*Closed Meetings (OA members only) ^^Children welcome

**If this is your first time attending a meeting listed, please be sure to call to clarify directions and meeting specifics.**

Pinellas Traditions Intergroup meets the 3rd Friday of each month: 6:30PM - Morton Plant Hospital, 1st Floor - Tuttle Auditorium

OA World Service Telephone: 505-891-2664 Website: <http://www.oa.org> To find telephone or online meetings,

please go to: <https://www.oa.org/find-a-meeting> Pinellas Traditions Intergroup Website: <http://oapinellas.org>

Hotline #'s - Hillsborough & Pinellas: (813) 254-4190