



PTI NEWSLETTER

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

Volume 16, Issue 8

August 2021

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NEXT PTI MEETING:

Saturday, August 21st - 12:00 PM

Join Zoom Meeting

<https://zoom.us/j/85932984082>

Meeting ID: 859 3298 4082

Please join us ...

As Our Stories Attest ...

STEP 8 “Made a list of all persons we had harmed and became willing to make amends to them all.”

Spiritual Principal: Self-Discipline

I knew this step was the preparation work that was needed before I could actually make the amends called for in Step 9 remembering it was a two-part step. First, I made the list of all people I had harmed, then I became willing to make complete amends to them all. Within this step there were several keywords that I was to pay attention to, like thorough amends and willingness. It seemed like a simple step on the surface but in reality, it was a bit more intricate.

First, I had to look at the word all as it refers to everyone I had harmed, not just picking and choosing to whom my amends were to be made. Next, I had to look back at my completed fourth step, making sure it had been fearless and thorough, so I had a complete list of persons I'd harmed. Moving on I made my list of amends with the understanding this meant more than just saying that I was sorry; I was to make restitution, changing my ways, and preparing to acknowledge the exact nature of my wrongs toward each person. I was to admit my wrongs so I could change my ways to find true recovery. Beginning to tackle the word willingness I began by asking my Higher Power for willingness to face the people I had harmed, admitting my shortcomings, and then making restitution, if necessary, so I could change my future behaviors in life. My personal experience was that in going over my list with my sponsor and identifying the persons I'd harmed, and the incidents I was making amends for, I needed to be very specific with my statements. I needed to identify the particular shortcoming or character defect that I needed to change.

Clearly in taking this complex step I must not forget to add myself to the list of persons harmed. Once my list was shared and discussed with my sponsor it was completed by asking for willingness, courage and then praying as I went forward into step nine. I was reminded that this exercise was for my recovery, and it was just a part of cleaning up my past so I could live in peace and harmony in my future. As it seemed to cleanse my conscience I was once again encouraged to be prepared to accept any response from the people I had harmed and focus only on my own role in the situation. Often today I find myself continuing to ask for willingness and acceptance in my prayers knowing now that it works if I work it.

-Anonymous PTI Member



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



Chair Chatter - August 2021



Hello Pinellas and Pasco!

I hope this newsletter finds everyone well and in recovery. I have been on Facebook meetings for newcomers and some say the program is not working for them. Well, as the old saying goes, "It works if you work it, so work it you're worth it!" I'm working it. How bout you?

Our Intergroup has been doing lots of things to keep recovery going. Donna, our TSW Chair and Paul are the committee. They are always thinking of new ways to make their Zoom marathons inviting and exciting. Rita, chair of the PIPO Committee, has secured a date for the 2022 retreat at the Franciscan Center. It is the very last weekend of July 29-31, 2022. Lisa F. will be heading up the planning committee. If you are interested in doing service, please come to our Intergroup meeting in August. We will have more information. Shirley, our Vice Chair and Bylaws committee chair, has done a great job revising our Bylaws that we voted on in June.

Our Treasurer, Karen, does a great job keeping us in the know about our funds (what's spent and what donations come in). Our Secretary, Jane, takes all the notes at our meetings. That's no easy task! I want to thank all of them for stepping up to do service. Without volunteers we would not have an Intergroup.

Our September Intergroup will be meeting F2F for a meet and greet on Saturday, Sept. 18th at 12 noon, First Lutheran Church, 1644 Nursery Rd., Clearwater. All are invited to see what we are about and what we do. Bring your lunch and we will supply water. We need volunteers to make it work. Service is one of our tools.

I've been doing lots of service this month for the World Service Convention in Orlando, August 26th-28th. I am the Vice Chair of the convention. The committee is wrapping up last minute things as we get ready for the Big Weekend. I'm sorry to say we will have no members from outside of North America due to traveling restrictions. I can't wait to see all my old friends and make new ones. Hope I see you there!

I also want to remind everyone that the Florida State Convention, January 14-16, 2022, in Cocoa Beach is in the planning stages. I've been working on that too, 'cause I'm the chair. You might wonder why is she doing all that stuff. Well, WSC was supposed to be over with last year, but COVID threw a wrench into everything and delayed the convention. So now I'm handling both. It is my pleasure to do it. I want OA to be around forever! Our Intergroup oversees Decorations and Entertainment. Shirley has graciously volunteered to head that committee. Please consider helping.

I think I covered all the "Happenings" in our intergroup. I want to thank the group reps that show up for the meeting. Does your group have a rep? Bylaws permits two per meeting. Now that we continue to meet on Zoom, it's so easy. No traveling, fighting traffic, worrying about the weather, and whatever excuse you can think of. We can see one another right on our computer in our home. I love it!!!

I hope to see you for our next meeting, Saturday, August 21st at 12 noon on Zoom ...

Zoom ID: 859 3298 4082

Passcode: 259647

OH -- ONE MORE THING!!! Please sign up on oapinellas.org to get all our announcements, this way you won't miss anything that's going on in our Intergroup. I often send out notices of events in other Intergroups around the country too!

Hugs,
Linda



Step 8



Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8



Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Concept 8



The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

WORLD SERVICE CONVENTION Registration now open!!!



For more information, please visit OA.org, or [click this link](#).

32nd Annual Florida State Convention of Overeaters Anonymous



January 14-16, 2022

MORE DETAILS ARE IN THE REGISTRATION FLYER
LOCATED AT THE END OF THIS NEWSLETTER ...



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

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.

Donate now with..

PayPal



PINELLAS COUNTY MEETING LIST

AUGUST 2021

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.

DAY	TIME	MEETING NAME / TYPE	MEETING FORMAT	LOCATION / ZOOM INFO	CONTACT
Mon	11:00 AM OA#46182	Just For Today FACE-TO-FACE	12 &12 / Big Book	Lutheran Church of the Resurrection 1555 Windmill Pt Rd., Palm Harbor	Sue D. (585) 704-4464
Mon	12:00 PM OA#48303	Voices of Recovery ZOOM ONLY	Voices of Recovery - Discussion	Meeting ID: 756 6503 6069 Passcode: voices https://us02web.zoom.us/j/75665036069?pwd=SWIZU0YvUXBTNkI4SEFIVFhCaVNSZz09	Ann G. (212) 399-7099
Mon	3:30 PM	ZOOM ONLY	Newcomer Meeting	Meeting ID: 85624328688 Passcode: 409819 https://us02web.zoom.us/j/85624328688?pwd=R0VVOXhqc3k4RGhtUzNMdG1rSHI0UT09	Rita S.
Mon	7:00 PM OA#47788	ZOOM ONLY	Speaker Meeting	Meeting ID: 222 498 444 Passcode: 008551 https://us02web.zoom.us/j/222498444?pwd=Tk5DdE1hWFILdWJ0RGJnbFuzOVJMQT09	Stephanie (727) 641-3437 Laurel (727) 641-2718
Mon	7:00 PM OA#01530	Search Out Serenity "SOS" ZOOM ONLY	Leader / Discussion	Meeting ID: 222 498 444 Passcode: 008551 https://us02web.zoom.us/j/222498444?pwd=Tk5DdE1hWFILdWJ0RGJnbFuzOVJMQT09	Cynthia (561) 254-3642
Tues	10:00 AM OA#54726	REBOS FACE-TO-FACE	Daily Readings Open Discussion	REBOS Center 5639 54 th Ave. N., Kenneth City	Cindy B. (813) 454-7941
		REBOS ZOOM		Meeting ID: 849 1556 8631 Passcode: 008551	Donna D. (727) 480-0865
Tues	5:30 PM	FACE-TO-FACE	Step Meeting	Sabala Plaza 14100 Walsingham Rd., Suite 32, Largo	Kelly (727) 542-4525
Tues	7:00 PM OA#54346	The Mile Stretch Meeting ZOOM ONLY	Big Book Meeting	https://us02web.zoom.us/j/86464691462?pwd=eTNpbzZhcUlnQnJSZHZhUcEhrNVJSQT09	N/A
Wed	10:30 AM	FACE-TO-FACE	Literature Meeting	Dry Dock Center 1733 S Pinellas Ave., Tarpon Springs	Jane (212) 459-1235
Wed	4:00 PM	ZOOM ONLY	Newcomer Meeting	https://us02web.zoom.us/j/84161126101?pwd=NVd1Zjk5Q2puRTF3YXJ0OVpXVG10Zz09	Shirley Q. (727) 916-2199
Wed	6:30 PM OA#10359	Beach Bunch ZOOM ONLY	Open Discussion	Meeting ID: 730 1090 2349 Passcode: Hope https://us02web.zoom.us/j/73010902349?pwd=Y0VEVDNlNlc0hWSTFrSDJFc1RqSHZQUT09	Linda H. (727) 647-8280
Thur	10:30 AM OA#53015	Hope ZOOM ONLY	All Literature	Meeting ID: 82303630921 Passcode: love https://us02web.zoom.us/j/82303630921?pwd=MlVkaMhocDUvRWtKR09TaFpJQStDQT09	Donna D. (727) 480-0865
Thur	11:00 AM OA#40873	Key to Freedom FACE-TO-FACE	Big Book Study	First Presbyterian Church 455 Scotland St., Dunedin (Downtown Dunedin)	Laurie (727) 517-4137
Thur	5:30 PM OA#49784	Steps to Freedom ** FACE-TO-FACE / HYBRID	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
				Meeting ID: 82565948873 Passcode: recover https://us02web.zoom.us/j/82565948873?pwd=YUROSkh5ZUIzaTFuV09OVXRWm21tQT09	Mary T. (727) 593-4758
Thur	7:00 PM OA#46183	First Fellowship ZOOM ONLY	Varied Meeting	Meeting ID: 874 1185 6223 Passcode: Willing https://us02web.zoom.us/j/87411856223?pwd=VWhiY2lpWWR3M3NtbTFjY09hQk5yUT09	Pat G. (727) 784-3375

PINELLAS COUNTY MEETING LIST

AUGUST 2021

Fri	6:45 AM OA#54674	Fresh Start FACE-TO-FACE	Voices of Recovery For Today	Central Church of Christ 1454 Belleair Rd., Clearwater	N/A
Fri	12:00 PM OA#52863	Message Carriers ZOOM ONLY	Open Discussion	Meeting ID: 828 2766 5988 Passcode: oarocks https://us02web.zoom.us/j/82827665988?pwd=NjBOamRlRFovaEpGellPY3lNVEVEZz09	John C. (727) 289-9122
Fri	1:30 PM OA#08937	New Beginnings FACE-TO-FACE	Literature	Colton Hall – St. Andrew’s Episcopal Church 2301 Deltona Ave. #3327, Spring Hill, FL	Claudia S. (352) 238-8777
Fri	6:00 PM OA#49602	Nitty Gritty FACE-TO-FACE	Big Book	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Cindy B. (813) 454-7941
Sat	8:00 AM OA#36776	ZOOM ONLY	Beginners	Meeting ID: 277 327 215 Passcode: 785835 https://us02web.zoom.us/j/277327215?pwd=bU5WR1FsZUpwQWJvUjNzR04yM3pidz09	Donna D. (727) 480-0865
Sat	10:00 AM OA#45426	First Fellowship FACE-TO-FACE	Step/Tradition Meeting	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Pat G. (727) 784-3375
Sat	10:30 AM OA#27235	Saturday Serenity ^{^^} FACE-TO-FACE / HYBRID	Big Book	First Lutheran Church 1644 Nursery Rd, Clearwater https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTFodWtyMWFTQT09	Cora L. (813) 956-4642
Sat	10:30 AM OA#17950	Pasco Pioneers FACE-TO-FACE	1-Step/ 2-Big Book/ 3-Leader’s Choice/4- Traditions/5-Brown Book	Christian Church of Holiday 5724 Rt 54, New Port Richey, FL	Betty N. (727) 505-4562
Sat	12:00 PM OA#09412	PTI Meeting ZOOM ONLY	Third Saturday Only All OA’s welcome	Meeting ID: 859 3298 4082 Passcode: 259647 https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJlQTc3TEhIbitQTE8rUFZzUT09	Linda H. (727) 647-8280
Sat	12:30 PM OA#52497	Clearwater Men’s ^{**} FACE-TO-FACE / HYBRID	Men’s Meeting	Community United Methodist Church 207 Buckingham Ave., Oldsmar Meeting ID: 812 0365 3253 Passcode: Gentlemen https://us02web.zoom.us/j/81203653253?pwd=R1Vhbm9mdkVaRWgwNFBSSkNNMUITQT09	Lee (727) 480-4821
Sun	6:00 PM OA#32923	Clearwater Oasis ^{**} ZOOM ONLY	Big Book (90 Days)	Meeting ID: 817 3809 4727 Passcode: bigbook https://us02web.zoom.us/j/81738094727?pwd=ZTNKWWREcDF2VTNlaVp0Zk1vOGRIQT09	Chrissy (813) 377-5332 Michelle (314) 378-9391
Sun	6:30 PM OA#49012	Beginner’s Meeting FACE-TO-FACE	Beginners / Step Study	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Judy C. (201) 259-3924

Pinellas Traditions Intergroup meets the 3rd Saturday of each month 12:00 PM

Meeting ID: 859 3298 4082 Passcode: 259647

<https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJlQTc3TEhIbitQTE8rUFZzUT09>

Visitors welcome and service positions are available.

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://opinellas.org>

REGISTRATION FORM:

YES - I WILL GIVE SERVICE:

_____ Guest Speaker - I have 1 year
or more continuous abstinence
_____ Initial here

_____ Meeting Leader - I have 90
days of continuous abstinence
_____ Initial here

*All who volunteer as speakers will be contacted for
more info about your experience, strength and hope.*

- _____ Boutique
_____ Hospitality Room
_____ Hugger/Greeter
_____ Literature Table
_____ Meeting Room Timer
_____ Registration Table
_____ Sell Tickets for Drawings
_____ Service Desk
_____ Where needed
_____ I need a roommate

Visit the Recovery Bookstore

Need literature? Anyone may place
an advance order before 12/1/2021.

Contact: Andrea K.

Email: andreakatz@gmail.com

Phone: 786-210-7977

**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



FLORIDA STATE CONVENTION COMMITTEE
OF ALL PARTICIPATING INTERGROUPS

For more information contact:

Chair – Linda H.

Email: fscchair2021@gmail.com

Phone: 727-647-8280

Vice Chair – Cindy B.

Email: cindythepetnanny@gmail.com

Phone: 813-454-7941

Hotel Liaison – Tammy B.

Email: tammybursick@comcast.net

Phone: 772-257-9704

*Note: Meeting rooms can be
chilly. Please bring a sweater.
Face masks **MAYBE** required;
social distancing in effect.*

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

32nd Annual

Florida State Convention
of Overeaters Anonymous



“Together we can...
**Celebrate
Recovery -
62 Years”**



JAN 14-16, 2022

(Face-to-face; no virtual meetings)

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 12/15/2021. Use code "FSCOA2" for special rates: \$164.00 Double/Triple/Quad + 12% taxes per night. Reservations made after 12/15/2021 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 (= \$4.50 per day) and is adjacent to hotel. Complimentary internet.

MEAL INFORMATION



Meals must be ordered before 1/8/2022. 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 almost for free!

4-Meal Package: \$140
Includes breakfast buffet Saturday and Sunday, Saturday lunch buffet and Saturday banquet. All 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 grilled chicken salad, mahi, or vegetarian entree. (Indicate choice on registration form.)

Saturday BANQUET ONLY: \$55
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 Event Brite web page.

If you have severe food restrictions/allergies, contact the hotel directly regarding your meals.

Convention Highlights

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

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

Opening Ceremony: 7:30 PM FRI
Convention ends: Noon SUN

REGISTRATION FEES

- **Early registration: \$35.00**
(Postmarked by 12/15/2021)
- One Day Pre-Registration: \$30.00
- **Late registration: \$45.00**
(Postmarked **AFTER** 12/15/2021)
WALK-INS WELCOME (\$45) !!
There is no virtual attendance.
Credit cards accepted on site.
- No refunds after 1/4/2022. 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.*

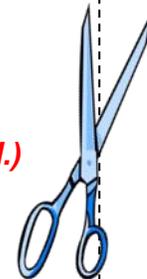
Register on-line:

<https://fscoa2022.eventbrite.com>
(A surcharge is added when using this site.)

Register by mail: **(This is preferred.)**

Make checks payable to:
"Florida State Convention of OA"

Send to: Sun Coast IG (Tara Loux)
PO Box 18594
Tampa, FL 33679
Email: Suncoast.tampabay@gmail.com



REGISTRATION FORM "CELEBRATE RECOVERY"

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

Final date for ordering meals is 1/8/2022.
Please turn form over and complete service application on reverse.