



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:

September 15, 2017 at 6:30 p.m.

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

Step 9

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”



“Before starting out to make amends we must let go of any expectations we may have...”

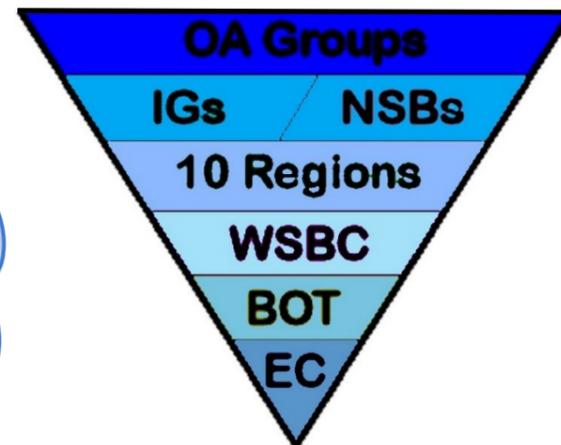
-Twelve Steps and Twelve Traditions, page 76

I am becoming increasingly aware of a lesson I am learning from working Step Nine. I used to feel disappointed if I didn't gain major insight, feeling of relief, or change in my life soon after completing a Step-Nine amend. I see that the miracle of the work is often of a different nature. Sometime it is right in front of me, operating daily in my life. I simply do not recognize it because I am so busy searching the heavens for a blinding revelation or, at the very least, fireworks.

-Voices of Recovery, page 246

Tradition 9

“OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.



Concept 9

“Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.”



There is something that is much more scarce, something far finer, something rarer than *ability*. It is the *ability* to recognize *ability*.

~Elbert Hubbard

What's new in Pinellas Traditions Intergroup?

I was recently consoling a friend Sue* who lost someone to an unexpected death. In talking, I learned I knew this young woman as someone who had come to OA meetings for a while. When I met her out in the community after she stopped coming, I attempted to twelfth step Sue to return to OA. "Yeah, but I have kids and none of the meetings allow kids to come and it's really hard for me to get there. Do you know of any meetings that let kids come?" I was honest in that I didn't.

Well, now I hear of her death, and sadly she died from complications after a bariatric weight loss surgery. The disease took another one of us. Know, to be clear, I am not saying this woman died because meetings do not let kids come. What I am saying is there is a great need to make life saving OA meetings accessible.

We in Pinellas Traditions Intergroup have put a call out to meetings to discuss allowing children to attend or provide babysitting. Some past meetings have had a volunteer position for one person to supervise youngsters in a separate room. Our Saturday morning meeting's Church is allowing us to use the smaller library free from any additional charge for just his purpose.

I know this brings up a lot of debate, and honest discussion is healthy for our groups. Some people do not want to allow children to attend as they may then not feel comfortable sharing more private or adult topics. Yet, in speaking with a program friend yesterday, and she pointed out: "Isn't that a self-centered point of view? What about the other person's need to get to a meeting?" A possible solution is to have some meetings in an area be "closed" (only those with a problem with food may attend) and others be "open" meetings (anyone can attend).

By no means am I advocating that all meetings allow children, but perhaps there is room for some meetings to be open for people like Sue.

JC

Sue* *Name changed*

Perfect Tool

This morning, while drying my hair after a furious workout, I noticed my jiggly parts in the mirror.

I began to take an inventory: too fat, saggy, and dimply; too many veins sticking out on my legs; and on and on.

My eyes happened to catch the Serenity Prayer I have hanging on the wall by the mirror for such emergencies. I took a deep breath spiritually and said the prayer looking into my eyes, not at my body parts.

Then I looked at those imperfections again, I saw what I was supposed to see: a woman in OA and in recovery. Yes, I showed the scars of my disease, cunning, baffling and as powerful as it is. But using the tools of the program, I am able to recover one day at a time and accept myself just as I am. Thank God for OA and the tools of recovery!

-Linda M. Torrance, CA
Lifeline, December 2012



Pinellas Traditions Intergroup – Meeting Minutes for 7/14/17 - 6:30PM Timekeeper: Sam

Call to Order

1. Open with the Serenity Prayer
2. Reading of the 7th Step, 7th Tradition, 7th Concept
3. Does everyone agree with the agenda?
4. This is a spiritual program so let's remember to keep principles before personalities, please.
5. Anyone new to Intergroup today? No
6. Introductions & representatives from what meeting: JC, Jim, Jim K, Julie, Donna, Mary T, Marcia, Sam, Chrissy, Leslee, Judy L, Tamar, Dana, Crystal, Gail, Judy, Pat, Sarah
7. 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
8. Approval of Secretaries minutes – any corrections – approved with noted question on Line item #4 reference to 23 &28
9. Treasurer's report – approved
10. Vice Chair position open
11. Pass the 7th tradition
12. Break into Committees – 10 minutes Committee reports ... *(Our work is accomplished through our committees) ...*
13. TSW – July Franciscan Center Retreat, August 19th Abstinence versus Food Plan in Tampa Christ the King 1-4, September Abstinence TBA, October Halloween Party Sarah B and Judy L, November Jewelry Workshop - Welcome Back – ask meetings to go through We care book and divide up calling people they have not seen in a while (JC will make Flyer), Kids at Meeting discussion. Call for Socials.
14. PIPO – Nothing to report.
15. Bylaws- later in agenda
16. IGOR – newsletter sent other intergroups
17. Ways and Means – asking for people to join, nothing to report

OLD BUSINESS:

18. Committee Chairs –Unity With Diversity ?, Tech Web? PIPO?
19. Franciscan Center – July 21-23 – Refrigerator is available to bring extra protein or veggies to support your meal plan. Everyone is responsible for their own meal plan.
20. Fundraising for WSO and translation fund- \$5 for the fellowship- Collection At least 326\$ with money still coming in. what is collected to WSO and PTI match to translation fund
21. Any other old business?
22. Scholarship – We need to follow the deadlines, please announce at the meetings when the deadline is and to follow these boundaries to help. The scholarship can go to any OA event. If interested in Miami SOAR 8, apply now. The application is on website under documents.

NEW BUSINESS:

23. Alt Rep Appl for Miami - Julie will be applying.
24. Scholarship Committee decision to accept only 2 applications per event. Scholarship committee was announced in previous month asking for volunteers. No one volunteered. Chair and Treasurer asked two PTI members to participate. Next year everyone will be invited to participate again.
25. August – Review bylaws and select nominating committee. Please review bylaws online for input, any question go to Bylaws chair. And does anyone want to be on the nominating committee? Judy L. and Sam volunteered.
26. Bylaws are on the website. P&P are not posted. Everyone please review the Bylaws and bring up questions and concerns to Julie the Bylaws committee before the August meeting. End of this year we will vote on Chair and Secretary.
27. Each application has its qualifications listed.
28. Officers will service no more than 2 consecutive 2 year terms.
29. Finances- Article 9 reimbursement for reps for region meetings is listed.
30. Question on making the P&P available to the meeting. Bylaws chair will review and come back
31. This Saturday FSC phone meeting. Julie will be representing PTI.
32. Children at Meetings – Meetings are asked to discuss the options for children to attend meetings, attend but stay in a separate room, have child care provided or any other options. Ideally we may have some meetings listed as child can attend, or babysitting available.
33. Any other new business?
34. Asked for consideration on business meetings for other parts of the Roberts rules and regulations e.g. point of order. To have cards.

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 - REBOS, 7PM Gulfport; Wed, 6:45PM - Madeira Beach; Wed, 7PM - Terra Nova; Thurs, 10:30AM - Aldersgate; Fri, 11AM - OA Amigos meeting in St Pete; Sat, 9:00AM - Pinellas Park Library
3. Please remember to invite everyone to intergroup.

July 14th	→	Intergroup Change Date
July 15th	→	FSC meeting
July 21st-23rd	→	Franciscan Center, Tampa
Aug. 19th	→	Abstinence vs Food Plan, Tampa
Oct. 13th-15th	→	SOAR8 in Miami
Feb. 23rd-25th	→	Florida State 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."

Closed with the "Serenity Prayer" ...

GRATITUDE - Franciscan Spiritual Retreat

I was very blessed to have been awarded a scholarship opportunity to go to the Franciscan Center in July. I had gone last year and knew that this was not something that I would want to miss. I am so grateful that I went.

I helped out beforehand with meeting up before a meeting, to help stuff the serenity bags used at the retreat. While I was at the retreat, I helped collect money for raffle tickets and helped with the cleanup at the end of the retreat.

There were many, many new faces this year and it was delightful to get to know more people. I actually had some anxiety around all the new faces, along with actually being at a retreat, which my sponsor was able to help me through. Taking the time and energy for myself in a relaxing environment was using a muscle in me that I am unfamiliar with, as this is only the second retreat I have ever been on – the first being last year. To put myself first feels strange and uncomfortable, and I am so grateful I was able to relax and enjoy it and be with friends who understand my compulsion.

The food was amazing, the lodging was fabulous, the meetings were phenomenal. I learned about myself, I learned about others, I laughed, I cried and I felt every emotion in between. It was inspiring, relaxing and rejuvenating and I can't wait for next year. I am truly grateful for your gift.

Thank you!

C.C.

INSPIRATION - OA Retreat

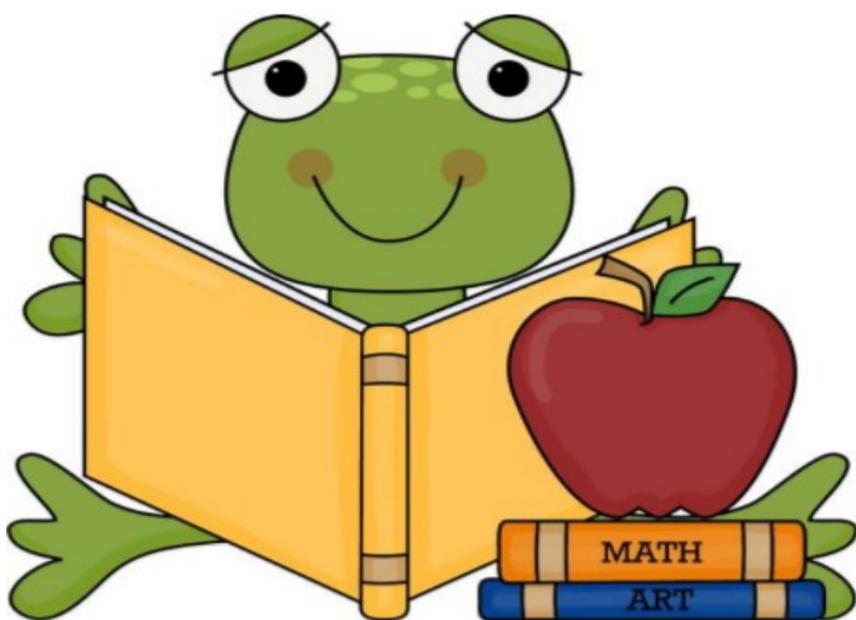
I had a very enjoyable time at the OA retreat at The Franciscan Center. I thought that theme inspiration was one that gave much hope to those of us who are struggling with the disease of compulsive. The openness and transparency with which they shared, was so very impactful, and yet they would always add humor to their shares. It was very encouraging for me and gave me hope.

The schedule was very reasonable, giving us time for fellowship and meditation to those who chose to do so. The art activity was fun, seeing others creativity in making the book covers. Also, some of the women had a mini sexuality meeting and the ladies were just so honest and vulnerable. One suggestion that was brought was having a sexuality workshop at the next retreat.

The food was awesome, flavorful and generous portions. Also the staff was very accommodating, patient and friendly. My only complaint was the temperature in the meeting rooms was really so warm at times, I had to leave some of the meetings before they were over.

All in all it was a wonderful weekend full of inspiration, love and fellowship. Truly a strong spirit of unity and God's love and grace. Thank you again, PTI for enabling me to attend and experience this awesome event.

Anonymous



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:

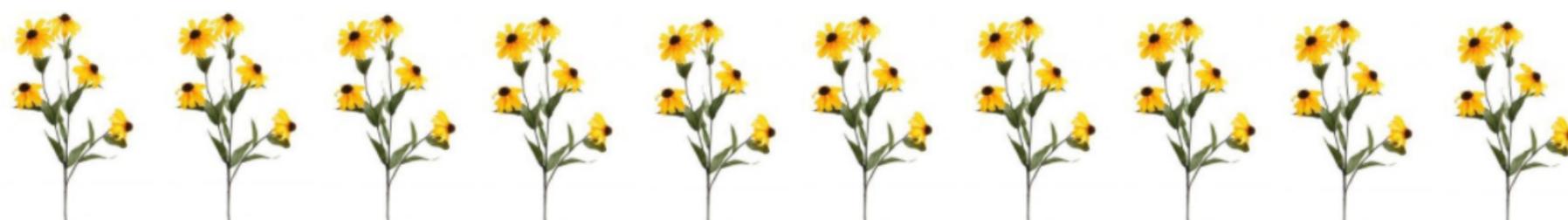
- 1) Go to www.oaregion8.org ...
- 2) Select the "Committees" menu, and then "Twelfth Step Within" ...
- 3) Select "Online Relapse Mentor Request" ...
- 4) Complete and submit the online form ...

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

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

PTI Treasury Report for July 2017

INCOME		Beginning Balance	\$8,964.29
7th Tradition:		Expenses:	
SOS-Mon 7PM	\$100.00	PIPO	\$75.00
Focus on Abstinence	\$162.78	Region 8 Rep	\$11.77
First FellowshipThu	\$300.00	Webmaster	\$40.00
First Fellowship Sat	\$300.00	Region 8 (10%)	\$179.58
Pasco Pioneers	\$54.00	WSO (30%)	\$538.73
Sat Serenity	\$150.00	Telephone	\$87.34
Great Reality	\$50.00	Office Supplies	\$9.80
PTI	\$20.00	Total	\$263.91
Meeting Donations	\$1,136.78		
Ways & Means	\$85.00	Translation fund match to WSO	\$221.42
Boutique	\$36.00		
Franciscan Center Retreat	\$538.00		
Total Balance	\$1,795.78	Ending Balance	\$9,837.07
Translation Fund	\$221.42		
Scholarship	\$100.00	Prudent Reserve	\$3,000.75
Scholarship Bal	\$751.00	Ending Balance w/ Prudent Reserve	\$12,837.82



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..

PayPalTM

Abstinence in Action "Adventure" Fellowship

October 13th-15th	SOAR8 Assembly - "WELCOME HOME: Recovering in Paradise"	Miami
October 27th	Halloween Party	TBA
October 28th	Big Book Workshop	TBA
November 4th	Journaling Journey	New Port Richey
November 11th	2nd Annual Garden Workshop	Clearwater
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!



*"When I'm into fear,
I'm on my own!"*

PG

FEAR = Forget Everything And Run

- OR -

FEAR = Face Everything And Recover

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!!!

*But
for the
Grace
of
God*

Upcoming Events



Miami-Dade and the Keys Intergroup
of Overeaters Anonymous presents

SOAR 8 Recovery Convention and Business Assembly



October 13th - 15th, 2017
Miami Airport Marriott
1201 LeJeune Road (42nd Ave)
Miami, FL 33126

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

Journaling Journey

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



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!

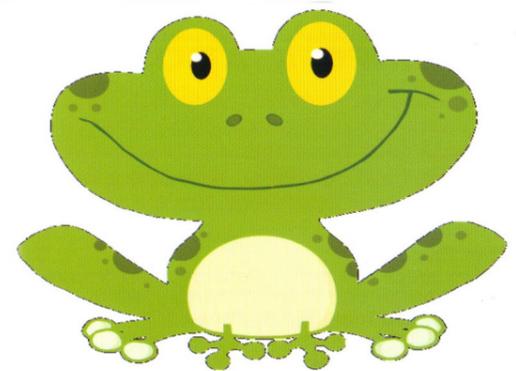
* Lunch Menu:

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

*Please bring your own food if you wish.

28th Annual Florida State
Convention of Overeaters
Anonymous

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



Feb 23-25, 2018

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

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

PINELLAS COUNTY MEETING LIST

September 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 (NW of Belleair Rd. & Highland - entrance on Belleair)	Mary Mardie (727) 595-6644 (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 (Jackson Street entrance)	Cynthia (561) 254-3642
Tues	6:45 AM #56126	Fresh Start	Voices of Recovery For Today	Central Church of Christ 1454 Belleair Rd., Clearwater (NW of Belleair Rd. & Highland - entrance on Belleair)	Phil L. (727) 754-0131
Tues	9:00 AM OA#54726	Abstinence NEEDS SUPPORT	Daily Readings Open Discussion	REBOS Center - Friendship Baptist Church 4001 74th St. N., St. Petersburg	Ellise Harland (239) 384-4682 (727) 667-4743
Tues	6:30 PM #Pending	STARTS 9/12/17 **	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 NEEDS SUPPORT	Literature Meeting	St. Vincent de Paul Catholic Church 4843 Mile Stretch Rd., Holiday	Chris Judy (727) 688-9823 (727) 457-3976
Wed	12:30 PM OA#52863	Message Carriers	Open Discussion	Metro Center 3251 Third Ave. N., St. Petersburg	Ellen L. (727) 381-8043
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch NEEDS SUPPORT	Open Discussion	On the beach in front of the snack shack 15100 Gulf Blvd., Madeira Beach (Bring a chair)	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 (Small room with green door) 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 (Back of church near the office)	Lynn E. (901) 830-1092
Thur	11:00 AM OA#40873	Key to Freedom	Big Book Meeting	First Presbyterian Church 455 Scotland St., Dunedin (Downtown Dunedin)	Tamar Laurie (727) 796-5878 (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 (NW of Belleair Rd. & Highland - entrance on Belleair)	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 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 Judy (727) 466-9277 (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 Michelle (813) 377-5332 (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 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

REVISED: September 2017