

The header features a lighthouse on a small island with palm trees and a green frog on a rock. The text "PTI NEWSLETTER" is written in large, bold, blue letters. The background is a blue sky with white clouds and a blue ocean.

PTI NEWSLETTER

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

Volume 14, Issue 8

August 2019

“Outside show is a poor substitute for inner worth.”

-Aesop

Appearance is not everything, but it does tell the world how I feel about myself. As my days of abstinence increase, my appearance improves.

Before OA, physical attractiveness presented problems I didn't want to deal with. As I practice the steps of the program, these problems diminish. I gain spiritual fitness, mental health and physical wellbeing. Giving one hundred percent of myself to the tasks before me each day, and applying the principles of the program in all my affairs drives out both the obsession with food and the preoccupation with my looks. I lose weight without making it my primary goal.

For today: OA promises me threefold recovery as a result of working the program to the best of my ability. This is the only way I know to attain both outer attractiveness and inner worth.

-For Today, page 214

Please refer to oapinellas.org for the latest Pinellas Traditions Intergroup meeting minutes and treasurer's reports, as well as upcoming events.



PTI Trusted Servants

CHAIR:

JC D.
(813) 240-8572
chair@oapinellas.org

VICE CHAIR:

Vacant Seat

TREASURER:

Vacant Seat

SECRETARY:

Sarah B.
(860) 796-6333
secretary@oapinellas.org

NEWSLETTER EDITOR:

newsletter@oapinellas.org



NEXT PTI MEETING:

Friday, August 16th - 6:30 PM

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

 **OVEREATERS ANONYMOUS®**
Pinellas Traditions Intergroup

The opinions expressed in this monthly 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 PTI newsletter. Please submit your article by the **25th** day for publication in the following month's newsletter. Please send to: newsletter@oapinellas.org

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.

Pinellas OA Pride PIPO Event

June 23, 2019 - The PIPO Committee and fellows rocked the St. Pete Pride Festival. We organized an OA outreach booth with resources such as the 15 Questions (Are You A Compulsive Overeater?), meeting lists, pamphlets, and informational contact cards. We had 9 fellows offer fabulous service and experience, strength, and hope (ESH). One-half of the fellows were there the entire day. Set-up on our corner spot and parking were such gifts. There were over 6 blocks of vendors. Traffic flow trickled for the first hour ... Then ... WOW!

The community came out with beautiful support. While there, we had over 150 people come up to the table for information with a wide reach of people who needed it for themselves, family members, friends, wellness and mental health professionals, and other 12-step program participants. We answered their questions with our ESH, compassion, and acceptance. So wonderful to share with them they are not alone.

Some had no knowledge of OA at all. Participants were gracious for the information; and comforted to be heard. Meeting lists and the 15 Questions were big hits. Cards were great for portability. We gave away over 150 give-aways and hundreds of stickers (Bubbles, Chalk, Stickers, Clay). Bubbles were the top choice followed by stickers. Having the corner spot, we drew a big WELCOME in front of our booth and throughout the day participants wrote and drew inspirational affirmations, slogans, and pictures.

We had a law firm next to us with a lively photo booth, which sparked energy and some traffic. Our volunteer fellows had the chance to view the other vendors and share the OA message as well as learn about their organization's services. We even had someone come to us to invite us for another PIPO opportunity the following week. A shout out for our amazing volunteers for their beautiful service and communication from start to finish in the St. Pete Pride event process. The joy and success meter on this St. Pete Pride event was over the top.

Kommunity Rise Up Event

June 29, 2019 - The PIPO Committee, after an invite while at St. Pete's Pride Festival, participated in a Kommunity Rise Up Event supporting Sweetwater Organic Farms. On the Farm's premises, we organized and set-up an OA outreach booth with resources such as the 15 Questions (Are You A Compulsive Overeater?), meeting lists, pamphlets, informational contact cards, and farm related activities for children. We had 3 fellows offer fabulous service and experience, strength, and hope (ESH)! There were a dozen or so vendors. We were the only 12-Step Program participating. This event was in association with Sober Nightlife. Although traffic flow trickled while we there, we had meaningful connections and awareness. We were able to connect and share ESH with those who needed it for themselves, parents, and medical professionals.

We also connected with possible future PIPO opportunities. We answered their questions with our ESH, compassion, and acceptance. A medical professional was happy to have information available for his patients. Our volunteer fellows had the chance to view the other booths and share the OA message as well as learn about their organization's or business' services. During the event, the emcee highlighted What is OA? from our pamphlet as a PSA for attendees. We "planted and farmed" great OA awareness. Sweet job OA fellows!

The 2020 WSBC will be held in Albuquerque, NM from April 20-25 at the Embassy Suites Albuquerque Hotel. Registration will open in September 2019. Service bodies interested in applying for Delegate Support Funds can download the application and instructions on oa.org under "Frequently Used Documents." The application is due to the World Service Office by November 1, 2019. This is a firm deadline.

SERVICE OPPORTUNITY

OA Pinellas Traditions intergroup is spreading the word about the Overeaters Anonymous solution. Outreach at an open house.

Come share your experience, strength, and hope.

Where: Isla Del Sol Country Club
6000 Sun Boulevard
St. Petersburg, FL 33715

When: August 16, 2019

Time: 9:30 AM - 11:00 AM

Call Rita (727) 310-5760 or Michele (314) 378-9391 to Sign Up or for more information.

Sponsor Day



August 18, 2019
1PM - 4PM

Cypress Point Park - Shelter #3
5620 W. Cypress Street, Tampa, FL

Visit our website OAPinellas.org for more information or to download the event flyer.

THE POWER OF

Writing!



Presbyterian Church of Palm Harbor
2021 Nebraska Ave., Palm Harbor, FL

September 14th 12:30-3:30 PM

Bring your lunch if you want to ...
Donation \$6.00 ♦ No one turned away!

Any Questions Contact Shirley Q: (727) 916-2099

Pinellas Traditions Intergroup - 7th Tradition

The 7th Tradition states, "Every OA group ought to be fully self supporting, declining outside contributions."

Available on the PTI web site, 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 to send in a donation today.

Your generosity is greatly appreciated.



PINELLAS COUNTY MEETING LIST

August 2019

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 (NW of Belleair Rd. & Highland - entrance on Belleair)	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 (Jackson Street entrance)	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 NEEDS SUPPORT	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	Big Book Meeting	St. Vincent de Paul Catholic Church 4843 Mile Stretch Rd., Holiday	Jeanne A. (727) 494-7994 Sue D. (585) 704-4464
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
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)	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	Sue D. (585) 704-4464
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	12:00 PM OA#52863	Message Carriers	Open Discussion	Metro Center 3251 Third Ave. N., St. Petersburg NEW entrance on west side of building (closest to 34th Street)	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	8:00 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	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 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: May 4, 2019