



October 2018

Volume 13, Issue 10

If You Want To Make God Laugh, Tell Him Your Plans

Before recovery, I had a lot of plans. I was do this and accomplish that, and when things didn't work out I'd use food to fuel my self-will and strengthen my determination. It was during these binging sessions that I made lists of things I was going to accomplish – tomorrow. In the end, I had a lot of lists but I hadn't accomplished much.

When I entered the program, I told my sponsor all the things I was going to accomplish now. I pulled out my lists and proudly told her that finally I was going to get this and achieve that. She asked me if that was all I wanted, and, after I said yes, she told me to write it all down and give it to her. After I did, she said that we would review it all after I got more time.

Years later, my sponsor pulled out that list and we went over it. All the things I was sure I needed to be happy – the Malibu home on the beach, the academy award winning screen play, etc. – had not materialized, but as we sat and talked, I realized I had received a lot more. I was comfortable in my own skin, and I knew peace and even serenity at times. I realized that I was finally happy and that my life had meaning.

And that's when I finally understood the saying, *"If you want to make God laugh, tell Him your plans."* MZ

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NEXT PTI MEETING:

Friday, October 19th - 6:30 PM

Overeaters Anonymous
Pinellas Traditions Intergroup
P.O. Box 16582
Clearwater, FL 33766
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.

Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Surrender and Self-Examination

"My stability came out of trying to give, not out of demanding that I receive. Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety." [Bill W.]

-The Language of the Heart, page 238

PERSEVERANCE ... steadfastness in doing something despite difficulty or delay in achieving success.

The Acid Test

As we work the first nine steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten, we commence to put our AA way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep emotional balance, and live to a good purpose under all conditions?

-Alcoholics Anonymous Twelve Steps and Twelve Traditions, page 88

I know the Promises are being fulfilled in my life, but I want to maintain and develop them by the daily application of Step Ten. I have learned through this step that if I am disturbed, there is something wrong with me. The other person may be wrong too, but I can only deal with my feelings. When I am hurt or upset, I have to continually look for the cause in me, and then I have to admit and correct my mistakes. It isn't easy, but as long as I know I am progressing spiritually, I know that I can mark my effort up as a job well done. I have found that pain is a friend; it lets me know there is something wrong with my emotions, just as physical pain lets me know there is something wrong with my body. When I take the appropriate action through the Twelve Steps, the pain gradually goes away.

-Daily Reflections, Page 284

“Nature never deceives us, it is we who deceive ourselves.”

-Jean Jacques Rousseau

Nature did not make me a compulsive overeater. My hunger pangs are like everybody else's: they tell me when I must take nourishment to sustain my life. When I began eating to satisfy emotional hunger, this simple mechanism went out of kilter and it stayed that way until I became abstinent in Overeaters Anonymous. The irony of compulsive overeating is that it eliminates hunger and intensifies craving.

Today, I live as nature intended me to live: I eat the food I need, with all the pleasure, enjoyment and freedom God wants me to have.

For today: Normal eaters may occasionally indulge in eating to satisfy needs other than hunger, but I am abstaining from such uses of food.

-For Today, page 199

Step 10: “Continued to take a personal inventory and when we were wrong promptly admitted it.”

One we have gone through all 12 steps and made our amends we may think we have arrived. However, the big book tells us there is no finish line in recovery and we only gain a daily reprieve from compulsive overeating based on the maintenance of our spiritual condition.

How am I maintaining my spiritual connection? The tools of OA are vital ways to help us stay on the path of recovery. Yet the tools are simply a way to enhance our connection to a Higher Power. One of my sponsors has encouraged me to start my day with this daily prayer.

“On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.”

-Big Book page 86

Life is simpler, kinder, and more peaceful when I ask God's help to clear my mind of selfishness, self seeking, self-pity, and dishonesty.

JD



HOW WELL DO YOU KNOW YOUR SPONSOR/SPONSee?

Fill out these questions as related to your sponsor/sponsee, then compare answers and see who know who best!

1. Am I a dog person or a cat person?
2. What is my favorite color?
3. What do I call my higher power?
4. Which is my favorite movie?
5. What daily reader do I read?
6. Do I like sports?
7. What is my abstinence sobriety date?
8. What is one of my favorite parts of the OA literature?
9. If I could have dinner with one person alive or dead who would it be?
10. If I could lock up a person in a madhouse, who would I pick?
11. What would they like to spend more time on?
12. What are some small things that make your day better?
13. What superpower would I choose?
14. What type of music does he/she listen to?
15. What keeps you going day to day?
16. What's better: careful planning or the freedom to be spontaneous?
17. Which person from the past would I like to have a chat with?
18. Where and how did we meet for the first time?
19. How do I like to relax?
20. Do I finish things ASAP or do I leave them for the last minute?
21. What is one of my favorite or most powerful prayers?
22. Which step is my favorite?
23. If you could travel anywhere, where would you go?
24. What is one way the steps has changed you?
25. What is a dream you want to come true?
26. Am I a spender or saver?
27. What is your favorite way to meditate?
28. Mountain or beach?
29. Early bird or night owls?
30. When is the best time to reach me?





PINELLAS MEETINGS ... WE NEED YOU!!!

IS YOUR GROUP REPRESENTED?

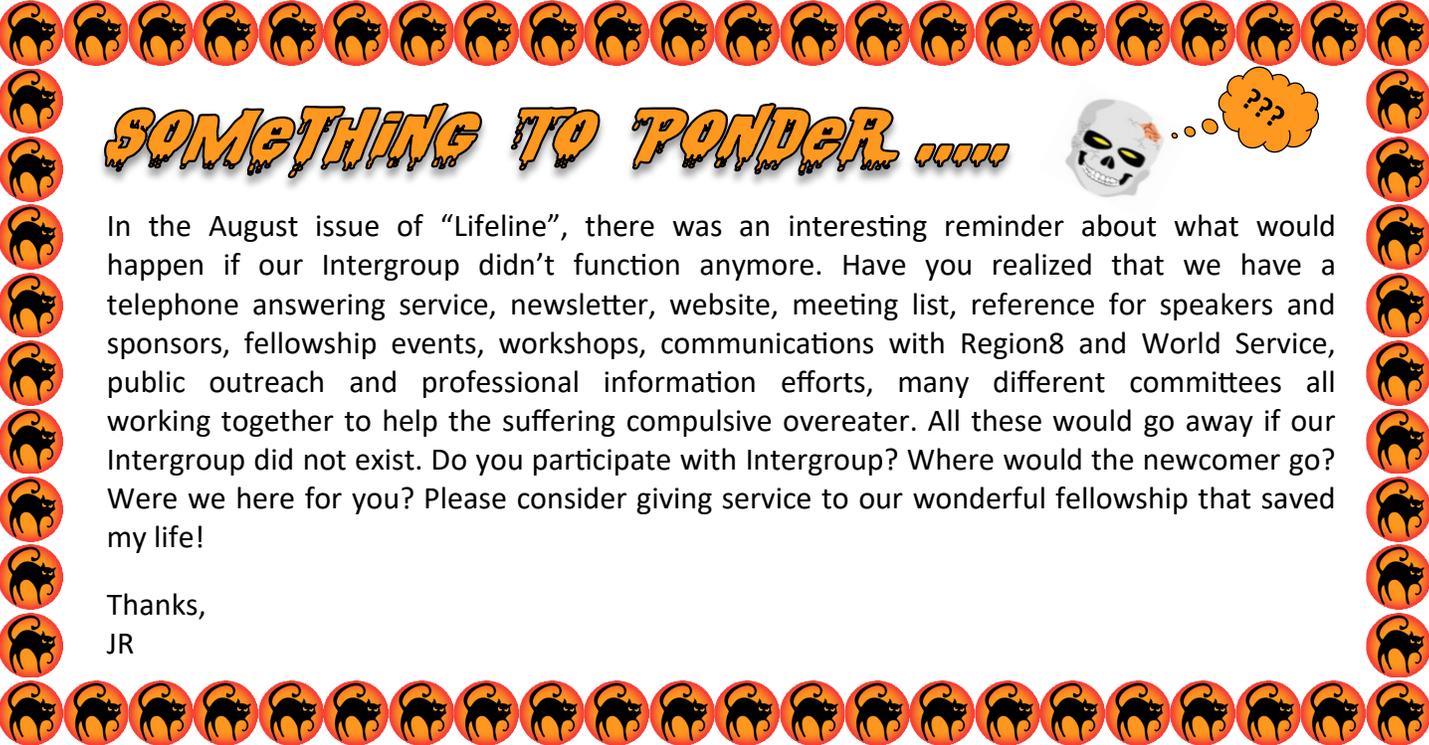
Your attendance at the Intergroup meeting is very important to the health and well-being of the Pinellas Traditions Intergroup. It is also an invaluable form of service.

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

PLEASE NOTE: Nominations will be taken for Vice Chair, Treasurer, World Service Delegates and SOAR8 Representatives at the October 19th PTI meeting. Qualifications and applications are available online at oapinellas.org. Voting will be done at the November 16th PTI meeting. Terms will begin in January.



SOMETHING TO PONDER.....



In the August issue of “Lifeline”, there was an interesting reminder about what would happen if our Intergroup didn’t function anymore. Have you realized that we have a telephone answering service, newsletter, website, meeting list, reference for speakers and sponsors, fellowship events, workshops, communications with Region8 and World Service, public outreach and professional information efforts, many different committees all working together to help the suffering compulsive overeater. All these would go away if our Intergroup did not exist. Do you participate with Intergroup? Where would the newcomer go? Were we here for you? Please consider giving service to our wonderful fellowship that saved my life!

Thanks,
JR

Pinellas Traditions Intergroup of OA

DO YOU NEED ANSWERS?



Looking for information on ...

- Upcoming Events?
- PTI's Monthly Newsletter?
- Who are the officers in our Intergroup?
- How can I give service?

Check out our local website → <https://www.oapinellas.org>

Other helpful OA websites for more recovery :

<https://www.OA.org>

Connects you with World Service Office, the Book Store, locate an OA meeting "Find Meetings" (world-wide), podcasts, and much more.

<https://www.avision4you.info>

LIVE DAILY PODCAST → 7:00 a.m. and 10:00 a.m., as well as recorded podcasts to listen to at your convenience.

<https://www.oalifeline.org>

Monthly magazine with stories of recovery and so much more ...
Check it out !!!

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

PTI is looking for newsletter entries on the topic of "Spiritual Awareness" for the month of **November**. The deadline is **October 15th**.

Also, the topic for **December** is "Service" that must be submitted by **November 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

Abstinence in Action "Adventure" Fellowship

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|---------------------|---|---|---|-----------------|
| October 5th | • | Ceramics Fellowship | • | Palm Harbor |
| October 12th - 14th | • | SOAR8 Assembly | • | Little Rock, AR |
| October 20th | • | Circus McGurkis (<i>Service needed</i>) | • | St. Petersburg |
| October 26th | • | Halloween Fellowship | • | Largo |
| February 22nd-24th | • | Florida State Convention | • | Cocoa Beach |

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

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

Your donation is appreciated!!!



PINELLAS COUNTY MEETING LIST

October 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