



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

Volume 16, Issue 7

July 2021

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NEXT PTI MEETING:

Saturday, July 17th - 12:00 PM

Join Zoom Meeting

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

Meeting ID: 859 3298 4082

Please join us ...

As Our Stories Attest ...

STEP 7 *“Humbly asked Him to remove our shortcomings.”*

Spiritual Principal: *Humility*

The very thought of again turning my will and my life over to the care of this unseen God seemed daunting. What if the removal of my shortcomings was slow or painful? What of my shortcomings of judgement, resentment, pride? How does it happen? How will I know. Trust in the process and program was all I had. I was following G.O.D good orderly direction. I was told each step built the next step and my bag of shortcomings was weighing me down.

So much of my disease of compulsive over eating was rooted in shortcomings and as Bill W. pointed out resentment fueled many drinking bouts. I ate so many times when I resented authority, privilege and unfairness. It started early in childhood and raged through almost sixty years of living. The Fourth Step opened me to the trigger behind the compulsive eating behavior. Now it was time to turn this over too.

These were some of the thoughts that crossed my consciousness as I spoke to God. How do I phrase the request was central. Like my early step of “coming to believe” and “admitting to God” this step required an active relationship with the power greater than myself.

On bended knee and with humility I put it to the test. “ God please remove my shortcomings, a.k.a. defects of character.” Then I was humbly required to wait. I had confessed in Step 6 that I was ready for the removal. Now I was giving it over to that power and trusting that God wanted the best from me and for me. Like my desire to eat over every emotion, which I address daily with HP, this piece needed a daily act of turning over. I rise and shine with surrender on my lips and heart. It is my relationship with the fellowship and the God of my understanding that moves the healing forward. On a daily basis, God awakens me to my judgement, resentment and pride. My awareness is all I receive, so I pray, “Bless them, change me,” knowing that it will be in my God given awareness that there will be healing and recovery. I pray and continue to row toward shore.

Rita S.
PTI

 **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



Chair Chatter - July 2021



Good morning!

I'm writing this small edition of Chair Chatter quickly, so I can get it to our webmaster on time. This month has been very busy with OA related events that I'm Chair of besides Intergroup. Our Intergroup has ratified our revised Bylaws and the document is up on the website. If you weren't part of the voting meeting reps, you can look at them at oapinellas.org. We have lots of information on our website!

The Intergroup has formed an ad-hoc committee for the Florida State Convention. Our job as an Intergroup, is to provide the decorations and entertainment. If you're interested in helping, please come to our Zoom Intergroup meeting on Saturday, July 17th at noon.

Our new and improved meeting list will be up on the website shortly. If your meeting has returned to F2F recovery, please let me or Shirley know so we can post the correct information. Please don't forget to change it on the OA.org site, as well.

I hope to see you at the next Intergroup meeting as a rep or visitor. Together We Can!

DATES TO MARK ON YOUR CALENDAR ...

July 4th: Our very own TSW "Stayin Abstinent thru the Holidaze" committee is having another zoom marathon starting at 6 a.m. til midnight. Come join Donna and Paul for OA recovery!

August 26th-28th: The World Service Convention will be held in Orlando. This event happens every 5 years and we are lucky to have it in "our own backyard". Register online and come join the fun! So far lots of us Floridians have registered, I'm excited to see old friends!

January 14th-16th, 2022: The Florida State Convention. I hope this will be the event that brings us all together after being cooped up with the COVID restrictions!



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.



Step 7

Humbly asked Him to remove our shortcomings.

Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions.

Concept 7

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.



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



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 ...**

PINELLAS COUNTY MEETING LIST

JULY 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=R0VVOXhg3k4RGhtUzNMdG1rSHI0UT09	Rita S.
Mon	7:00 PM OA#47788	FACE-TO-FACE	Speaker – Phone Meeting 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" ZOOM ONLY	Leader / Discussion	Meeting ID: 222 498 444 Password: 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=eTNpbzZhc1QbnJSZHHUcEhrNVJSQT09	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=NVd1Zk5Q2puRTF3YXJ0OVpXVG10Zz09	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=Y0VEiNDNlc0hWSTFrSDJFc1RqSHZQU09	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=MIVkaMhocDUvRWtIKR09TaFpJQSiDQ09	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 <i>(Downtown Dunedin)</i>	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 Meeting ID: 82565948873 Passcode: recover https://us02web.zoom.us/j/82565948873?pwd=YUR0Skh5ZUJzaTFuV09OVXRWM21tQT09	Mary Mc. (727) 319-4321 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

JULY 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=NjBOamRiRFovaEpGellPY3INVEVEZz09	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=TjUrSzJlQTc3TEhbitQTE8rUFZzUT09	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=ZTNKWREcDF2VTNlaVp0Zk1vOGRIQT09	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=TjUrSzJlQTc3TEhbitQTE8rUFZzUT09>

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://oapinellas.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.

