



NEWSLETTER

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

HAPPY THANKSGIVING

Volume 14, Issue 11

November 2019

PTI Trusted Servants

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NEXT PTI MEETING:

Friday, November 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

11th Step Prayer

Lord, make me a channel of thy peace
that where there is hatred, I may bring love
that where there is wrong, I may bring the spirit of forgiveness
that where there is discord, I may bring harmony
that where there is error, I may bring truth
that where there is doubt, I may bring faith
that where there is despair, I may bring hope
that where there are shadows, I may bring light
that where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted
to understand, than to be understood
to love, than to be loved.

For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life. Amen.

- AA's Twelve Steps and Twelve Traditions, page 99 -

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



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 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.

“You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance.”

-Kahlil Gibran

With the accumulation of days, months and years of abstinence, it is easy to forget the pain of compulsive overeating. The expression of gratitude for blessings received keeps alive the awareness of who I am and where I came from.

When practiced daily, prayer and meditation become a channel through which consciousness of the presence of God in my life is heightened. This consciousness not only comforts me in times of stress and trouble, but it gives new dimensions of peace and contentment to the joy and freedom of recovery.

For today: Prayer can be only “Thank you”— which is as appropriate in my need and distress as it is in my abundance and joy.

-For Today, page 328

THANKSGIVING MORNING MEETING



You are invited to join OA fellows to celebrate a day of gratitude for program, for its tools and for HP so that we can enjoy “One Day at a Time.”

When: Thursday, November 28, 2019

Time: 10am

Where: Central Church of Christ
1454 Belleair Rd.
Clearwater, FL

Questions? Call Cora @ (813) 956-4642



OA Outreach Volunteer Opportunity

**43rd Annual
"Christmas Under the Oaks"**

Presented by GFWC North Pinellas Woman's Club



**Sunday, November 10, 2019
9:00 a.m. to 4:00 p.m.**

**St. Petersburg College Clearwater Campus
2465 Drew Street, Clearwater, FL 33765**

We are looking for OA fellows to assist us in reaching out to our community at this event.

Please look at your calendar and see if you can help. We will try to book 1-hour blocks.

CONTACT: Rita S. (727) 310-5760



IDEA Day

**International Day
of Experiencing Abstinence**



November 16, 2019

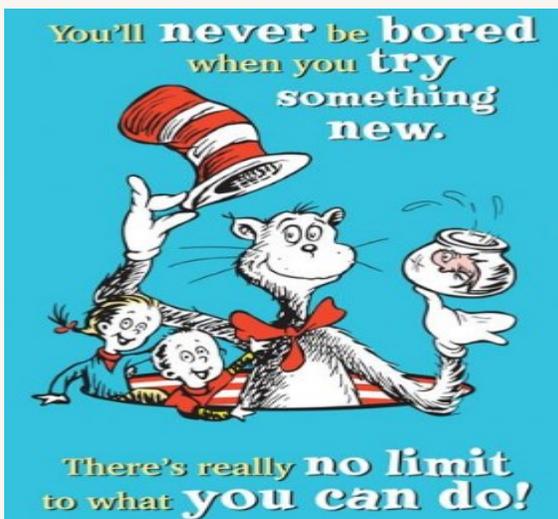
12:30-3:30

**First Lutheran Church
1644 Nursery Rd.
Clearwater, FL**

For more information, visit oapinellas.org

**Join us on ZOOM
We are getting together...
Try something new...
12 on the 12th**

December 12, 2019



TOPIC: GRATITUDES

For more information, visit 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

November 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 54 th 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	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 <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	8:00 AM OA#36776	Great Reality NEEDS SUPPORT	Beginners	St. Giles Episcopal Church 8271 52nd St. N., Pinellas Park	Rita S. (727) 521-7505
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: August 18, 2019