



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

Happy Halloween!!!

Volume 16, Issue 9

October 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, October 23rd - 12:00 PM

Join Zoom Meeting

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

Meeting ID: 859 3298 4082

Please join us ...

Make It An Affirmation ...

Promises Power - I have been in recovery a little over a year and I am 45 pounds (20 kg) lighter. This change in weight brought me a healthy body for the first time in my life and a complete change in how I live. Daily affirmations are a huge part of my recovery, and they're one of the best ways I've found to connect to my Higher Power. A special favorite is a rewording of the promises (Alcoholics Anonymous, 4th ed., pp. 83-84) as an affirmation:

I am happy to be painstaking about this phase of my development, and I am amazed before I am half way through. I am knowing a new freedom and a new happiness. I do not regret the past nor wish to shut the door on it. I am comprehending the word "serenity" and I am knowing peace. No matter how far down the scale I have gone, I see how my experience can benefit others. That feeling of uselessness and self-pity is disappearing. I am losing interest in selfish things and gaining interest in my fellows. Self-seeking is slipping away. My whole attitude and outlook upon life is changing. Fear of people and of economic insecurity is leaving me. I am intuitively knowing how to handle situations which used to baffle me. I am suddenly realizing that God is doing for me what I cannot do for myself. These promises are materializing as I work for them!

These words have such power. They give me strength to carry on with my Step work, be of service, and learn a new way of living. I'm so grateful to Overeaters Anonymous for the opportunity to live in the promises, one day at a time!

-Lori, Ventura, California, USA
Lifeline, October 2016, page 15



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

Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Sponsored by the ...



REGION 8 FALL CONVENTION AND ASSEMBLY

OCT 15-17
All Virtual!



UNITY WITH DIVERSITY IN RECOVERY

bit.ly/oa8con

\$25
Scholarships available!

Register and more information at bit.ly/oa8con
Questions? Contact Bonita D. at 404-923-0042
or email gaoaig.convention@gmail.com

STAYING ABSTINENT thru the

HOL-I-DAZE

Zoom-A-Thon



October 31, 2021

7AM - MIDNIGHT

FULL DETAILS AVAILABLE ON OUR WEBSITE - OAPINELLAS.ORG

Donations

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



Please refer to oapinellas.org for the latest Pinellas Traditions Intergroup meeting minutes treasurers reports and upcoming events...



Chair Chatter - October 2021

Hello Everyone,

Welcome to the Fall! I don't know where the summer has gone. The last two weeks in August and the first two weeks in September went by so fast. I had my family here. I went on a cruise, and did some other fun things. So much fun I forgot to write the chair chatter for the September newsletter!

As you may already know the Florida State Convention is canceled. We are looking towards 2023 for a wonderful convention if the intergroups are still interested in participating.

Our Trustee, Andi S. resigned in August for health reasons. I will be sitting in, as a former Trustee, at the SOAR 8 Business Assembly at the request of the Region Chair, Katrina S.

Our Intergroup is holding elections in November for Chair and Secretary. You can apply by filling out an application found at OApinellas.org under documents. Applications are due to me by October 18th. I will forward them to the nominating committee.

Our Vice Chair, Shirley, has been hard at work with the Region 8 Tech Web, taking over the position of Tech Web Chair. Lots of work goes into having the Business Assembly online. She also has started a sponsor list for our Intergroup. The email went out in September, please consider signing up.

Our next Hol-i-daze zoom-a-thon is scheduled for Halloween, October 31st. Back in the day we used to refer to it as the start of the trifecta for the compulsive eater. Halloween, Thanksgiving and Christmas/Hannukah. Nice to have these zoom-a-thons so readily available to us. Thank you, Donna D. and Paul B., our TSW committee!

I sent out a call and a challenge to do a little bit of service. COVID has held us back from getting out the word about OA. Shirley made four flyers about our "text to number" for information about OA. My challenge is to make a copy of each flyer and place it on a community bulletin board in your area, a library, grocery store, maybe the gym you belong to, anywhere you might find one of these boards.

Lastly, due to the SOAR Business Assembly being the weekend of our usual Intergroup meeting, our meeting will be changed to Saturday October 23rd at noon. Please mark this on your calendars. Everyone is invited. Come see us. It's so easy. No traveling. You can attend from the comfort of your home!

Hugs,
Linda

PINELLAS TRADITIONS INTERGROUP MEETING LIST

OCTOBER 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 OA#89061	ZOOM ONLY	Newcomer Meeting	Meeting ID: 856 2432 8688 Passcode: 981506 https://us02web.zoom.us/j/85624328688?pwd=R0VV0Xhqc3k4RghUzNMdG1rSHl0UT09	Rita S. (727) 310-5760
Mon	6:45 PM OA#01530	ZOOM ONLY	Leader / Discussion	Meeting ID: 199 631 721 Passcode: 409818 https://us02web.zoom.us/j/199631721?pwd=MkIHSmZYM3dleXZT1BOK25VdHZWQT09	Rita S. (727) 310-5760
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>	Stephanie (727) 641-3437
Tues	10:00 AM OA#54726	ZOOM ONLY	Daily Readings Open Discussion	Meeting ID: 849 1556 8631 Passcode: faith https://us02web.zoom.us/j/84915568631?pwd=ZGZnODJvQ0NzRC9DSGgrNC8wOUxEQT09	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	Meeting ID: 864 6469 1462 Passcode: humility https://us02web.zoom.us/j/86464691462?pwd=eTNpbzZhc1QbnJSZHNhUcEhrNVJSQT09	Kathryn S. (727) 204-2761
Wed	10:30 AM OA#57239	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	Meeting ID: 841 6112 6101 Passcode: newbe https://us02web.zoom.us/j/84161126101?pwd=NVd1Zjk5Q2puRTF3YXJOVpXVGI0Zz09	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=Y0VEVDNlc0hWSTFrSDJFc1RqSHZQU09	Donna D. (727) 480-0865
Thur	10:30 AM OA#53015	Hope ZOOM ONLY	All Literature	Meeting ID: 823 0363 0921 Passcode: love https://us02web.zoom.us/j/82303630921?pwd=MlVkaMhocDUvRWtKR09TaFpJQS1DQT09	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: 825 6594 8873 Passcode: recover https://us02web.zoom.us/j/82565948873?pwd=YUR0Skh5ZUlzaTFuV09OVXRWM21tQT09	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=VWhlY2lpVWVR3M3NtbTFjY09hQk5yUT09	Pat G. (727) 784-3375

PINELLAS TRADITIONS INTERGROUP MEETING LIST

OCTOBER 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=NjBQamRiRFovaEpGelllPY3INVEVEZz09	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	Cora L. (813) 956-4642
Sat	7:45 AM OA#36776	ZOOM ONLY	Step 11	Meeting ID: 277 327 215 Passcode: 785835 https://us02web.zoom.us/j/277327215?pwd=bU5WR1FsZUpwQWJvUjNzR04yM3pidz09	Rita S. (727) 310-5760
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 Meeting ID: 842 6203 9443 Passcode: Bigbook https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTFOdWtyMWFQT09	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=TjUrSzJjQTC3TEhbitQTE8rUFZzUT09	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	6:00 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=TjUrSzJjQTC3TEhbitQTE8rUFZzUT09>
 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>