

PTI Newsletter
Pinellas, Pasco and Hernando County
Overeaters Anonymous InterGroup
August 2024



A Member Shares...

I am JC, a compulsive overeater and bulimic. It is my experience I was born with this disease and showed signs of an allergic reaction to sugar as an infant. I wouldn't understand that until I was in my late 30s.

I struggled with food and being overweight my entire life. I was isolated for much of my adolescence. My disease progressed in college to purging, although there was one incident of purging in the fourth grade. After college, I moved to Florida to follow a boy. That relationship did not work out, which is when the purging took off becoming daily.

After several months of working with a therapist, by the grace of God, he had the humility to say "I don't know how to get you to stop purging, try going to these meetings." Thank you to the PIPO committee member who gave that professional an OA flier. That service saved my life. I started going to OA around 2002 but would not surrender for another 8 years. Things had to get much worse for me to get the gift of desperation. I went to a treatment facility that was based on 12 steps and took me and my fellows to OA meetings. There I learned to have the structure of planning, committing, shopping, cooking, and weighing my food. And just as important, the structure of the daily sponsor calls, outreach calls meetings, writing, and rigorous honesty. I give a great deal of service to OA in meetings, intergroup, region, and WSBC levels. It is my honor to be our current Region 8 Secretary and I truly enjoy working with the group of people on the Region 8 Board. I want to highlight a few opportunities for OA members to attend events beyond the group level. It is my privilege to have attended various regional assemblies, World Conventions, and the World Service

Business Conference. Making the effort to attend an OA event bigger than my local meetings has helped me understand, that I am part of a worldwide fellowship of OA'ers sharing experience, strength, and hope to save the life of the next compulsive eater. At the Boston OA World Convention, I met my sponsor. We live in different states and have been growing together on the road to recovery for 11+ years. I was graced with the chance to speak at a workshop on the topic of traditions at the World Convention in Cleveland. Going to an OA event outside my local area has allowed me to hear speakers I would never have met otherwise. The variety of stories with the common theme of the same disease and, the same solution helps me recommit to my program for more than a decade of abstinence. I encourage everyone to attend the Region 8 Convention in Deerfield Beach/Boca Raton Florida September 20-22, 2024. See the Region 8 OA website assembly page for registration information. The business assemblies are hybrid but the recovery convention is in person only. Even more exciting is the news that OA will be hosting the next World Service Convention in Orlando from August 21-23, 2025. The convention will never be closer to us. Finally, with all these great opportunities, I am reminded of my deep gratitude for the 12 steps of OA when I pick up the phone and talk to a newcomer.

-JC

Delegate to WSBC 2024

**NEWS: New Book offered by OverEaters Anonymous
Diverse Voices**

For more information, click [here](#)

Also available in Kindle

Meeting Highlight: Sun 6:00 PM Beginner's Meeting (In Person)

Step Study

Gulfport Neighborhood Center, 1617 49th St. S. Gulfport, FL



WOW (We Offer Wellness)

Recovery Inspirations brought to you by **Michele M., Palm Harbor**

PATIO: Pause And Turn It Over

This Month's Anagram: RELAPSE = PEARLS of E

What PEARLS of Experience can I learn for self awareness and care from this relapse?

SuRRender...

In suRRender, the 3rd and 4th letter are RR.

When I suRRender, my Higher Power gives me Rest and Relaxation.

PTI's QR Code



RoundTable

Each month our readers share their thoughts

Devorah V.: A Phenomenal Retreat at the Franciscan Center

Dear Fellow OA'ers –

I attended the PTI Retreat at the Franciscan Center last weekend. I went there with virtually no expectations. (I didn't want to risk being disappointed just in case.)

Over the years, I've attended many such weekends. Some were outstanding and others were less memorable. It is said somewhere, that there are no bad meetings. There are also no bad retreats. There is always a choice to make the most of any situation, retreats included, and in so doing, MY experience of the experience can be altered from lemons (sometimes) to lemonade.

The PTI Retreat, was NO LEMON, and making lemonade was totally unnecessary. I came back from the retreat infused with a greater enthusiasm for program, in general, and my own recovery in particular, and that of my fellows. I was truly inspired. The retreat had it all.

There was a very successful warm up exercise where we got to know each other in small groups participating in a very fun activity. Ask someone who was there, "what date was OA founded?"

There were several panel type meetings and also smaller "night owl" meetings. Not only that, on Saturday night, there was a really terrific skit performed by our very own members and it was HILARIOUS!!! I haven't laughed like that in a long time! Often times, on the Saturday night of these retreats, I opt out and stay in my room, but I didn't do that this time, and I'm so glad I participated. It was thoroughly enjoyable.

Will, our PTI chair, organized an activity/presentation about the tools (using REAL tools) and about service and I left this retreat ready to DO service where I can, when I can. All the tools were presented and shared about and several attendees stepped up by completing a Service Opportunity Card and submitting it to PTI for future service.

Well, that's it for now. I encourage everyone to attend retreats in the future. Usually full or partial scholarships are available if the cost would prevent you from going. Think about it and think about doing service. Your recovery depends upon the service someone else did.

yours in recovery

**-devorah v.
current vice-chair of PTI**

Robin L.: Resentments

One of the most important lessons I've learned about recovery is the critical role of managing resentments in maintaining abstinence.

Resentment is often described as the most toxic emotion for recovery, and I've found this to be true. I never realized how a subtle undercurrent of resentment can perpetuate cravings.

Now, when I experience cravings, I check to see if I'm harboring any resentments. A coach once told me, "If you have a resentment, it's because you didn't set a boundary." This insight was profound. I've discovered that whenever I feel resentment, it's usually because I didn't voice my needs and instead had unrealistic expectations of someone else.

To counteract resentment, I gain clarity on my needs and ask God for the courage to communicate them effectively. I also ask for help in releasing any resentments (yes- sometimes I like holding on to them!) —By practicing acceptance and forgiveness, I can let go of these resentments and have peace.

**-Robin L.
PTI Secretary**

Claudia S.: Waves of Recovery

Attendance at the Pinellas Traditions Retreat at the Franciscan Center on the beautiful Hillsborough River was highly recommended to me by my first sponsor when I first came into Overeaters Anonymous. She said, “You have to make this retreat. It will help you with this program.” I went that first year and the subsequent two years after. Every year seemed to get better and I met so many people from other areas. It was uncomfortable at first, because the area I am from has limited meetings, and the attendance through the few years I had attended was sparse. Yet, the second year I went I saw familiar faces and it became easier and more supportive. The last couple of years because of circumstances I have not been able to attend. This year, however, a couple of people from my local face to face meeting were able to go. The energy and recovery they received at the 2024 retreat spilled out into our local group after the event weekend. They obviously had fun and got more information and new experiences with the process of recovery. I could tell they fine-tuned their tool kits over the weekend. Their experiences at the retreat were not conveyed in details as much as the excitement they had for the program. The retreat energy rolled out like a current throughout the group. I could see the growth spurt that occurred for each of them. Gratitude to the hard working committee that put on the retreat. Even though I could not attend I received the gift of love that is promised when we continue to show up. It again confirmed for me the slogan that is repeated by so many, “Together we get better!”

**-Claudia S.
Region 8 Delegate 2024**

Donna D: I’ve often thought of adding a section to a newsletter for us all to share something I call a “keeper.” It might be something that I hear at a meeting that I keep and use forever. Here’s one of my favorites. I’ve used this for decades. “Don’t expect sane behavior from crazy people.” This keeper has given me a lot of serenity through acceptance and humor.

**-Donna D.
Zoomathon Co-Host**

JC: August 2024 Step 8 - "Made a list of all persons we had harmed, and became willing to make amends to them all."

I have found forgiveness to be vital in this step. One of my most difficult amends to make during my step nine process was to my father. I found meditating every day for months helped. I imagined myself and my father sitting across from each other with our own Higher Powers each above our heads. There was a dotted line running between the two Higher Powers as they communicated. I don't know what was said but it helped.

**-JC
Delegate to WSBC 2024**

Adele's Corner:



Overheard...A new arrival was being given the tour around heaven. The guide opened the door to each room and they looked inside to find a group of people with something in common. Most seemed quite happy. At some point the guide cracked open one door only slightly and they peered inside. There was a lot of laughter and shenanigans with everyone talking at once. The guide said in a quiet voice "These are our recovering compulsive overeaters". The new arrival said "They seem to be having a great time. But why are you whispering?" The guide said "Because they think they're the only ones here!"

From Our Literature:

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

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

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

This Month's Tool: Literature

We read OA-approved literature, which includes numerous books, study guides, pamphlets, wallet cards, and selected Alcoholics Anonymous texts. All this material provides insight into our disease and the experience, strength, and hope that there is a solution for us.

OA Pamphlet Highlight: The Twelve Concepts of OA Service

The Twelve Concepts of OA Service explains the foundations of OA service, such as unity, trust, delegation, dialogue, and more

The Concepts help OA members, groups, and service bodies apply the Steps and Traditions effectively in their service work. They help define and guide the practices of our OA service structures so they may conduct the business of OA.

Click [here](#) to go to oa.org to order the pamphlet.

Quick Links:

Looking for a Sponsor? Click [here](#)

Willing to be a Sponsor? Click [here](#)

Interested in Service? Click [here](#)

Join the PTI Mailing List - click [here](#), then scroll down slowly

PTI Meeting List? Click [here](#)

Upcoming Events? Click [here](#)

Our OA Responsibility Pledge

“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

Upcoming Events:

Sunset Cruise at 7:00pm, Friday, August 23rd

Brought to you by your PTI Twelfth Step Within Committee to celebrate OA's Sponsorship Weekend. Leaves from Odyssey Cruises at the Sponge Docks in Tarpon Springs. \$21 donation per person, significant others are welcome. Use the DONATION link [here](#) and please add reason "SUNSET CRUISE".



Must RSVP to Shirley by August 12th. Call or text: (727) 916-2199 saquig357@gmail.com. Complete details available [here](#).

IMAGE USE IN OA MATERIALS

Join Region 8's Technology Committee in learning more about how to use images when creating flyers, websites, and more. We'll cover the basics of copyright law, review the different types of licenses that may be involved, and give examples of how to:

- Find images online
- Give credit to the creators
- Follow the rules set forth in the licenses.

When: August 25th at 3:00 PM Eastern

Direct Link: <https://us02web.zoom.us/j/86471512846?pwd=BGvdoBRao1QqChnAgDWMBwPRPFXXre.1>

Meeting ID: 864 7151 2846

Passcode: 495549

Monthly PTI InterGroup Meeting

Tuesday, August 27th

7pm-8:15pm

Meeting ID 840 2699 8998

Security Passcode: service

Invite Link: <https://us02web.zoom.us/j/84026998998?pwd=UTBzSjVsTWtzbFNoUEhXcjBaeEdxZz09>

SOAR8 FALL RECOVERY CONVENTION & BUSINESS ASSEMBLY

September 20 - September 22

Deerfield Beach, Boca Raton, Florida

Convention is in-person only. Just the Business Assembly is hybrid.

SOAR8 ASSEMBLY REGISTRATION FLYER CLICK [HERE](#)

“WINDow” and Open-UP The STEPS VERBiage Workshop

1pm-3pm Sept 28th, 2024

Palm Harbor Presbyterian Church

2021 Nebraska Avenue, Palm Harbor, FL 34683

Save the date...

Overeaters Anonymous World Service Convention 2025

Theme “Walking in the Sunlight Together”

August 21-23, 2025

Renaissance Orlando at SeaWorld®

6677 Sea Harbor Drive

Orlando, FL 32821 USA

Phone: 407-351-5555

If you are interested in sharing your story in our monthly Newsletter or have any type of submission appropriate for inclusion, please send an email to chair@oapinellas.org or call our hotline (727) 279-5630.

Note: All graphics in this newsletter were generated using AI tools or downloaded from royalty-free sources. -Will F.



Pinellas Traditions Intergroup

PINELLAS TRADITIONS INTERGROUP MEETING LIST

July 2024

PLEASE NOTE: All meetings are open meetings unless indicated otherwise.

** Closed Meetings (OA members only)

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	Palm Harbor Presbyterian Church 2021 Nebraska Ave. Palm Harbor, FL Go to double doors and ring the doorbell to be let in.	Martha (727) 455-5856
Mon	12:00 PM OA# 801411	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
Tues	10:00 AM OA# 54726	FACE-TO-FACE	Daily Readings Open Discussion	REBOS 5639 54th Ave. N. Kenneth City, FL	Cindy B. (813) 454-7941
Tues	5:30 PM	FACE-TO-FACE	Step/Traditions Meeting	Sabala Plaza 14100 Walsingham Rd., Suite 32 Largo, FL 33774	Kelly D. (727) 542-4525
Wed	10:30 AM OA# 57239	FACE-TO-FACE	Literature Meeting	WELCOME HOME OA AT THE DRY DOCKS Dry Dock Center 1733 S Pinellas Ave. Tarpon Springs, FL	Linda (813) 545-0841
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=Y0VENDNic0hWSTFrSDJFc1RgSHZQU09	Donna D. (727) 480-0865
Thur	10:00 AM OA# Pending	NEW Meeting FACE-TO-FACE	Literature	Sunshine Health, Conference Room 5035 US Highway 19 New Port Richey, FL 34652	Shirley Q. (727) 916-2199
Thur	5:30 PM OA# 49784	Steps to Freedom FACE-TO-FACE	Focusing on Recovery through the Steps and Traditions	St. Cecelia's Church, Room A 820 Jasmine Way Clearwater, FL	JC (813) 240-8572
Thur	5:30 PM OA# 800155	Steps to Freedom ZOOM ONLY	OA & AA 12 & 12 Step Study	Meeting ID: 222 498 444 Passcode: 008551 https://us02web.zoom.us/j/222498444?pwd=TK5DdE1hWFILdWJ0RGJnbFUzOVJMQT09 Meeting closes to additional members joining at 5:45 PM EST to limit intruder activity.	Stephanie (727) 641-3437
Fri	10:00 AM # 57404	FACE-TO-FACE	Downtowners	140 4th St. N St Petersburg FL 33701 Entrance is on 2nd Ave. N. Some parking is available in the lot across the street. Metered parking is also available. Come up the ramp to side door.	(727) 310-5760

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July 2024

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Fri	12:00 PM OA# 801412	Message Carriers ZOOM ONLY	Open Discussion	Meeting ID: 828 2766 5988 Passcode: oarocks https://us02web.zoom.us/j/82827665988?pwd=NjBOamRiRFovaEpGellPY3lNVEVEZz09	Ann G. (212) 399-7099
Fri	1:30 PM OA# 08937	New Beginnings FACE-TO-FACE	Literature	St. Andrew's Episcopal Church - Colton Hall 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, FL	Judy C. (201) 259-3924
Fri	7:00 - 8:15 PM OA# 09412	PTI Meeting ZOOM ONLY	4 th Tuesday Only All OA's welcome	Meeting ID: 859 3298 4082 Passcode: 259647 https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJlQTC3TEhIbitQTE8rUFZzUT09	Will F. (407) 580-8187
Sat	8:00 AM OA# 36776	ZOOM ONLY	Step 11	Meeting ID: 878 7335 5684 Passcode: step11 https://us02web.zoom.us/j/277327215?pwd=bU5WR1FsZUJwQWJvUjNzR04yM3pidz09	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, FL	Pat G. (727) 784-3375
Sat	10:30 AM OA# 27235	Saturday Serenity ZOOM ONLY	Big Book	Meeting ID: 842 6203 9443 Passcode: Bigbook https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTF0dWtyMWFQT09	Cora L. (813) 956-4642
Sat	12:30 PM OA# 52497	Clearwater Men's ZOOM ONLY **	Men's Meeting	Meeting ID: 837 9983 1583 Passcode: Recovery https://us02web.zoom.us/j/83799831583?pwd=eVrakkxYVVBUBWVCRVZTaktFa05ydz09	Joel (727) 560-2634
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	N/A
Sun	6:00 PM OA# 49012	Beginner's Meeting FACE-TO-FACE	Beginners / Step Study	Gulfport Neighborhood Center 1617 49th St. S. Gulfport, FL	Judy C. (201) 259-3924

Pinellas Traditions Intergroup meets the 4th Tuesday of each month 7:00 – 8:15 PM
Meeting ID: 804 2699 8998 Passcode: 259647

<https://us02web.zoom.us/j/84026998998?pwd=UTBzSjVsTWtzbFN0UEhXcjBaeEdxZz09>

Visitors welcome and service positions are available.

Contact: Will F. (407) 580-8187

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>