



August 2018

Volume 13, Issue 8

"Things aren't necessarily going wrong just because they're not going my way."

This is still hard for me to accept. My ego tells me that my plans and ideas about how things should go, and how you should act, are 99% right, and that if everybody would just fall in line, then everything would be great and I'd be happy. But how many times has my self will twisted or bullied things into place and got me what I thought I wanted, when I'd eventually realized it wasn't what I wanted? Most of the time is the short answer.

There's an old gypsy curse that goes, "May you get everything you want." Once again, my ego hears that and says, "That doesn't sound like a curse!" but my experience understands the wisdom in it. And one of the gifts I've received in recovery is the willingness to pray for the knowledge of God's will (not mine) and the power to carry that out.

That's when the miracle truly happens for me and countless others. You see, the wants and needs of my ego are limited and short sighted. But God's will is vast and includes infinite possibilities for happiness and fulfillment. By developing the faith to truly seek God's will, I've been able to let go of controlling others, to show up and look for ways to be of service, and to let go of expectations.

Doing this has enable me to see that, "Things aren't necessarily going wrong just because they're not going my way."

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NEXT PTI MEETING:

Friday, August 17th - 6:30 PM

**Overeaters Anonymous
Pinellas Traditions Intergroup
P.O. Box 16582
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www.oapinellas.org**

The opinions expressed in this newsletter reflect those of the writer and do not represent OA as a whole. Serve your group by sharing your experience, strength and hope in the newsletter. Please submit your article by the 22nd day of the previous month for publication in the next month's newsletter.

Please send to: newsletter@oapinellas.org

"Just staying abstinent – if it's all I can do today – is reaching for recovery.

-Just For Today, page 167

Only from repeated failures have I learned that I must have spiritual fitness to have abstinence. These two are intertwined like the chicken and the egg. I can't have one without the other. When I notice any negativity forming within me, I pause to see what's going on; then I take some positive action, even if it's only to rest.

Whenever I have a craving or feel an impulse that could lead me away from my abstinent lifestyle, I gently say no to myself, like a mother leading her toddler away from danger. This mother did not raise me. OA planted the seed of this mother in my heart. Only I can take that first step away from the food and toward my Higher Power and the tools of recovery, slogging through moments, hours, or even days of craving and negativity. I point myself away from them, toward the tools and God's love.

-Voices of Recovery, page 148

Self-Discipline

the ability to control one's feelings and overcome one's weaknesses; the ability to pursue what one thinks is right despite temptations to abandon it.

In the month of August, we are reminded to reflect on Step 8 -- "Made a list of all persons we had harmed, and became willing to make amends to them all." This often requires us to understand and seek God's will. When do I owe an amends? I need to remember an amends is not an apology and it is not a way to make other people happy or quiet.

Have I taken a fearless and thorough moral inventory? Have I shared this with myself God and another person? And remember the steps are not hopscotch. I need to take them all in order. Step 6 of becoming willing to have my defects of character removed and seven to humbly ask God to remove them are vital steps. An amend will fall as a empty apology if I have not taken that quiet hour the Big Book describes to be certain I have not left anything out and am now am indeed ready to let go of all of these things to be changed (amends)

Today I will seek to strengthen my relationship with my Higher Power. I know from experience that knowledge of my Higher Power's will provides a sense of clarity, direction, and peace.

-JD

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Concept 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

Happy month of independence everyone!

I am so grateful I have physical, spiritual, and mental freedom in OA! I hope your summers are going well and you are “staying cool” in recovery. During my prayer time I began to think about what I wanted to write for this month’s TWI 12th on the 12th email. I am grateful for this opportunity. My HP nudged me to write about the seventh tradition because it’s such an amazing tradition, and I know I take it for granted personally.

The seventh tradition states: “Every O.A. group ought to be fully self-supporting declining outside contributions.” I am reminded that there are many layers to this tradition and how valuable it is. The second edition of the OA 12&12 states: “If we accept ‘free’ gifts from outsiders, or too much from one member, we become less free ourselves. If a member or organization gave large financial contributions, their voice may control the group’s decisions. We may become dependent upon the money being donated and never learn to take responsibility and pay our share” (page 162). The AA 12&12 states this more simply: “You can’t mix A.A. and money” and we must “separate spiritual from the material.” (page 161). However, we need money to keep OA thriving, but there is a balance between having available funds to host meetings and operating with spiritual/pure motives to carry the message to all. In my opinion, if OA received funding from outside organizations or enterprises, then our primary focus wouldn’t be influenced by each group’s unity, HP, and collective conscience to carry the message of recovery.

Something miraculous happens when OA recoveries surrender to the 12 step process and decide to “pay their way” and not rely on other’s financial support in all areas of life. Financial contributions are vital the fuel we need in our gas tanks to reach people, hold meetings, and have the resources to share the many OA blessings we have received with others. When I engage in behaviors or thought processes that I should restrict how much I donate to the seventh tradition basket, then I forget that this program has given me more than I could ever imagine. No financial price tag can reimburse the serenity and blessings that OA and my HP have given to me in such a short amount of time. Therefore, what I give financially to OA is only a reminder that the program has blessed me 10 fold in miracles compared to the fraction of money I have contributed over the years.

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Sometimes I forget that the seventh tradition provided me with the ability to find the OA website, receive a welcome packet, meetings lists, newsletters, and various forms of literatures to answer my questions in early recovery. If I didn't have this opportunity, I may have not found OA. This is a reality. As a result, I am grateful that I can donate money (even though I know I should contribute more) because our primary purpose is to do service and carry the message for all compulsive eaters. I think that the OA service structure is amazing because of the seventh tradition. Time, money and service commitment impact each level of the service structure in OA: local meetings, intergroup, phone meetings, Region and world service. All the financial contributions work together like a flow chart, thus trickling up to support world service, carrying the message globally. I find this process astounding.

Lastly, I am grateful that the seventh tradition has helped me "grow up" in program. Before program and recovery, I was self-centered; I am still this way now but I'm getting better. I stole, cheated, manipulated or was enabled by others which only fueled my disease behaviors. To top it off, I engaged all sorts of money wasting behaviors in the past: spending tons of money on food, restricting then purging/binging, doctors, diets, exercising schemes, pills, supplements, buying new clothes because of my changing size, medical bills, etc., etc. In program, I have learned to step up and help out with service work and with financial contributions. By watching others contribute their time and energy to OA's primary purpose, something in me changed and I wanted to take responsibility for my past actions. I realized that people's contributions were freely given because they were fully self-supporting in life, financially and emotionally, by working the steps and doing service. I wanted this freedom too (and the fear of financial of security to be lifted). However, I had to do the footwork! As I worked the steps, my fear of finances got better, and I gave more to OA to help carry the message. The more I placed my time and energy into OA instead of self-centered addict behaviors, the more my personal finances grew and I was able to contribute more to OA's seventh tradition; this felt great! I know that I "can't keep what I have unless I give it away." When I give my time and money to others, get out of self, and show up to meetings, this feeling is irreplaceable.

So, to wrap it all up, the OA 12&12 second edition states that "the seventh tradition says NO to outside donations" to keep "our fellowship free of complications that would inevitably arise were we to depend on outside sources. As long as we keep this tradition, paying our way from our own pockets, we will earn the respect of the general public, and self-respect as well." (page169)

Thanks for letting me do service. God Bless.

-SB

Are you living in the delusion?

The Big Book of AA says “we have a daily reprieve based upon the maintenance of our spiritual condition.” This, to me, goes back to my connection with my Higher Power and my thinking in my everyday life, my self-honesty. I used to live in the delusion that I could rationalize my way out of any situation. I could set myself up favorably in most circumstances and manipulate my way out of many things. I never checked my motives. It was my only way of self-protection and self-preservation. When I learned about the difference between rationalization and self-truth, their definitions and what they actually mean, it really opened my eyes to how dishonest I was. When a smart sponsor said “check yourself before you wreck yourself,” it really made me think. I must always be aware of my motives, thoughts and actions for which I am responsible. I have to keep coming back to be reminded that this disease is cunning, baffling and powerful, but also patient and waiting for me to fail. Please be there for me. I need your help!

-JR

Responsibility Pledge

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

Please refer to our online website at oapinellas.org for the latest available PTI meeting minutes and treasurer's reports.

THANK YOU to our webmaster for the beautiful newsletter layout.

Looking for PTI Members to share their Experience, Strength and Hope ...

PTI is looking for newsletter entries on the topic of “**Love**” for the month of **September**. The deadline is **August 22nd**.

Also, the topic for September is “**Perseverance**” that must be submitted by **September 22nd**.

Save the dates and please consider on sharing your experience, strength and hope in our monthly newsletter. If you're not sure of what to share on the monthly topic, please feel free to send in an article of any “**recovery**” topic that inspires you.

Please, please, please consider sharing your written thoughts. We all have them. This is a thinking disease. A new editor would be a great idea, too. Time for a change!

Upcoming Events

Technology Event

Saturday, August 4, 2018

Problems with your laptop, tablet, or phone?
We're here to help you. Bring your lunch if you like.
Water will be provided.

Time: 12:00PM—3:00PM

Place: 806 Robin Ave., Palm Harbor, FL

Contacts: Joan R. (727) 785-9208
Linda Mc. (727) 804-4610

Cost: \$6.00



Please join us and bring a friend who needs help.



Sponsor Sponsee Soiree Speaker and Fellowship Event

Bring sponsees, friends and family to an OA recovery/fellowship event

Cypress Point Park
5620 W Cypress Street
Tampa, FL

Saturday, August 18, 2018
1-5 PM Shelters 2 and 3
Okay to bring food

Speaker at 2 PM - panel to follow

Volleyball, beach and playground nearby ...
Family can keep playing as we take time to recover

Mini-boutique, baskets, sponsee-sponsor activities, crafts, come add to
Suggested Donation \$6 or more for PTI and Suncoast to carry message
Family and friends are encouraged to come!

Call JC (813) 240-8572 or Tara (412)260-8859 for more info



(Looking for helpers, please call to give service)

**SOAR 8 Recovery Convention
and Business Assembly**
October 12-14, 2018

Crowne Plaza
201 S. Shackelford Road
Little Rock, AR 72211
501-223-3000

[CLICK HERE FOR REGISTRATION FLYER](#)

ALL upcoming events may be found on our PTI website ... <https://oapinellas.org/calendar>

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 send a contribution using a secure site via PTI's PayPal page.

Please click the PayPal button below or you may visit our website at oapinellas.org/donations.html to send in a donation today.

Your donation is appreciated!!!



CALLING ALL NIGHT OWLS!!!

REGION 8 OVEREATERS ANONYMOUS TWELFTH STEP WITHIN COMMITTEE NEEDS YOUR HELP!!!

Our literature states: *"We worked hard during the day and ate hard at night."* -OA 12 and 12

Night time is the hardest for many compulsive eaters. We are looking for OA'ers who are willing to take calls late at night. We **would also like to use the advantage of different time zones**. Are you an OA'er in the Pacific Time zone who is willing to take calls till 11 PM (PST)? This allows someone from Eastern Time zone the ability to call till 2AM (EST).

If you are open to taking calls from fellow OA'ers, please send:

1. Your first name, last initial
2. Phone number (with area code)
3. What time you are willing to take calls until ... AND
4. Your time zone
5. Send email to: jcanonymous13@gmail.com



PINELLAS COUNTY MEETING LIST

August 2018

| DAY | TIME | MEETING NAME | MEETING TYPE / NOTES | LOCATION | CONTACT |
|------|----------------------|--|--|---|--|
| Mon | 10:15 AM OA#46182 | Just For Today ^^ | Big Book / 12 & 12 | 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 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 | 10:00 AM OA#54726 | Abstinence NEEDS SUPPORT | Daily Readings Open Discussion | REBOS Center 5639 54th Ave. N., Kenneth City | Donna D. (727) 480-0865 |
| 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 Judy L. (727) 457-1053 Jeanne A. (727) 494-7994 |
| 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 |
| 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> | 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 Mary T. (727) 593-4758 |
| 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 | 12:00 PM OA#52863 | Message Carriers | Open Discussion | Metro Center 3251 Third Ave. N., St. Petersburg <i>NEW entrance on west side of building (closest to 34th Street)</i> | Ellen L. (727) 381-8043 |
| Fri | 6:00 PM OA#49602 | Nitty Gritty | Big Book | Unity of St. Petersburg 6168 First Ave. N, St. Pete | Cora L. (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 | JC D. (813) 240-8572 |
| Sat | 7:00 AM OA#36776 | Great Reality NEEDS SUPPORT | Beginners | St. Giles Episcopal Church 8271 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 | 12:30 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 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

REVISED: June 2018