



PTI NEWSLETTER

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

Volume 16, Issue 3

March 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, March 20th - 12:00 PM

Join Zoom Meeting

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

Meeting ID: 842 8777 5266

Please join us ...

AS OUR STORIES ATTEST...

Step 3 *“Made a decision to turn our will and our lives over to the care of God as we understood Him.”*

PRACTICING STEP THREE IS LIKE THE OPENING OF A DOOR.

Love and Abstinence



I tried to fill the hole inside myself with food, and by doing so hurt myself over and over. I was insecure, and always in a war with food and with myself. I thought myself unattractive unless I could achieve an impossibly low weight. I envied other women who led lives I thought I wanted and was always seeking the approval of others. I wanted a romantic male partner to take care of me financially and satisfy physical needs, but I could not even take care of myself, and sex left me feeling disappointed. I was unable to fully engage in intimate relationships and held on to old anger and hurts.

By becoming abstinent I gave away the thing that I abused myself with and replaced it with the fellowship of the spirit and a deeper relationship with God. Over time, I began to embrace self-acceptance, love, and inner peace through letting go of expectations and self-destructive behaviors. I became aware of the ways I judge and punish myself, knowing that I can also turn this against other people. Through relationships with my sponsor, other OA's and those I sponsor I engage in healthy interactions and both give and receive understanding and care. I've grown in my ability to trust and believe. Strained relationships with family members have begun to heal. I can practice tolerance and

lovingly care for pets that have been with me for years now. By letting go of food and working the steps I live on a more fully spiritual basis, content in the belief that my Higher Power provides all that I need.

In the past I learned that love was less about feelings and more about actions, and this was mostly directed outward. Today I express love by taking care of myself – by weighing and measuring my food, talking with my sponsor and attending meetings, avoiding over-exercise and physical pain, keeping up with hygiene and tending to my appearance. I am more open to recognizing accomplishments and positive traits and receiving compliments. I express love to others including family by refraining from judging and oversensitivity, being patient and tolerant of behaviors seem disruptive or disrespectful, and by reaching out with small acts of kindness. I say “yes” to life and show up when it would be more comfortable to retreat. I put back into my recovery programs and society by being responsible for my actions, avoid acting on anger, and give of myself in ways that benefit of others. Do I do these things perfectly? Definitely not. But to the extent that I keep conscious contact with my Higher Power and pursue spiritual fitness I am rewarded with abstinence, peace of mind, and the ability to love.

Anonymous PTI Member • March 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 ~ March 2021



My, my, where does the time go? Here we are in March!

I hope everyone is doing well and staying safe. We had a quiet month. The Valentine's Day marathon was a blast, thanks to the TSW Holiday committee!

There is a St. Paddy's Day Zoom-A-Thon on Sunday, March 17th from 6 a.m. til 6 a.m. Monday. If you want to volunteer, call or text Donna at (727) 480-0865. A flyer is included in this newsletter.

The Bylaws Committee has finished their review of the bylaws, and has updated some of them because of practices that are not done in our intergroup. We have added what is the new practices are order to keep our bylaw updated.

The out reach is going strong with the two new newcomers meetings. As you may not know, the Monday 3:30 was Zoom bombed (people were coming in and disrupting the meeting). Rita decided to close the meeting. When I get an update on a new one I will announce it.

Florida State Convention will be happening January 14-16, 2022. Our Intergroup is responsible for the decorations and entertainment. I am the Chair of the FSC and 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.

World Service Convention is in August. We haven't gotten word yet from the Trustees if this is going to happen. I am the Vice Chair of this convention so I am a pretty busy lady lately. It's all good. It keeps me out of trouble. :)

See ya all on Zoom - Saturday, March 20th at 12 noon.

Hugs,
Linda



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

THE ROAD OF HAPPY DESTINY

March 19th - 21st • Nashville, TN



SOAR8 RECOVERY CONVENTION

For more info, please visit OARegion8.org.

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.



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



Southeastern Overeaters Anonymous Region 8

Spring 2021 - Business Assembly

is **VIRTUAL** via Zoom . . .

April 9th & 10th

For more info, please visit OARegion8.org.



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

St. Patrick's Day 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.

Wednesday, March 17, 2021, 6 am til midnight, Eastern Time, USA

PLEASE just click this blue link:

[To volunteer to be a speaker/leader, Just click these blue letters](#)

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



PLEASE EMAIL THIS ON (to **Join the mailing list:** email me, CallMeOrText@gmail.com) PLEASE EMAIL THIS ON
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All welcome! Please join us. This is for you!



St. Patrick's Day OA 18 hour 16 Speakers-Zoom-A-thon

STAYING ABSTINENT thru the Hol-i-daze

Wednesday, March 17, 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

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

To phone in, find your local phone number here: <https://us02web.zoom.us/j/9599591828?pwd=SlhCSGJmbjhh1UEhrd0dmVWU3NENGZz09>

OR JUST CLICK THESE BLUE LETTERS LINK:

<https://us02web.zoom.us/j/9599591828?pwd=SlhCSGJmbjhh1UEhrd0dmVWU3NENGZz09>

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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=ZTNKWREcDF2VTNlaVp0Zk1vOGRIQT09>
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 ***UPDATED*** **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=Tk5DdE1hWFILdWJ0RGJnbFUzOVJMQT09>
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=Y0VENDNic0hWSTFrSDJFc1RqSHZQU09>
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=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=VWhlY2lpWWVR3M3NtbTFjY09hQk5yUT09>
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=TjUrSzJjQTc3TEhIbWtQT09>
Contact: Linda H. 727 647 8280

Revised: 3/25/21

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)**