



Overeaters Anonymous  
 Pinellas Traditions Intergroup  
 P.O. Box 294  
 Palm Harbor, FL 34682

Volume 16, Issue 4

April 2021

## PTI Trusted Servants

**CHAIR:**

Linda H.  
 (727) 647-8280  
 chair@oapinellas.org

**VICE CHAIR:**

Shirley Q.  
 (727) 916-2199  
 vicechair@oapinellas.org

**TREASURER:**

Karen R.  
 (727) 267-1270

**SECRETARY:**

Jayne K.  
 (352) 812-6239  
 secretary@oapinellas.org

**NEWSLETTER EDITOR:**

newsletter@oapinellas.org

## NEXT PTI MEETING:

**Saturday, April 17th - 12:00 PM**

[Join Zoom Meeting](#)

<https://zoom.us/j/84287775266>

Meeting ID: 842 8777 5266

**Please join us ...**

## AS OUR STORIES ATTEST...

### Step 4 *“Made a fearless moral inventory of ourselves.”*



Such scary thoughts came with me as I started to do this step. I wondered; would I get it right, not leaving anything out? Would I be able to list all my defects of character? For starters would I remember to list those two pennies I took off the desk of a classmate in second grade? Did I really have to confess that time I hit my brother when he twisted my doll’s head off? Did I need to purchase a new composition pad for this assignment, use only black ink, answer every question in my workbook (my format was the archaic AA Westminster questionnaire)? What if I just plain flat out failed?

It was suggested I simply start writing on whatever paper was handy. Really!!!!?? That was how I was to undertake this vigorous and painstaking effort to list all these accumulated wrongdoings of my life so far? What about all the stuff that people had done to me? What about all the times my own mother had made me feel unworthy and kept secrets from me, refusing to answer my questions? I felt like a piece of junk. Did it matter that I had at times in my childhood been shoved and grabbed by classmates like I was something nasty? As I moved through this foundational step over the next few weeks I wondered over and over how this was going to help me get better

just by giving up the little comfort I had from my food. I couldn’t help but ask myself if it was really worth it. Yet I forged ahead because the 100 extra pounds I had carried with me for so long was wearing me out, physically and morally. I had to get better; nothing else had worked. I’d heard in the rooms that when I hit a stone wall (a bottom ) I’d need to surrender if I were going to win, but in looking ahead I didn’t see that surrender happening anytime soon. I’d also heard the word spirituality and God in the rooms. Where had this God been when all this other hurt and pain had been raining down on me? Yet I forged ahead with page after page of defects and wrongdoings itemizing everything I could think of. A few times I asked myself where all my assets were in this picture and when I’d be able to list them but that turned out to be a story for another day. I was also told that if I stuck around long enough more would be revealed. Stay tuned for step five.

**SPOILER:**

Decades long, it has been beyond my wildest dreams ... one day at a time!



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](mailto:newsletter@oapinellas.org)



# Chair Chatter April 2021

My My ... Where does the time go? Here we are in April. Hope everyone is doing well and staying safe. I know I say this every month, but the time just seems to fly by!

The St. Paddy's Day marathon was another great success. Thank you to our TSW/Holiday committee!

Get ready for our colorful Spring marathon. Donna and Paul are already working on it. See the flyer in this newsletter.

The Bylaws Committee has finished their review of the Bylaws. We have added what are the new practices in order to keep our Bylaws updated. At the last Intergroup meeting the reps voted on Motions A thru K. I am sorry I didn't make that meeting. I had a family emergency.

The Outreach is going strong with the two new newcomers meetings. Rita started up the Monday Newcomer meeting on Zoom again with a new number:

**NEW Meeting ID:** 856 2432 8688 **Passcode:** 981506 **Phone in:** 929 436 2866 **Passcode:** 981506

The Board of Trustees has rendered a decision for the World Service Convention. It will be held August 26-28, 2021 in Orlando. More info will be on the OA.org website.

The Florida State Convention (FSC) will be held January 14-16, 2022. Our Intergroup is responsible for the decorations and entertainment. I am the Chair of the FSC and Cindy B. is the Vice Chair. We will be asking for volunteers to help with the FSC committee to put this together. Please consider attending this wonderful event and helping PTI fulfill our commitment.

See ya all on Zoom - Saturday April 17th @ 12 noon.

Hugs,



**Please refer to [oapinellas.org](http://oapinellas.org) for the latest Pinellas Traditions Intergroup meeting minutes and treasurer's reports, as well as upcoming events.**



Southeastern Overeaters Anonymous Region 8

## Spring 2021 - Business Assembly

is VIRTUAL via Zoom . . .

### April 9th & 10th

For more info, please visit [OARegion8.org](http://OARegion8.org).

*Time ripens all things.  
No man's born wise.  
Miguel de Cervantes*

Patience does not come easily to the obsessive/compulsive person. I have a tendency to want results now; never mind the need to acquire experience.

Today I follow a path that enriches my life with experience—a path that leads me through feelings that once were too painful to contemplate, and delivers me right side up, trudging forward on my own two feet. As I progress, I have a sharpened awareness of the suffering of others, and I can offer help that is based on honest experience.

When I feel impatient and want to hurry on with growth, to have defects removed before their time, I know that I have more to learn. Everything is in God's time.

For today: My Higher Power offers me a way to live free of the obsession with food. I am willing to do today's footwork and wait for the results.

For Today, page 101

# PTI Contributions

The 7th Tradition states, "Every OA group ought to be fully self supporting, declining outside contributions." Please contribute by visiting [oapinellas.org/donations](http://oapinellas.org/donations) to send in a donation today. Your generosity is greatly appreciated.



*Thank You*

If you prefer to send in a donation via mail, please send to:

Pinellas Traditions Intergroup  
P.O. Box 294  
Palm Harbor, FL 34682



## SAVE THE DATE FOR FLORIDA STATE

The **32nd Annual Florida State Convention of Overeaters Anonymous** will be held next year on January 14-16, 2022 at the Hilton Cocoa Beach Oceanfront, 1550 N. Atlantic Avenue, Cocoa Beach, FL. 32931. It will be a face-to-face gathering – our first one in over two years!!!

**Theme: "CELEBRATE RECOVERY... 62 YEARS!!!"**

- Registration flyer coming soon.
- Room rates will be \$164 plus taxes and fees for up to four people per room (12% additional, Total Rate = \$183.68 per night).

PLEASE EMAIL THIS ON

**SPEAKER SIGN UP**

PLEASE EMAIL THIS ON

**HOLI-DAZE APRIL 4th OA 18 hour 16 Speakers-Zoom-A-thon**

**Please consider offering one hour of your service. WE NEED YOU TO TELL YOUR STORY! Help keep an OA member abstinent on this day. Maybe you. Maybe me.**

**Sunday, April 4, 2021, 6 am til midnight, Eastern Time, USA**

**PLEASE** just click this blue link, these blue letters in this green box here to speak/lead:

<https://www.signupgenius.com/go/10C0D4FA5A82BABFBC34-aaapril>

( Please just use your **last initial** instead of your whole last name when you sign up)

Contact Donna to **host** a 45 minute meeting. Please, please help us host please please 727-480-0865 or email me [callmeortext@gmail.com](mailto:callmeortext@gmail.com)

We so appreciate your service on this holiday!



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PLEASE EMAIL THIS ON ( to **Join the mailing list:** email me, [CallMeOrText@gmail.com](mailto:CallMeOrText@gmail.com) ) PLEASE EMAIL THIS ON

All welcome! Please join us. This is for you!



**HOLI-DAZE APRIL 4th OA 18 hour 16 Speakers-Zoom-A-thon**

**STAYING ABSTINENT thru the Hol-i-daze**

**Sunday, April 4, 2021, 6 am til midnight, Eastern Time, USA**

**18 HOURS** packed with meetings, fellowship, A Dance! hours of fun & Solid Abstinence!

Come join us and share your experience, strength and hope! **Together we can** get through these holi-daze abstinely! Invite your friends. Pass the word.

**Suggested donation of only \$5 at** [oapinellas.org](http://oapinellas.org)

**ALL EVENTS TO BE HELD VIRTUALLY ON ZOOM**  
**Meeting ID: 959 959 1828 Passcode: 718863**

**OR JUST CLICK THESE BLUE LETTERS (LINK) to attend the event:**

<https://us02web.zoom.us/j/9599591828?pwd=SlhCSGJmbjh1UEhrd0dmVWU3NENGZz09>

PLEASE EMAIL THIS ON

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## VIRTUAL ZOOM MEETINGS

During this COVID-19 quarantine, when our meeting rooms have been shut down and we have been shut in, we encourage all to attend the virtual meetings being offered by Pinellas Traditions Intergroup (PTI).

Join us in a virtual meeting on a cell phone download the ZOOM app to your phone and then click on it. Join the meeting by entering the ID number and passcode.

To join us using your PC, laptop, tablet, or mobile device use your web browser to go to **ZOOM.us**. Click on JOIN MEETING, enter ID and follow directions. You can click on the **underlined links** below. For PC users, hold the control button and click on the link.

- SUNDAY**      **6:00 PM** "Big Book"      **Meeting ID:** 81738094727      **Password:** bigbook  
**OA #32923**      <https://us02web.zoom.us/j/81738094727?pwd=ZTNKWWREcDF2VTNlaVp0Zk1vOGRIQT09>  
**Phone in:** +1 646 558 8656      **Passcode:** 7982339      **Contact:** Autumn 727 480 2200
- MONDAY**      **12:00 PM** "Voices of Recovery"      **Meeting ID:** 756 6503 6069      **Passcode:** voices  
**OA #48303**      <https://us02web.zoom.us/j/75665036069?pwd=SWIZU0YvUXBTNkl4SEFIVFhCaVNSZz09>  
**Phone-in:** +1 646 558 8656      **Passcode:** 868710      **Contact:** Anne G. 212 399 7099
- MONDAY**      **3:30-4:00 PM** Newcomer Introduction & **4:00-5:00 PM** For Today & Voices of Recovery  
**OA #89061**      **Meeting ID:** 856 2432 8688      **Passcode:** 981506  
  
**Phone in:** +1 929 436 2866      **Passcode:** 690043      **Contact:** Rita S. 727 310 5760
- MONDAY**      **6:45-8:00 PM** "Literature"      **Meeting ID:** 199 631 721      **Passcode:** 409818  
**OA #01530**      <https://us02web.zoom.us/j/199631721?pwd=MklHSmZYM3dleXZYT1BOK25VdHZWQT09>  
**Phone in:** +1 929 436 2866      **Passcode:** 409818      **Contact:** Rita S. 727 310 5760
- MONDAY**      **7:00 PM** "Speaker"      **Meeting ID:** 222 498 444      **Passcode:** 008551  
**OA #4788**      <https://us02web.zoom.us/j/222498444?pwd=Tk5DdE1hWFILdWJ0RGJnbFUzOVJMOT09>  
**Phone in:** 1+ 646 558 8656      **Passcode:** 5237216      **Contacts:** Stephanie D. 727 641 3437  
Tobi 727 422 0181
- TUESDAY**      **10:00 AM** REBOS      **Meeting ID:** 849 1556 8631      **Passcode:** faith  
**OA #54726**      <https://us02web.zoom.us/j/84915568631?pwd=ZGZnODJVQ0NzRC9DSGgrNC8wOUxEQT09>  
**Phone in:** 1-646-558-8656      **Passcode:** 726776      **Contact:** Donna D. 727 480 0865
- TUESDAY**      **7:00 PM** "Mile Stretch"      **Meeting ID:** 864 6469 1462      **Passcode:** humility  
**OA #54346**      <https://us02web.zoom.us/j/86464691462?pwd=eTNpbmZhcmlQbnJSZHHUcEhrNVJSQT09>  
**Phone in:** +1 646 558 8656      **Passcode:** 49852475      **Contact:** Kathryn S. 727 204 2761
- WEDNESDAY**      **6:30 PM** Beach Zoom      **Meeting ID:** 730 1090 2349      **Passcode:** Hope  
**OA #10359**      <https://us02web.zoom.us/j/73010902349?pwd=Y0VENDNic0hWSTFrSDJFc1RqSHZQT09>  
**Phone in:** +1 646 558 8656      **Passcode:** 470866      **Contact:** Linda H. 727 647 8280

◀ continued on next page ▶

## VIRTUAL ZOOM MEETINGS -continued-

### NEW

- WEDNESDAY 4:00 PM** Newcomer Meeting **Meeting ID:** 841 6112 6101 **Passcode:** newbe  
**OA #89346** <https://us02web.zoom.us/j/84161126101?pwd=NVD1Zjk5Q2puRTF3YXJJOVpXVGIOZz09>  
**Phone in:** +1 646 558 8656 **Passcode:** 776860 **Contact:** Shirley Q. 727 916 2199
- THURSDAY 10:30 AM** Aldersgate Hope **Meeting ID:** 823 0363 0921 **Passcode:** love  
**OA #53015** <https://us02web.zoom.us/j/82303630921?pwd=MIVkamhocDUvRWtKR09TaFpJQStDQT09>  
**Phone in:** +1 646 558 8656 **Passcode:** 726776 **Contact:** Donna D. 727 480 0865
- THURSDAY 5:30 PM** "Steps to Freedom" **Meeting ID:** 825 6594 8873 **Passcode:** recover  
**OA #49784** <https://us02web.zoom.us/j/82565948873?pwd=YUROSkh5ZUJzaTFuV09OVXRWM21tQT09>  
**Phone in:** 1-646-558-8656 **Passcode:** 4848917 **Contacts:** Mary Mc 727 808 4265  
Michele 314 378 9391
- THURSDAY 7:00 PM** "New Freedom/Varied" **Meeting ID:** 874 1185 6223 **Passcode:** Willing  
**OA #46183** <https://us02web.zoom.us/j/87411856223?pwd=VWhlY2lpWWR3M3NtbTFjY09hQk5yUT09>  
**Phone in:** 1-646-558-8656 **Passcode:** 4848917 **Contact:** Shirley Q. 727 916 2199
- FRIDAY 12:00 PM** "Literature Meeting" **Meeting ID:** 828 2766 5988 **Passcode:** oarocks  
**OA #52863** <https://us02web.zoom.us/j/82827665988?pwd=NjBOamRiRFovaEpGellPY3INVEVEZz09>  
**Phone in:** +1 646 558 8656 **Passcode:** 3721175 **Contact:** John C. 727 289 9122
- SATURDAY 7:45-9AM** "11th Step & Spiritual Awakening" **Meeting ID:** 277 327 215 **Passcode:** 785835  
**OA #36776** <https://us02web.zoom.us/j/277327215?pwd=bU5WR1FsZUpwQWJvUjNzR04yM3pidz09>  
**Phone in:** +1 929 436 2866 **Passcode:** 785835 **Contact:** Rita S. 727-310-5760
- SATURDAY 10:30 AM** Big Book Meeting **Meeting ID:** 842 6203 9443 **Passcode:** Bigbook  
**OA #27235** <https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTFOdWtyMWFTQT09>  
**Phone in:** +1 646 558 8656 **Passcode:** 6860727 **Contacts:** Maryhelen 508 942 9119  
Cora 813 956 4642
- SATURDAY 12:30 PM** Men's Meeting **Meeting ID:** 812 0365 3253 **Passcode:** Gentlemen  
**OA #52497** <https://us02web.zoom.us/j/81203653253?pwd=R1Vhbm9mdkVaRWgwNFBSskNNMUITQT09>  
**Phone in:** +1 646 558 8656 **Passcode:** 960923806 **Contact:** James M.

### PTI Business Meeting – All visitors welcome!

- SATURDAY 12:00 PM** 3rd Saturday of Month **Meeting ID:** 859 3298 4082 **Passcode:** 259647  
**OA #09412** <https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJjQTc3TEhIbitQTE8rUFZzUT09>  
**Contact:** Linda H. 727 647 8280

Please send any Zoom meeting changes to [chair@oapinellas.org](mailto:chair@oapinellas.org) with the following information:  
Meeting ID, Password, Phone in (if new), Passcode (if new), and the **NEW website address**. Thank You!

## Face-to-Face and/or Parking Lot Meetings

These meetings maintain social distance and meet face to face. Bring your own chair and your own literature.

- SUNDAY**      **6:30 PM** Gulfport Neighborhood Center 1617 49th St S, Gulfport → Bring a chair  
OA #49012
- MONDAY**      **10:30 -11:00 AM** “Newcomers Meeting” followed by  
OA #46182      **11:00 -12:00 PM** “Just for Today / 12&12 / Big Book”  
Lutheran Church of the Resurrection, 1555 Windmill Pt. Rd., Palm Harbor
- TUESDAY**      **10:00 AM** REBOS, 5639 54th Ave. N., St. Pete  
OA #54726      **Contact:** Cindy B. 813 454-7941 → Meeting is on the porch. Please bring a chair.
- TUESDAY**      **5:30 PM** Step Meeting → Sabala Plaza, 14100 Walsingham Road, Ste 32, Largo  
OA #57219      **Contact:** Kelly (727) 542-4525
- TUESDAY**      **7:00 PM** Living in Today → Northwood Presbyterian Church, Rm. #4, 2875 SR 580, Clearwater  
OA #54697
- THURSDAY**      **7:00 PM** First Fellowship → Palm Harbor Presbyterian Church, 2021 Nebraska Ave., Palm Harbor  
OA #46183      “Literature”
- FRIDAY**      **6:45 AM** Fresh Start, Central Church of Christ, 1454 Belleair Rd., Clearwater  
OA #54674
- FRIDAY**      **6:00 PM** “Big Book” Gulfport Neighborhood Center 1617 49th St S, Gulfport → Bring a chair  
OA #49602      **Contact:** Cindy B. 813 454-7941

### NEW TIME AND LOCATION

- SATURDAY**      **10:00 - 11:00 AM** → A Club, 5650 Missouri Ave., Port Richey  
OA #17950      **Contact:** Sue D.      Face coverings and social distancing are required.
- SATURDAY**      **10:00 AM** First Fellowship → Palm Harbor Presbyterian Church, 2021 Nebraska Ave., Palm Harbor  
OA# 45426      “Steps/Traditions”

**HAVE YOU SEEN THE NEW OA MEETINGS LISTS ON OUR WEBSITE YET?  
PLEASE GO CHECK IT OUT AT [MEETINGS.OAPINELLAS.ORG](https://meetings.oapinellas.org)**