



PTI NEWSLETTER

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

Volume 16, Issue 2

February 2021

PTI Trusted Servants

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NEXT PTI MEETING:

Saturday, February 6th - 12:00 PM

Join Zoom Meeting

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

Meeting ID: 842 8777 5266

Please join us ...

AS OUR STORIES ATTEST...



Step 2

“Came to believe that a power greater than myself could restore me to sanity.”

The first part of this step was a realization that I needed help, which for me was a four-letter word to avoid at all costs. I had decided at a young age that I needed to be self-sufficient, to always be in control as a way to protect myself from a dangerous world. Like many of us, I was unwilling to ask for help until I was told I was out of all other options, beaten and demoralized by my own disease and life. In 2017, I was finally at that point and it was either continue on as I was, living as a depressed and unhappy person who each day grew more unhealthy and one step closer to a certain death, or try something new. Like a caged animal with no place to run, I finally surrendered and walked into my first OA meeting.

The second part of this step talked about sanity. I came to OA looking for a way to lose weight and keep it off ... none of this sanity stuff. I really believed that if I got to and maintained the perfect weight, all the rest of my life would be fixed and improved. How dare you call me insane! For me, the question of my past insanity and how insanity shows up today in my life can only be seen in the rear-view mirror. There is insanity with the food which comes from understanding my disease of compulsive eating

and knowing that I have an allergy and an obsession that I can't control regardless of self-will and self-knowledge. I firmly accept that this condition will never be cured, only granted a daily reprieve. I have lost the privilege to use food to numb me from my problems and disappointments. I now know that only HP can fill the hole in my soul and he is not to be found in my refrigerator or cupboard. Today my sanity is the humility to realize I don't know everything, that I can be wrong; to be vulnerable and to just be human with flaws and all. It is acceptance of things and people, not just as I want them to be, but just as they are today. I can face whatever is happening with the knowledge that my HP is in charge and I no longer need to live in fear or anxiety trying to control events. Sanity, for me, is the ability to check my motives, asking if I'm driven by my ego or by the goal of doing God's will of being loving, kind, and helpful to others. Am I sane every day? No! Recovery is a slow process but as I continue working my program and deepening my faith in God, I have more sanity. Today I have a serenity and happiness that I never dreamed would be possible.

Anonymous PTI Member
February 2021



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 ~ February 2021



My, my, my ... where does the time go? Here we are in February. Hope everyone is doing well and staying safe.

I have lots of new information. If you haven't heard it already at your meeting ... LOL!!!

- ♥ We have new meeting list up with all the updated Zoom information, but I would like to point out if you give Shirley or myself new info it is not updated immediately on the web page. I usually send out a blast email to ALLPTI. You can sign up at oapinellas.org.
- ♥ We have a new NEWCOMERS meeting starting at 4PM on Wednesdays. The information is on the Zoom meeting list.
- ♥ Friday night 6:00 PM parking lot meeting has a new location. It is now a Face-2-Face at the Gulfport Community Center, 1617 49th Street S. There is also a F2F Sunday night 6:30 PM meeting there, as well. Social distancing and masks are required to attend.
- ♥ Saturday New Port Richey meeting has a new time and location 10:00 – 11:00 AM at the A Club, 5650 Missouri Ave., New Port Richey. This is a F2F, social distancing and masks are required to attend.
- ♥ There is a Valentine's Marathon – Sunday, February 14th from 6 AM til 6 AM Monday. If you want to volunteer, call or text Donna @ (727) 480-0865. The flyer is inside this newsletter.

Finally, last but not least, our PTI meeting will be Saturday February 6th at noon. We will be going over the questionnaire sent to us by World Service:

Concept 1: "The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship." This is a perfect example of this Concept. Our voice can be heard!

See y'all on Saturday, February 6th at noon.

Hugs,
Linda

PINELLAS TRADITIONS INTERGROUP CALENDAR 2021

JANUARY	PTI Meeting Saturday, January 16th, ZOOM (Vote on budget) Register SOAR8 representative Even year – OA logo application due to WSO OA Birthday-3rd weekend
FEBRUARY	PTI Meeting Saturday, 12 noon, February 6th, WSO Questionnaire Unity Day- 4 th weekend Valentine's Marathon
MARCH	PTI Meeting Saturday, 12 noon, March 20th, ZOOM SOAR 8 pending
APRIL	PTI Meeting Saturday, 12 Noon, April 17th, ZOOM World Service Business Conference pending
MAY	PTI Meeting Saturday, 12 Noon, May15th, ZOOM
JUNE	PTI Meeting Saturday, 12 Noon, June 19th, ZOOM
JULY	PTI Meeting Saturday, 12 Noon, July 17th, ZOOM
AUGUST	PTI Meeting Saturday, 12 Noon, August 21th, ZOOM (Form nominating committee/Review bylaws) Sponsorship Day – 3rd weekend
SEPTEMBER	PTI Meeting Saturday, 12 Noon, September 18th, ZOOM (Read qualifications/positions) Board positions, Region Rep, World Service Business Conference Delegate
OCTOBER	PTI Meeting Saturday, 12 Noon, October16th, ZOOM (Submit nominee applications interviews, budget committee) Annual committee reports due in Nov. SOAR 8 October pending
NOVEMBER	PTI Meeting Saturday, 12 Noon, November 20th, ZOOM (Vote/Committee Reports) IDEA (International Day Experiencing Abstinence) – 3rd weekend
DECEMBER	PTI meets 2nd Saturday, December11th, Zoom (Present budget-vote in Jan, form audit committee) Register Delegates December 12th - Twelfth Step Within Day

REMINDER

PTI Business Meeting ♥ 12 Noon ♥ 3rd Saturday of each month ♥ ALL visitors welcome!!!
Meeting ID: 859 3298 4082 Passcode: 259647 Contact: Linda H. (727) 647-8280
<https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJjQTc3TEhlbitQTE8rUFZzUT09>

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 to send in a donation today. Your generosity is greatly appreciated.

Valentine's Day OA 24 Hours Speaker-Zoom-A-Thon

PLEASE consider offering one hour of service. **WE NEED YOU!**
Help keep an OA member abstinent on this day. Maybe you. Maybe me.

Sunday, February 14, 2021, **6AM** to 6AM Monday, Eastern Time, USA

WE
LOVE
OA

PLEASE click on the **blue** link below:

[Click these blue letters to sign up to be a Meeting Leader/Speaker](#)

WE
LOVE
OA

Contact Donna to be an Alternate Speaker, Host, or Alternate Host!!!

(727) 480-0865 or email me callmeortext@gmail.com

Please just use your last initial instead of your whole last name when you sign up,
and us help find people awake from midnight to 6AM EST.



FULL DETAILS AVAILABLE ON OUR WEBSITE CALENDAR AT OAPINELLAS.ORG

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



Valentine BINGO

Q. What do you get when you combine OA, Valentines Day, and Bingo?

A. 90 more minutes of recovery from compulsive eating!

During the 7PM hour (EST) of the Valentine Day Marathon we will be doing a “Virtual” Bingo game.

If you would like to participate you

MUST contact me at saquig64@gmail.com

by February 11th to register.

Once registered, you will receive 2 Bingo cards via your email address on February 13th.

**You can print them out or play online.
The instructions will come with the cards.**



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 OA #32923	6:00 PM "Big Book"	Meeting ID: 81738094727	Password: bigbook
	https://us02web.zoom.us/j/81738094727?pwd=ZTNKWWREcDF2VTNlaVp0Zk1vOGRIQT09		
	Phone in: +1 646 558 8656	Passcode: 7982339	Contact: Autumn 727 480 2200
MONDAY OA #48303	12:00 PM "Voices of Recovery"	Meeting ID: 756 6503 6069	Passcode: voices
	https://us02web.zoom.us/j/75665036069?pwd=SWIZU0YvUXBTNkl4SEFIVFhCaVNSZz09		
	Phone-in: +1 646 558 8656	Passcode: 868710	Contact: Anne G. 212 399 7099
MONDAY OA #89061	3:30-4:00 PM Newcomer Introduction & 4:00-5:00 PM For Today & Voices of Recovery	Meeting ID: 399 359 360	Passcode: fortoday
	https://us02web.zoom.us/j/399359360?pwd=QnB3L3ZUcVdFdVFPRIp3aTc0SW5DQT09		
	Phone in: +1 929 436 2866	Passcode: 690043	Contact: Rita S. 727 310 5760
MONDAY OA #01530	6:45-8:00 PM "Literature"	Meeting ID: 199 631 721	Passcode: 409818
	https://us02web.zoom.us/j/199631721?pwd=MklHSmZYM3dleXZYT1BOK25VdHZWQT09		
	Phone in: +1 929 436 2866	Passcode: 409818	Contact: Rita S. 727 310 5760
MONDAY OA #4788	7:00 PM "Speaker"	Meeting ID: 222 498 444	Passcode: 008551
	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 OA #54726	10:00 AM REBOS	Meeting ID: 849 1556 8631	Passcode: faith
	https://us02web.zoom.us/j/84915568631?pwd=ZGZnODJVQ0NzRC9DSGgrNC8wOUxEQT09		
	Phone in: 1-646-558-8656	Passcode: 726776	Contact: Donna D. 727 480 0865
TUESDAY OA #54346	7:00 PM "Mile Stretch"	Meeting ID: 864 6469 1462	Passcode: humility
	https://us02web.zoom.us/j/86464691462?pwd=eTNpbmZhcllQbnJSZHHUcEhrNVJSQT09		
	Phone in: +1 646 558 8656	Passcode: 49852475	Contact: Kathryn S. 727 204 2761
WEDNESDAY OA #10359	6:30 PM Beach Zoom	Meeting ID: 730 1090 2349	Passcode: Hope
	https://us02web.zoom.us/j/73010902349?pwd=Y0VENDNic0hWSTFrSDJFclRqSHZQUOT09		
	Phone in: +1 646 558 8656	Passcode: 470866	Contact: Linda H. 727 647 8280

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=NVd1Zjk5Q2puRTF3YXJOOVpXVGIOZz09>
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=MlVkamhocDUvRWtKR09TaFpJQStDQT09>
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=YUROSkh5ZUlzaTFuV09OVXRWM21tQT09>
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=TjUrSzJjQTc3TEhlbitQTE8rUFZzUT09>
Contact: Linda H. 727 647 8280

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)**