



PTI NEWSLETTER

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

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NEXT PTI MEETING:

Saturday, January 18th - 12PM

First Lutheran Church
1644 Nursery Road
Clearwater, FL 33756

Please join us ...



“Year’s end is neither an end nor a beginning, but a going on with all the wisdom that experience can instill in us.”

-Hal Borland

Whether it is the beginning of a new year or a new month, week or day, it’s tempting to make resolutions, to swear off, to promise to reform. Before OA I did not know that these pledges were misguided attempts to be in control, to try yet again to make a normal eater out of myself. Do I want abstinence with peace of mind? Have I been able to achieve it on my own? I can admit my powerlessness now or I can wait for another calendar “beginning.” But the best time to give up my will, my old ideas, my defects is any time I am ready to grow.

For today: Instead of resolutions, promises and vows, I mark this day as I do all others: by surrendering my will and my life to God. I give up trying to handle my food and my weight.

-For Today, page 1

 **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 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.

“Only God can fully know what absolute honesty is. Therefore each of us has to conceive what this great ideal may be—to the best of our ability.”

-Bill W.

Truth is always the same; honesty changes with my awareness. Honesty has many facets. There is cash-register honesty, usually accompanied by making sure other people know about it. There is let-me-tell-you-for-your-own-good honesty, which is hurtful, perhaps dominating. There is one-sided honesty, which is a recitation of my spouse's or lover's or friend's wrongdoings, sometimes dumped on a hapless OA meeting. And there is self-honesty, which serves the purpose of keeping my life in order, and personal honesty, which is a sharing of feelings, experiences and strengths without egotism, self-pity or exaggeration.

For today: A fundamental principle of this program is to be as honest as possible with myself and everyone my life touches.

-For Today, page 46

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

-Tradition One

There are at least three factions of OA. One emphasizes a strict, disciplined food plan. Another professes working the Steps and allowing God to remove the food problem. A third group falls somewhere in between. I know OA members in all three groups who have great recovery. What is the right way? What is the OA way? What is the message we are supposed to carry?

The only message I can carry is my own recovery. I do not need to have everyone recover “my way.” You need the freedom to recover “your way.” The only thing we need to have in common about our recovery lies within the Twelve Steps and Twelve Traditions. We cannot legislate recovery; we cannot even accurately define recovery, but we recognize it when we see someone living it. Let us rejoice when we see fellow sufferers recovering in Overeaters Anonymous, thankful they have found their way. Let us be willing to try a different approach if our way is not working. Let's be open-minded and non-judgmental. The program is broad enough for all of us to do whatever is necessary.

-Voices of Recovery, page 5

Overeaters Anonymous January 1960-2020

This year we will be celebrating 60 years of recovery. Woo-Hoo!!!

I am happy to say that I have been a part of this great program for 30 years. This year there will be the World Service Recovery Convention in Orlando, FL (August 20-22, 2020). I hope we all can make plans and save money to go.

I have had the privilege to go to the last three conventions and had a ball. Not to mention the recovery. There are people from all over the world that attend. It's an amazing weekend. It's like our Regional recovery conventions on steroids!

Here's a small portion of history--the first meeting was held in Bernice's Hollywood home on Tuesday, January 19, 1960 from 8 p.m. - 10 p.m. There were three attendees and Rozanne S. was one of them. Did you know that OA was built from one person hearing about Gamblers Anonymous?

If you would like to read about the history of OA, buy the book 'Beyond Our Wildest Dreams' -- it is an amazing story of the trials and tribulations of the group.

As a delegate for our Intergroup to the World Service Business Assembly and a Trustee for six years, I can fully understand the story and the transformation of OA through the years. I am happy to be a part of the changes.

This year on Saturday, January 25th our Intergroup will be honoring that anniversary with a marathon meeting. Please watch for the flyers.

Happy Birthday OA!!! Principles Before Personalities ...

Hope to see you there ... Together We Can!!!

Love-N-Hugs,
Linda H.



HAPPY 60TH BIRTHDAY OVEREATERS ANONYMOUS

COME JOIN US AND CELEBRATE YOU'RE RECOVERY

PRINCIPLES BEFORE PERSONALITIES WORKSHOP

HOSTED BY MONDAY VOICES OF RECOVERY



WHEN: Saturday, January 25th

WHERE: Unity Church of St. Petersburg, 6168 First Ave. N., St. Petersburg, FL

WORKSHOP: 10:00 AM

LUNCH & FELLOWSHIP: 12:00 TO 1:00 PM - Water, Coffee, and Tea will be available ...

GAMES: 1:30 P.M. to 3:00 P.M. Traditions Trivia

First Step Prayer

Today, I ask for help with my food addiction. Denial has kept me from seeing how powerless I am and how my life is unmanageable. I need to learn and remember that I have an incurable illness and that abstinence is the only way to deal with it.

The OA Promise

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady will power. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands we find love and understanding beyond our wildest dreams.

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



REMINDER:

Beginning in January 2020, PTI will be holding our monthly Intergroup meetings on the **3rd Saturday** of the month at the First Lutheran Church, 1644 Nursery Road, Clearwater at 12:00 p.m., following the 10:30 a.m. meeting.

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 TRADITIONS INTERGROUP CALENDAR 2020

JANUARY	PTI Meeting Sat. Jan 18, *First Lutheran 12 noon (Vote on budget) Register SOAR 8 representative Even year – OA logo application due to WSO OA Birthday-3 rd weekend
FEBRUARY	PTI Meeting Sat. 12 noon, Feb. 15, *First Lutheran (Present Audit) Unity Day- 4 th weekend
MARCH	PTI Meeting Sat. 12 noon, 2 nd Sat. March 14, *First Lutheran SOAR 8 March 20-22 Nashville, Tn. Franciscan Center Contacted
APRIL	PTI Meeting Sat. 12 Noon, April 18, *First Lutheran World Service Business Conference April 20-25, Albuquerque, NM
MAY	PTI Meeting Sat. 12 Noon, May16, *First Lutheran
JUNE	PTI Meeting Sat. 12 Noon, June 20, *First Lutheran
JULY	PTI Meeting Sat. 12 Noon, July 18, *First Lutheran July 26 th -28 th - Franciscan Center Retreat, Tampa, FL
AUGUST	PTI Meeting Sat. 12 Noon, Aug. 15, *First Lutheran (Form nominating committee/Review Bylaws) Sponsorship Day - 3 rd weekend
SEPTEMBER	PTI Meeting Sat. 12 Noon, Sept. 19, *First Lutheran (Read qualifications/positions) Board positions, Region Rep, World Service Business Conference Delegate
OCTOBER	PTI Meeting Sat. 12 Noon, Oct.17, *First Lutheran (Submit nominee applications, interviews, budget committee) Annual committee reports due in November SOAR8 Assembly October 9 th -11 th in Nashville, TN
NOVEMBER	PTI Meeting Sat. 12 Noon, Nov. 21, *First Lutheran (Vote/Committee Reports) Christmas Under the Oaks PIPO IDEA - 3 rd weekend
DECEMBER	PTI meets 2nd Sat. Dec12, *First Lutheran (Present budget-vote in Jan, form audit committee) Register Delegates Twelfth Step Within Day

***First Lutheran Church, 1644 Nursery Road, Clearwater, FL**

PINELLAS COUNTY MEETING LIST

JANUARY 2020

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	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://loapinellas.org>

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

REVISED: August 18, 2019