



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

Volume 14, Issue 1 January 2019

PTI's Trusted Servants

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Next PTI Meeting

Friday, January 18th - 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

No Better, No Worse

The Twelve Steps of Overeaters Anonymous begin with the words, "We admitted we were powerless over food..." and continue on that theme ending with, "... we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." Is it any surprise that the First Tradition intended to guide our Fellowship is about unity?

Bill W. discovered he had to work with another alcoholic to remain sober. I've tried to do this program on my own and failed. The only way I can be guaranteed a place to recover is for OA to remain whole.

Over the years, I've learned I don't have to get my way and don't have to like everyone in order to recover.

I do have to treat everyone and their ideas with respect. I'm not better (or worse) than anyone else in the Fellowship. As long as I keep my focus on helping others and doing God's will, I do okay. I'm a compulsive overeater who needs all of you so I can stay abstinent.

Tradition One has also taught me a lot about living in the world. Just like in OA, trying to force my will always gets me into trouble and hurts others. But when I focus on cooperation and unity within any group or relationship, I feel more at peace and things go better. I can no longer afford to focus on my petty wants in life, because they always lead me to the food. I stay abstinent today by keeping my focus on unity with others and with God.

— Lifeline, January 2007



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 1

We admitted we were powerless over food — that our lives had become unmanageable.

TRADITION 1

Our common welfare should come first; personal recovery depends upon OA unity.

CONCEPT 1

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

TO THE NEWCOMER

If you are feeling scared, you're not alone; we've been there.

If you cannot stop bingeing on food, you're not alone; we've been there.

If you eat because you are angry, lonely, tired, or for any reason other than hunger, you're not alone; we've been there.

If you are ashamed of your body size or shape, you're not alone; we've been there.

If you have tried to diet, only to regain the lost weight and then some, you're not alone; we've been there.

If you have tried to control your weight by using laxatives or vomiting, you're not alone; we've been there.

If you feel you are not good enough, you're not alone; we've been there.

If you think you're the only person who ever used food the way you do, you're not alone; we've been there.

If you think that life would be perfect if only you had a better body, you're not alone; we've been there. And we're here for you now.

Welcome to Overeaters Anonymous. This program works if you work it.

— Lifeline, January 2000

A Mind Open To Abstinence

I have been a member of OA for many years and have read Lifeline for many years. Recently, the concept of abstinence has finally become clear to me. I have read about it repeatedly through the years, but I never really tried the concept of three moderate meals a day and nothing in between until recently, and it is truly amazing how that can work.

Also, I read about weighing and measuring the food (too much hard work, I always thought, and too time consuming), and I have found that is also helpful in keeping me honest in the portions I eat. It is amazing how the help has been there all along, and I never "saw" or "understood" it. Honesty was also something for other people, not me. It didn't pay to be TOO honest.

Now I am seeing that honesty applies to all areas of my life, and it is vital to a happy and manageable life. Lifeline articles on "principles not personalities" really showed me some more of my problem areas, namely, gossip, not wanting to have certain associations or involvements, jumping to conclusions.

I have started re-reading the AA "Big Book" and, oh, how those stories are making sense to me. OA's "For Today" also seems to be speaking to me so clearly. It's as if my mind is finally open to what is being said.

Thank you for all the wonderful help you are giving me. It's really true: the miracle happens.

— Lifeline, November 1997



29th Annual Florida State Convention of Overeaters Anonymous

February 22nd-24th

[REGISTRATION FLYER](#) INCLUDED IN THIS NEWSLETTER

Hotel Deadline: **1/23/19** Registration Deadline: **1/26/19**

"If I keep doing what I was doing, I'll keep getting what I was getting."

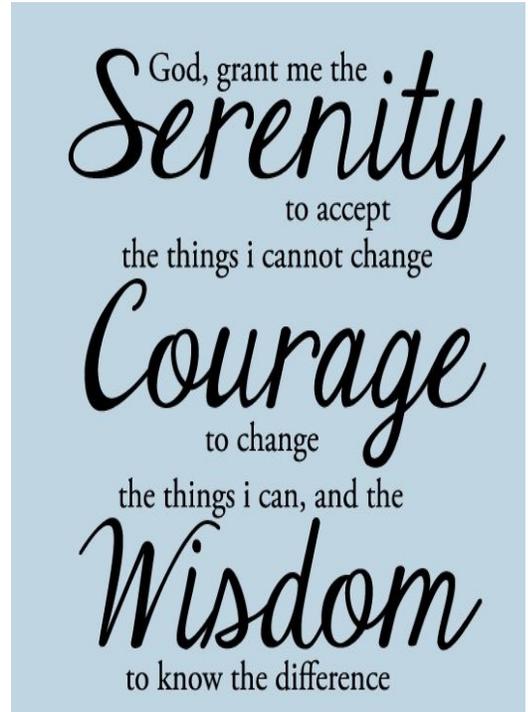
I remember when I was new to recovery I was very willing to follow direction. I went to ninety meetings in ninety days, got a home group, got a minimum of four commitments at various meetings, got a sponsor, and began working the Twelve Steps. I did a lot and I got a lot. My life improved, I felt better, and I started to recover. Even the promises began to come true.

Now that I'm deep in recovery, I find that I'm not as active as I used to be. Oh sure, I still go to meetings, and I even have a couple of commitments, but I find I'm not doing all the things I used to do. And I've also found that I'm

not getting out of the program what I used to get. When I heard this quote, I immediately made the connection.

When I spoke with my sponsor about this, he reminded me that I didn't need to "go out" to restart my program. There are always newcomers who need sponsors and meetings that need help, and I could always add a meeting or two. The good news is that as soon as I start doing what I did, I start getting what I got. So, if you're not feeling it these days, just think back to what you used to do when you were new and start doing it again.

Wisdom of the Rooms. (2018) [Wisdom Quote] *If I keep doing what I was doing, I'll keep getting what I was getting.* [Email].



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.



NEW address for the Region 8's treasurer...

SOAR8 Treasurer
P.O. Box 242522
Little Rock, AR 72223



REGISTRATION FORM:

YES - I WILL GIVE SERVICE:

_____ Meeting Leader - I have 90 days of continuous abstinence

_____ Initial here

I would like to focus on this aspect of recovery (circle one): Physical Emotional Spiritual

_____ Boutique

_____ Hospitality Room

_____ Hugger/Greeter

_____ Literature Table

_____ Meeting Room Timer

_____ Registration Table

_____ Sell Tickets for Drawings

_____ Service Desk

_____ Where needed

_____ I am interested in an OPEN

MICROPHONE (For entertainment purposes: poetry reading, comedy, story-telling, etc.)

_____ I need a roommate

Visit the Recovery Bookstore

Need literature? Anyone may place an advance order by contacting Emilie before 1/27/2019.

Contact

Emilie B.

Phone: 786-207-4786
spiritzip@hotmail.com

Credit cards will be accepted at the Florida State Convention for purchases over \$10.

PARTICIPATING FLORIDA INTERGROUPS

- Central Florida
- Gold Coast
- Manasota
- Miami-Dade & the Keys
- New Freedom
- Palm Beach County
- Pinellas Traditions
- Space Coast
- Sun Coast



For more information contact:

Chair – Jacqueline R.

Email: jarock587@aol.com

Phone: 407-423-4086

Vice Chair – Andi S.

Email: spiritmade351@gmail.com

Phone: 954-295-1123

Hotel Liaisons:

Patty K. pkenny333@gmail.com 321 802-9253

Tammy B. tammybursick@comcast.net 772 633-3417

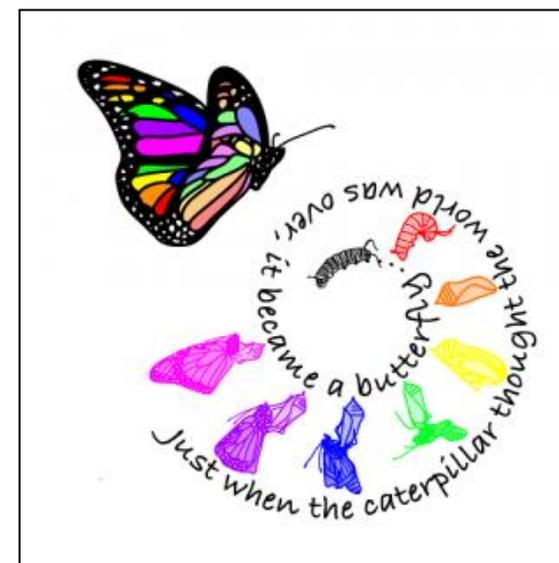
Note: Meeting rooms can be chilly. Please bring a sweater.

If you are reading a paper copy, additional copies of this flyer can be downloaded at www.oaregion8.org

29th Annual Florida State Convention of Overeaters Anonymous



“Together We Can... Believe, Achieve, Receive”



Feb 22-24, 2019

Hilton Cocoa Beach Oceanfront
1550 N Atlantic Avenue
Cocoa Beach, FL 32931
(Reservations) 1-866-580-7402
(Hotel Direct) 321-799-0003
cocoabeach.hilton.com

HOTEL INFORMATION

Hilton Cocoa Beach Oceanfront
(Reservations) 1-866-580-7402

You must make your own reservations before 1/23/19. Use code "FSCOA" for special rates: \$169.00 Double/Triple/Quad + 12% taxes per night. Reservations made after 1/23/19 will be charged at the current room rate in effect on the day of the reservation. Hotel requires a credit card to hold your reservation. **THERE WILL BE NO EXCEPTIONS.**

Rates are available for three days before and after the event. Hotel check-in is at 4:00 PM, Friday; check-out is 11:00 am Sunday. Coffee maker and mini-frig in every room (no microwaves).

SELF - PARKING will be 50% off (\$3.50 per day) and is adjacent to hotel. Complimentary internet.

MEAL INFORMATION



Meals must be ordered before 2/14/19. Everyone who signs up for the 4-meal package will be entered to win one of four \$50 cash prizes. Winning is like attending the banquet for free!

4-Meal Package: \$135
Includes breakfast buffet Saturday and Sunday, Saturday lunch buffet and Saturday banquet. Taxes and tips included in price.

You may also choose to attend the Saturday lunch and/or banquet separately. Guests are welcome if you prepay for them. Sign up for one or both and pay the meal fee(s):

Saturday Lunch BUFFET ONLY: \$45
Your choice of chicken, mahi, or vegetarian entree. (Indicate choice on registration form.)

Saturday BANQUET ONLY: \$50
Your choice of chicken, steak, or vegetarian entrée. (Indicate choice on registration form.)

More information about what is included in each meal is available on the EventBrite web page.

Convention Highlights

Registration in Hotel Main Lobby
Friday: 3:00 – 7:00 PM
Saturday: 7:00 AM – Noon
(closed during opening ceremony)

Workshops start: 4:00 PM FRI
8:00 AM SAT
8:00 AM SUN

Opening Ceremony: 7:30 PM FRI
Unity Day Celebration: 1:30 PM SAT
Convention ends: Noon SUN

REGISTRATION FEES

- **Early registration: \$35.00**
(Postmarked by 1/26/2019)
- One Day Pre-Registration: \$30.00
- **Late registration: \$45.00**
(Postmarked **AFTER** 1/26/2019)
WALK-INS WELCOME!!!
Credit cards accepted on site.
- No refunds after 2/15/2019. These funds will be considered a 7th Tradition Donation.

*No one will be turned away for lack of funds. Please check with your **Intergroup** about scholarships. If you cannot afford registration, consider giving service or a donation.*

Register on-line:

<https://fscoa2019.eventbrite.com>
(A surcharge is added when using this site.)

Register by mail:

Make checks payable to:
"Florida State Convention of OA"
Send to: Carl Kutlin
8775 Como Lake Blvd.
Jacksonville, FL 32256
Email: fscregister2017@gmail.com
Phone: 323-304-9287

REGISTRATION FORM

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

Name and City for Badge:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Fees Enclosed (Registration plus meals):

Registration Fee \$ _____

4-Meal Package * \$ _____

Sat. Lunch ONLY* \$ _____

Sat. Banquet ONLY* \$ _____

DONATION \$ _____

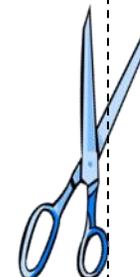
TOTAL \$ _____

***If ordering meals, please circle your choice:**

Lunch choice: Grilled chicken salad **Mahi** **Vegetarian**

Banquet choice: **Chicken** **Steak** **Vegetarian**

(Meal cut-off date is midnight 14 FEB 2019.)



PINELLAS COUNTY MEETING LIST

January 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	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	Meeting 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	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: October 2018