



March 2018

Volume 13, Issue 3

“God bless you – God change me.”

I was at a speaker meeting one night where the speaker began his share this way: “If I say something tonight that you don’t agree with, or that angers you, then say a prayer for me. God knows I could use the blessing, and you could probably use the practice.” Well that got everyone’s attention! I fumed in my seat for a while and could barely hear what he was sharing. After the meeting, I grabbed a bite to eat with my sponsor and we talked about it.

As I dumped my anger and indignation onto my sponsor between my meal, he listened quietly and nodded his head. When I started repeating myself for the third time, he held up his hand to stop me. “I see what he said in a very different way,” he began. “While it may have sounded disrespectful, what he was saying is the fundamental truth – everyone has a different opinion, and if you don’t agree with them, it’s your problem, and not theirs. In other words, it’s up to you to change or adapt.”

I’ve often thought of that night, and that share, and it takes me years to appreciate the deep wisdom in it. What I’ve found is that people are indeed very different; all our perspectives are uniquely ours, forged by heritages, families, and environments we can barely fathom. If I want to get along with people, then it is up to me to accept them for their difference. If I have a problem with that, then it’s probably best for me to say a prayer. It’s up to me at that point to ask God to change me so I can be okay with who they are – and who I am as well.

-MZ



Third Step Prayer

“God, I offer myself to Thee – to build with me and to do with me as thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!”

- AA Big Book, page 63

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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 **15th** day of the previous month for publication in the next month’s newsletter.

Please send to: newsletter@oapinellas.org

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

"We thought everything would be fine if only our bosses would recognize our worth, if only our spouses would give us the attention we needed, if only our children were well-behaved..."

- OA's Twelve & Twelve, pages 4-5

As the mother of two small children, I easily became trapped into thinking that my children's behavior determines my happiness. When I read this passage one evening, I realized how much this kind of thinking resembled the way I viewed food and its effects nine years ago. I used to think I would be happier if I could lose weight or stop purging. During my years in OA, I've realized that the key to my peace, not necessarily my "happiness," lies in turning my life over to my Higher Power one day at a time. When I do this, the burden of trying to "fix" the problem leaves me. My years of abstinence prove to me that my Higher Power will hold me and direct me toward action or inaction to help me do His or Her will. For today, my children are in your hands, Higher Power, as is my compulsive eating, Your will, not mine, be done.

- Voices of Recovery, page 307

Faith: *belief; trust in the honesty and truth of another; the assent of the mind to Divine truth; unshaken adherence; fidelity.*

"If I don't know what way to go, I turn the problem over to God in Steps Three and Eleven, completely confident that the answer will come."

- For Today, page 25

Soon after I found OA, a woman at my home meeting stood up and said, "Last night the phone rang, and by the time I hung up, I was crazy. So I said a prayer, turned it over, and was free to enjoy the next three hours until dinner time."

The next day, driving to work, I noticed my mind racing over and over on the same problem. I said, "God, take this problem from me, and don't give it back unless I need to do something about it." It was hard to trust God to give it back if and when I needed to act on it, so I said "I trust you, God."

God took it, and I was free to enjoy my ride, I have done that many times since then, and I don't think God has given very many of those problems back to me. They must have solved themselves. What freedom!

- Voices of Recovery, page 243

Tradition 3

The only requirement for OA membership is the desire to stop eating compulsively.

God-Inspired Program

I believe recovery to be a God-inspired program and that HP is there every time I connect with another fellow or am at a meeting. I am observing, believing, have faith and realizing that OA works when I work it and pass it on daily. I turn my will and my life over to my HP by praying, meditating, going to a meeting and helping others one day at a time. I believe that my HP is inside my heart and inside your heart and we are part of each other, not unique, all part of the whole, like our symbol. I try to live by the spiritual principles, remain in love and forgiveness, remain abstinent, clean house and help others.

NP

"This willingness to act on faith, then, was the key to step two."

-OA's Twelve Steps and Twelve Traditions, p. 17

My recovery and freedom that I have today has been all about acting my way into recovery and not thinking. If I could have thought my way into recovery, I would not have needed OA. All the positive action I have taken has led me out of the mire, misery, and prison of compulsive eating. My higher power today is no longer food. I read that "guilt is looking backwards, worry us about looking forward, and FAITH is about looking up. Thank you for the opportunity to share.

Shirley N.

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

PTI is looking for newsletter entries on the topic of "**Courage**" for the month of **April**. The deadline is **March 15th**.

Also, the topic for **May** is "**Integrity**" that must be submitted by **April 15th**.

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!

PTI is also looking for a new newsletter editor. If you're interested, please email Joan: newsletter@oapinellas.org

Responsibility Pledge:

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

"At Day's End" by John Hall

Is anybody happier because you passed his way?

Does anyone remember that you spoke to him today?

Is there anyone to utter now a kindly word of you?

Can you say tonight, in parting with the day that's slipping fast,
That you helped a single brother of the many that you passed?

Is a single heart rejoicing over what you did or said?

Does the man whose hopes were fading, now with courage look ahead?

Did you waste the day, or lose it? Was it well or sorely spent?

Did you leave a trail of kindness, or a scar of discontent?

As you close your eyes in slumber, do you think that God will say,
"You have earned one more tomorrow by the work you did today?"

Concept 3

The right decision,
based on trust, makes
effective leadership
possible.

One Day At A Time

Growing up I practiced the faith of my family religion and I went to services, followed the traditions and said the prayers but really felt no connection to a higher power. Once I was out on my own I felt no need for religion or god in my life and wanted to take care of everything myself. Yet when things didn't go right God was first in line to place the blame on for not making things turn out the way I thought they should. I went thru life trying to do everything on my own thinking if I was in charge, life and others would do what I wanted and act the way I needed them to, all would be fine. Well, we all know how that turns out in the end and yet I was not willing to try a new way. I came to OA in March of 2017 and was a very overweight, broken and depressed person. I was the life of the party on the outside but dead and hopeless inside. My first meeting, I listened to others talk about their higher power and the joy and serenity it brought, I thought I was doomed since I couldn't even imagine what that would be or why I would turn my will over to anything. I had the gift of desperation, so I decided to give it a try and this was the start of my new life of faith. At step 3, I turned my will and my life over to a higher power and have never regretted that decision. I like having an HP as a partner and never feeling like I am alone, for he is my co-pilot, helping me navigate the ups and downs of life. Through my faith in this power and doing my steps, I have achieved what I could never do on my own and have lost over 100lbs but more important I have become a better, more caring and happy person. I love helping others and rejoice when they, too, find a higher power and surrender and blossom. No, my faith is not perfect, and at times, I like to take back the wheel and shut him out, but I remember what my sponsor said – “My old life can gladly be given back to me at any time.” I say no thanks, I like this one a whole lot more and look forward to growing in my faith and my serenity a day at a time.

“I had the gift of desperation, so I decided to give it a try and this was the start of my new life of faith.”

Sue D.
Tarpon Springs, FL

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!!!



MEETING CHANGES

The Pinellas Park (Library) Saturday 9AM meeting moved on January 6th to new time and location.

NEW LOCATION:

St. Giles Episcopal Church
8271 52nd St. N.
Pinellas Park, FL 33781

Upcoming Events

♣♣♣ Abstinence in Action "Adventure" Fellowship ♣♣♣



STEP 1 WORKSHOP
PRAYER AND MEDITATION

Featuring guided meditation and background music.
There will be a gentle yoga time.

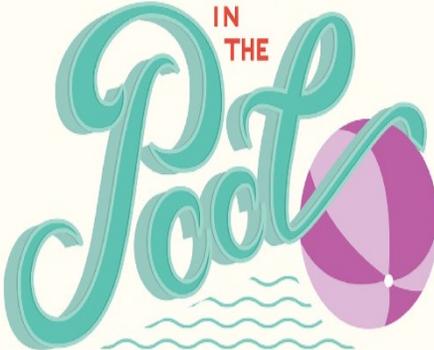
When: Saturday, March 31, 2018
From 1pm to 4pm

Where: Central Church of Christ
1454 Belleair Rd., Clearwater, FL 33756

Donations: \$6 *No one turned away.
Come at noon and bring your lunch and beverage.

**** For more Information please contact Cora
at 813-956-4642 or email: clintloc@tampabay.rr.com ****

GET COOL
IN THE
Pool



Slap on some sunscreen
and hit the deck for
some OA fellowship ,fun and games
Salad and fruit will be provided -bring your own protein
Saturday April 14th at noon til three
Sue D's 1121 Riveredge dr. Tarpon Springs
585-704-4464 for any questions

SOAR8
Recovery Convention
&
Business Assembly

SPRING INTO ACTION!!!



*Mobile, Alabama
April 20th -22nd*

[Click here](http://oaregion8.org/) for more information
or visit <http://oaregion8.org/>

Sponsorship in OA through the 12 Steps

OA Workshop
Saturday May 5, 2018
12:30 PM – 2:30 PM

Presbyterian Church • 2021 Nebraska Ave • Palm Harbor

All are welcome!!! \$6.00 suggested donation

Questions? Please call (813) 240-8572



Save the Date!!!



PINELLAS TRADITIONS INTERGROUP

Invites you to the "8th Annual"

OA FRANCISCAN CENTER RETREAT

"Growing In Recovery"

July 27th - 29th

[Click here](http://oapinellas.org) for flyer or visit <http://oapinellas.org>

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

PINELLAS COUNTY MEETING LIST

March 2018

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 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	7:00 AM #56126	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
Tues	10:00 AM OA#54726	Abstinence NEEDS SUPPORT	Daily Readings Open Discussion	REBOS Center MOVED – New Location: 5639 54 th 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	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>	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. & Highland – entrance on Belleair)</i>	Phil L. (727) 754-0131
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 Pending	NEW Meeting <i>Starts 1/5/18</i>	Big Book / 12 & 12	Northwood Presbyterian Church 2875 State Road 580, Clearwater	Sarah B. (860) 796-6333
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	NEW TIME 7:00 AM OA#36776	Great Reality NEEDS SUPPORT	Beginners	NEW LOCATION: As of 1/6/18 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	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