



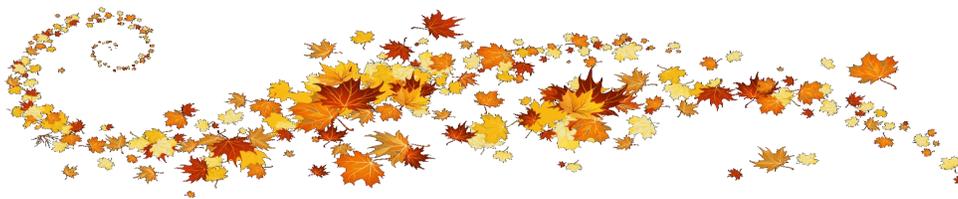
November 2018

Volume 13, Issue 11



## Seven Tips for the Holidays

1. Thanksgiving and other holidays are just another day to be abstinent.
2. If in doubt, leave it out. That includes foods about which we are not sure and places and situations where we don't know if we can be food sober.
3. It never hurts to bring our own food. If we find we can eat the food that's served, we can save the meal we brought for another time. If we can't eat the food – or are not sure – or "Plan B" meal can save our abstinence.
4. "Bookending" is a way to play it safe in difficult social situations. One way to "bookend" is to call someone before going into the situation. Say that you will call them if you have any trouble and call again immediately afterwards to share how it went.
5. There are meetings all day in many cities and phone marathons throughout the day. Check [www.oa.org](http://www.oa.org).
6. When all else fails, help another food addict. Invite someone who is isolated to your Thanksgiving celebration. Give a call to someone who is asking for help.
7. If someone who or something disturbs you during the holidays, pray for them. Don't eat no matter what (You'll still have the same problem you had before you picked up the bite).



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### NEXT PTI MEETING:

Friday, November 16th - 6:30 PM

Overeaters Anonymous  
Pinellas Traditions Intergroup  
P.O. Box 16582  
Clearwater, FL 33766  
[www.oapinellas.org](http://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 15th day of the previous month for publication in the next month's newsletter.

Please send to: [newsletter@oapinellas.org](mailto:newsletter@oapinellas.org)





# 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.



# 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.



# Concept 11

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

“Just staying abstinent – if it’s all I can do today – is reaching for recovery.”

-For Today, page 167

Abstinence is where my recovery begins. That is the “food” I need to reach for. That is where insanity ends and serenity begins. Once I got a “taste” of serenity, I wanted more and more. The feeling of freedom from food is incredible. I have learned to ask for help from God, my sponsor, and my group. I have learned to tackle new problem foods in order to get more recovery. What I want to reach for now is not more food, but more recovery. Am I calling someone? Am I getting to meetings? Am I praying daily? Am I being grateful in prayer? Am I reading? Am I working the Steps? Am I asking God to make me willing? When tempted, I ask God to help me reach for more recovery instead of more food.

-Voices of Recovery, page 225

## Spiritual Awareness

**The mind is everything, what you think you become. Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.**

-Buddha-

**“The way to make a mountain out of a mole hill is to add dirt.”**

Before recovery, anything that went wrong – or didn’t go my way – easily became an impending disaster. Toothache? Must be a root canal. Boss not smiling? Probably going to get fired. Left to myself, my incessant negative thinking was a quick to add dirt to any mole hill until the mountain of imaginary evidence overwhelmed me.

When I entered recovery, my sponsor was quick to point out a few tools I might find useful for my distorted thinking. The first was, “One day at a time.” “You’re not having a root canal, nor are you being fired today, are you?” he asked. “No,” I grudgingly replied. “Then take it easy,” he suggested. Next, he taught me to “Take the next right action.” Calling my dentist was a manageable action, whereas worrying endless about an imagined root canal wasn’t. Using these and other tools of recovery helped restore me to sanity.

Today I’m quick to recognize a mole hill when one comes up, and I have the tools to keep it from becoming a mountain. My three favorites are to remember #1: There is a solution. #2: Whatever is happening it is temporary. #3: God is in charge. By focusing on God – and not the problem – I get to experience serenity while the situation sorts itself out – as it always does. And by adding dirt to the mole hill, I avoid the imaginary mountain that used to make my life unmanageable.

MZ

## STICKS AND STONES

by Michelle Essex

Sometimes you say that I am fat

Or that I'm acting like a brat

I'm lazy when the house is not clean

I'm crazy when I talk of dreams

I'm stupid if I make a mistake

I'm clumsy when I cause things to break

I'm selfish when I want to be free

I'm spoiled when I take time for me

The words you say make me feel so small

You treat me like I'm nothing at all

If I am to grow

You will have to go

That much is easy to see

If there were a way

I'd lose you today

If only you were not me.

## Checking Your Motives

1. Am I going to be resentful?
2. Am I going to expect something in return?
3. Am I taking someone else's responsibility-enabling?
4. Am I going to hurt myself physically, mentally or financially?
5. Am I going to feel guilty?
6. Am I trying to control the outcome?

## KEEP COMING BACK

"Attendance at meetings, however, is a minimal commitment each of us makes to ourselves. If we can do nothing else, we can go to a meeting."

-Voices of Recovery, page 286

Learn from yesterday,  
Live for today,  
Hope for tomorrow.

ALBERT EINSTEIN

GIVE  
thanks  
WITH A  
grateful  
HEART



## Little Rock SOAR8 Convention October 12-14, 2018



Sometimes my recovery reminds me of a line from the movie "A Field of Dreams" that says if you build it they will come. I came to Overeaters Anonymous in March 2017 a defeated woman, terrified to speak in public because I felt I was worthless and didn't have anything worth sharing. What I did have was a complete willingness to do anything necessary to recover.

At first, it was all I could do to open up and share my thoughts at a meeting. After a time, I was told I needed to lead a meeting and I was petrified but made it through in one piece. Then I was asked to represent my meeting in Intergroup and doubtfully I agreed. I was asked to help plan a workshop and I agreed even though I had no idea of how to do that. Each step of the way required me to believe and trust that if I had the will and faith my higher power would show me the way and through it all my recovery grew.

Well, the latest request was "why don't you be a regional representative" and again the fear that I wasn't worthy or smart enough reared its ugly head. I thought long and hard and decided that my HP didn't bring me this far to let me fail! So, I downloaded the 50-page packet and the Newcomer guide and off I flew to Little Rock, Arkansas, a state that I had to get out a map to figure out where it was for the SOAR8 convention.

When I registered I was given a green dot on my tag, which signifies a "newbie" and given a personal mentor to show me the ropes. Right away, I was struck with gratitude to all those who so generously give of their time and selves to keep this program going. I was also a little disappointed to realize that even with all the Intergroups in our region, which also includes Puerto Rico, South and Central America and the Caribbean there were only 39 voting delegates attending including the funded chairs. We are truly blessed in Pinellas to be able to send three reps but funding is also available from SOAR8 to help poorer Intergroups send a rep.

The first night was introductions and a cute skit put on by the Little Rock Intergroup who proved that even though they were small in number they were definitely mighty! Bright and early Saturday was a green dot meeting to welcome the three new reps and to briefly explain the process. The rest of Saturday was spent conducting business and voting on motions which can be tedious at times with all its processes but so well organized. The new virtual voting was not that successful due to their inability to hear us and to vote in a timely manner but with time the kinks will be worked out and I am sure it will be more effective.

Saturday's luncheon brought an excellent speech from our own JC and dinner featured a fantastic speech from the Chairman, Katrina S., about "Rocking the Promises." Both women were very open and honest about their past and their recovery and they really hit home the idea that things are not always sunshine and roses and sprinkled with pixie dust but the promises can come true if you work for them.

The evening entertainment featured games or the ever-fun Karaoke music machine. Since I can't sing, I danced my feet off and am now affectionately known as the "Dancing Queen" and the "Love Shack Girl."

Sunday started with extreme exhaustion and a few achy joints. We had closing remarks and my committee "Twelve Step Within" put on skit, which I participated in.

There was some sad goodbyes and many hugs from the wonderful people I got to know in Little Rock but I know I will see them again in Ft. Lauderdale for the April convention where I will no longer be a "green dot" and I will be secure in the knowledge that if I am willing to try my HP will be right beside me to guide me on my journey.

Sincerely,

Susan D.  
Region 8 Representative





# SOAR8 Delegate Report - October 2018

## “Rocking the Promises”



I attended the SOAR8 Recovery Convention and Business Assembly in Little Rock, Arkansas -- October 12th to 14th, 2018.

Three full days, including travel time, was devoted to representing Pinellas Traditions Intergroup on the Regional level. This is my duty as representative also my pleasure because using the tool of Service helps me in my personal journey of recovery.

The Friday Assembly meeting opened with OA readings, introductions and recognitions. The forum discussion was regarding the restructuring of the World Service Board of Trustees.

The hosting Intergroup performed a comical skit featuring two first-timers attending an OA meeting who discuss sitting in the back row should the need for a quick getaway arise. The happy ending, of course, was that they stayed and joined.

Saturday meeting opened with roll call, credentials and introductions. Business entailed proposals, discussions, questions, approvals and adoptions of motions.

After the Luncheon and Keynote Speaker we reconvened to business with committee reports and then Elections of some Board officials.

In the evening another fabulous Banquet meal and Keynote Speaker followed by an evening of entertainment, karaoke and dancing.

Sunday was less business and more recovery focused with Keynote Speaker and fellowship.

The theme of the event was “Rocking the Promises” and I’ll close with a huge thank you to PTI for allowing me to be a part of something that shows me proof that the promised of the program will truly materialize... if we work for them.

Sincerely  
Judy L.



### STEP 11:

*“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*



### Big Book page 86:

*“It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions.”*



There are so many ways to pray and meditate. Many OAers seek spiritual or religious guidance, others find a secular solution that channels the mind to a higher plane.



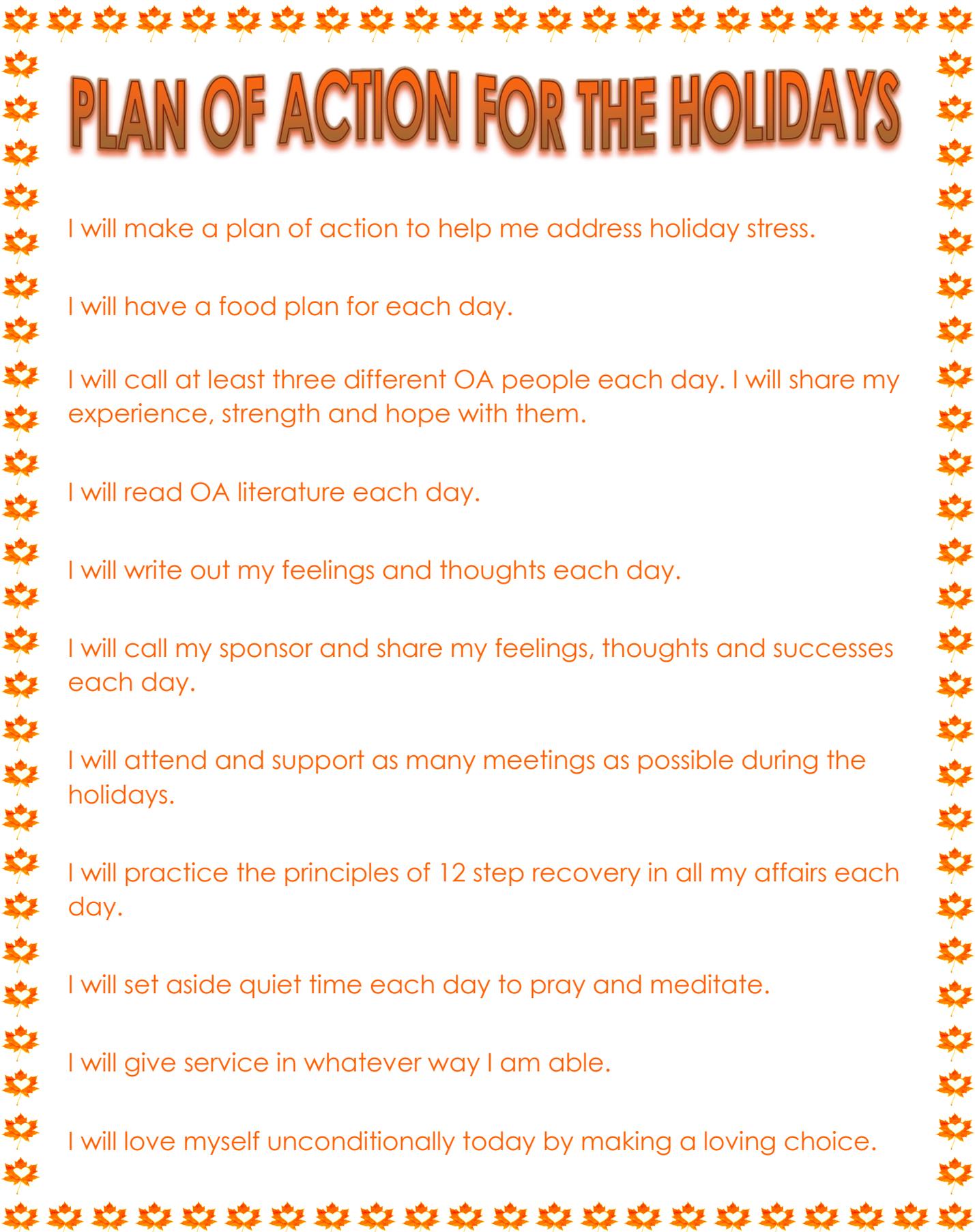
I started with writing after reading an OA daily reader. Later, I explored guided meditations, mantras and simply quiet time.



It doesn't matter how we seek our spiritual connect, it matters that we do.

JC





# PLAN OF ACTION FOR THE HOLIDAYS

I will make a plan of action to help me address holiday stress.

I will have a food plan for each day.

I will call at least three different OA people each day. I will share my experience, strength and hope with them.

I will read OA literature each day.

I will write out my feelings and thoughts each day.

I will call my sponsor and share my feelings, thoughts and successes each day.

I will attend and support as many meetings as possible during the holidays.

I will practice the principles of 12 step recovery in all my affairs each day.

I will set aside quiet time each day to pray and meditate.

I will give service in whatever way I am able.

I will love myself unconditionally today by making a loving choice.

# WE NEED YOUR HELP



Region 8 of OA is doing some great work to help connect fellow OAer's help people stay abstinent and recover.

However, not many people know about it.

Please encourage everyone in your local meetings to **sign up for the ALLSOAR8 email list.** (See instructions below) ...

But what about those people who don't use email?

This is a great opportunity to **announce the information to others in the face to face meetings.** A great example of this is the service work of the **Twelfth Step Within** committee.

Did you know we have lists of people ready to serve as **sponsors, speakers, night owls (people available for calls at night), relapse mentors (help those in or avoiding relapse), workshop resource (someone who can help another put on a workshop)?**

But what about the most important person in the room? **The Newcomer**

**We have created a tutorial to be printed out and stuffed into newcomer packets for your meetings. This is another opportunity to get the message of recovery to the newcomer.**

## How to Sign Up for the Region 8 Email List ...

- ✦ Go to the main page of OA Region 8's webpage: <https://www.oaregion8.org/>
- ✦ Choose the "Email Sign-Up" under the "Contact Us" drop down.
- ✦ **Fill in the boxes and choose ALLSOAR8 email list from the drop-down menu.**



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

PTI is looking for newsletter entries on the topic of "**Service**" for the month of **December**. The deadline is **November 15th**. Also, the next topic for **January** is "**Unity**" that must be submitted by **December 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. A new editor would be a great idea, too. Time for a change!

PTI is also looking for a new volunteer newsletter editor. If you are interested, please email Joan: [newsletter@oapinellas.org](mailto:newsletter@oapinellas.org)



# Abstinence in Action "Adventure" Fellowship

November 12th - 14th

Old/New 12 & 12 Workshop

Clearwater, FL

February 22nd - 24th

Florida State Convention

Cocoa Beach, FL

ALL upcoming event flyers may be found on our PTI website ... <https://oapinellas.org/pti-calendar>

Please refer to [oapinellas.org](http://oapinellas.org) for the latest available  
Pinellas Traditions Intergroup meeting minutes  
and treasurer's reports.

## 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 below PayPal button on the bottom right or you may visit our website at <http://oapinellas.org/donations> to send in a donation today.

Your donation is very much appreciated!!!



# PINELLAS MEETINGS ... WE NEED YOU!!!

## IS YOUR GROUP REPRESENTED?

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. Please join us!

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

## 11th Step Prayer

Lord, make me an instrument of your peace,  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy;

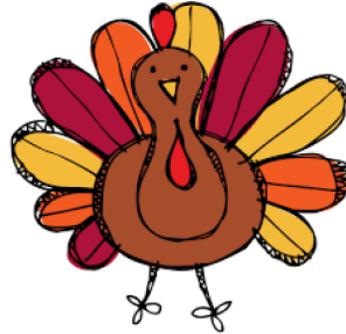
O Divine Master,  
Grant that I may not so much seek  
To be consoled as to console;  
To be understood as to understand;  
To be loved as to love.  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life.

## NEW TO OA?

Would you like to know what's happening in OA locally? Please visit our website and complete a request form to join our mailing list.

Go to <http://oapinellas.org> and look on the right side as you scroll down the main page.

# Thanksgiving Day Gratitude Meetings



Join your friends in OA and celebrate an Abstinent Attitude of Gratitude ...  
Bring a friend and double your love!

## Thursday - November 22, 2018

**- 10:00 AM -**

Central Church of Christ  
1454 Belleair Rd.  
Clearwater, FL

**- 7:00 PM -**

Palm Harbor Presbyterian Church  
2021 Nebraska Avenue  
Palm Harbor, FL

# **Christmas Day OA Meeting**



**Tuesday - December 25, 2018**



**10:00 AM**

**Central Church of Christ  
1454 Belleair Rd.  
Clearwater, FL**



# PINELLAS COUNTY MEETING LIST

# November 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. &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	10:00 AM OA#54726	Abstinence <b>NEEDS SUPPORT</b>	Daily Readings Open Discussion	REBOS Center 5639 54 <sup>th</sup> 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 <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	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
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>	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. &amp; 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 34<sup>th</sup> 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 <b>NEEDS SUPPORT</b>	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	Cora L. (813) 956-4642
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 3<sup>rd</sup> Friday of each month: 6:30PM - Morton Plant Hospital, 1<sup>st</sup> 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: October 2018