



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

Happy Valentine's Day!

Volume 14, Issue 2

February 2019

PTI's Trusted Servants

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Next PTI Meeting

Friday, February 15th - 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

♥ Uplifting ♥ Slogans ♥

OA slogans keep me going throughout the day. "One day at a time," "It is what it is," "KISS (Keep it simple sweetie)," "Abstinence is the most important thing" and "This too shall pass" are samples of the slogans that have aided my recovery.

I lost my home and car to a violent firestorm in October 2003. Now, more than ever, the slogan "One day at a time" holds new meaning. Each day is filled with a daunting task list. I also must remember "Progress not perfection" and simply complete some of the tasks on my list. In addition to the ugly new state of reality, I must remember my need for recovery, abstinence, food, sleep, exercise and balance. It is a difficult job, but

"It is what it is," and when the day is done, I must "Let go and let God." I know that in time, "This too shall pass."

These seem like harsh words for a fire victim. Yet I can't imagine how much worse things would be if I did not have a program of recovery to go to! The love and support of the Fellowship aid in my continuing abstinence and remind me that "Easy does it," to "Keep it simple" and to take "One day at a time."

You can force a girl out of her home, but you can't take away her abstinence.

Thank God!

— Lifeline, April 2004



Please refer to oapinellas.org for the latest available Pinellas Traditions Intergroup meeting minutes and treasurer's reports.



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 2

Came to believe in a power greater than ourselves could restore us to sanity.

TRADITION 2

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants they do not govern.

CONCEPT 2

The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

Hope Enough

When I came back to OA after years in relapse spent looking for an easier, softer (but much more expensive) way, I had little hope of recovery. After all, if I hadn't been able to let go and let God by the age of 47, what could possibly change? In fact, I only came back to OA because there was nowhere else to go. In all the other programs I'd tried, I could find no way to live with the pain of my compulsion to overeat.

It seemed as if everything that could go wrong did go wrong the night of my return to OA. None of my clean clothes fit; nothing that fit was clean. I got lost on the way to the meeting and arrived

15 minutes late. I didn't recognize anyone. I was the heaviest person there. I felt unsettled and spoke out of turn. You name it.

But when they began to read the Twelve Steps, something in me changed. During all those years I was out practicing my disease, the Steps were waiting all the time. The words were familiar, comforting and peaceful.

I knew I could work the Steps again, and I knew they would lead to my recovery. So, even though I had little hope, hope was enough.

— Lifeline, May 1990

2ND STEP PRAYER

God, I'm standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today.

-Big Book, page 59

59 Years ~ Gifts of The Program



By Pinellas OA Fellowship

This January we celebrate the 59th birthday of OA. Activities nationwide are going on. Our fellowship in Pinellas County in Florida wanted to be part of the celebration and share with each other all the gifts that we have received from program. So, we organized a workshop where we could share all the things that we were grateful for. We were hoping to get a list of 59 items to match OA's birthday number but not surprisingly, the list grew to 88 gifts we have received from OA:

1. Serenity
2. Abstinence
3. Gratitude
4. Acceptance of people, places and things
5. Tools (i.e. literature, Voice, For Today)
6. Solution common
7. Humility
8. Relationship with God
9. Freedom from Anger
10. Self-Acceptance
11. Powerlessness
12. Only requirement for membership – willingness
13. Boundaries
14. Health
15. Sanity and clear thinking
16. Fellowship
17. Variety – flexible food plan
18. Support
19. Personal H.P.
20. Sponsor
21. Belonging
22. Like myself
23. Role model
24. Service
25. Weight loss
26. Purpose and meaning
27. Improved blood pressure
28. Variety of meetings – phone, F2F, podcast
29. Diabetes is gone
30. Mobility
31. Intuitive
32. Balanced budget
33. Listening
34. Courage
35. Self-confidence
36. Strength and faith
37. Willingness
38. Wisdom
39. Promises
40. Living one day at a time
41. Tolerance
42. Rebuilding
43. Non-judgmental
44. Less worry
45. Mindfulness
46. Steps
47. Abundance meeting
48. Pathway to recovery
49. Slogans
50. Close connection to faith community
51. Anonymity
52. Cute clothes
53. Real hunger
54. Better relationships
55. Sleep
56. Honesty
57. Happiness, joy
58. Group maturity
59. Less chaos
60. No dieting
61. Healthy weight
62. Less control
63. Addiction with still use
64. Genuine
65. Progress
66. Face, resilience to life challenges with abstinence
67. Loving H.P.
68. Roseanne
69. A.A.
70. Shredder
71. Prayers from program
72. Freedom from denial
73. Hopefulness
74. Program for life
75. Perseverance
76. Respect for power of disease
77. Tolerance
78. Diversity
79. Unity, universality
80. Independence, self-supporting
81. Traditions
82. Concepts
83. Spirituality
84. T.I. me
85. Group conscience
86. Can't get abstinence later
87. Amends
88. Forgiveness

OA's New "Spiritual Principles" and the Revised "12&12"

Saturday, February 2, 2019

First Lutheran Church
1644 Nursery Road
Clearwater, FL

11:45 – 12:20 BYO Lunch *(Optional)*
12:30 – 3:45 Workshop

More information is available on the PTI Website - oapinellas.org

February 14th Fellowship Game Night



Thursday, February 14th - 7:00 PM

WHERE:

2314 Azalea Drive
Palm Harbor, FL

\$6.00 suggested donation

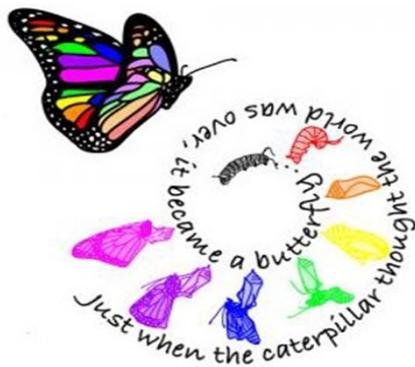
Questions?

Call JC at (813) 240-8572

29th Annual Florida State Convention



"Together We Can ... Believe, Achieve, Receive"



February 22nd - 24th

More information is available on the PTI Website - oapinellas.org

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

February 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 <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 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	<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	NEW TIME 8:00 AM OA#36776	Great Reality NEEDS SUPPORT	Beginners NEW TIME as of 2/2/19	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.aa.org> To find telephone or online meetings,

please go to: <https://www.aa.org/find-a-meeting> Pinellas Traditions Intergroup Website: <http://oapinellas.org>

Hotline #'s – Hillsborough & Pinellas: (813) 254-4190

REVISED: January 29, 2019