

# **PTI Newsletter**

## **Pinellas, Pasco & Hernando Counties Overeaters Anonymous InterGroup December 2024**

### **Pride goeth before the Fall**

In December of 1987, I walked into my first 12 step meeting of Alcoholics Anonymous and I never left. I fell in love with the 12 steps and the fellowship. But, abstinence from alcohol and unhealthy relationships opened the door to another soul sickness that was lying in the weeds waiting to bite me. I had always had issues with food and more than that, I hated myself and how I looked.

This predator was vicious. It was always there no matter whether I was thin or fat. I had periods of both over the next 25 years that I tried to overcome my compulsive overeating and the self-hate that ate away at my soul.

Like it says in the Big Book of Alcoholics Anonymous, I tried various remedies to fix the problem. I had ballooned up to 250 lbs and was maintaining a size 22. I would lose a few pounds and then slowly gain them back. I had succumbed to the idea that this was how it was going to be and I could actually look in the mirror some days and fool myself by saying I was just fine. I have learned over the years that I have an infinite capacity for self-deception.

In 2011, I landed the job that I had dreamed about for years. I was the Director of a 50 bed residence for newly recovering women from substance abuse. I had worked hard on myself, so I thought, and I was ready for this new challenge. I loved it. I gave my heart and soul to the women who lived with us. My bingeing became worse and worse and it went from weekends to nightly. I would close the blinds, turn off my phone and order large amounts of take out and eat until I knocked myself out and then when I woke up I was in such a fog that I didn't feel the stress of my life. The job that I wanted so badly almost took me out. I became my job and without it, who would I be? After all, I was Miss Cindy, the Director.

In the summer of 2016, I was at my desk one day and had a thought that would be the catalyst to abstinence from compulsive overeating. Out of nowhere, my brain said, "maybe a heart attack will stop you". I knew that I had heard the voice of Truth and the next thought was that maybe I should think about going to treatment. My disease fought back hard and said, that's CRAZY! Why would someone who has 28 years of sobriety in a 12-step program think about going to treatment! What would people think about me and I couldn't possibly take that kind of time away from my job. My disease was screaming at me and my God was screaming even louder. My God was in a battle for my life

On October 10th, 2016, I entered treatment for an eating disorder. I thought for sure they would send me home because after all, I wasn't that bad. Actually they ended up keeping me a week longer because they were really concerned about me returning to my job and being able to stay abstinent. The first thing they told me at treatment was, I was not the "Director" here. Wow! What a blow! Obviously they had my number and I surrendered on that day and have been abstinent since.

I don't believe that going to treatment is necessary for everyone, but for me I needed that ego deflation at depth and God gave me the gift of desperation. I worked that job for three more years and retired in 2019.

I will be 70 in a few months and I pray that I can continue this path of recovery. I have a life today that is definitely beyond my wildest dreams and if I had tried to predict what it was going to be like, I would have short suited myself. Life is not without its troubles, but today with the help of a loving God and the fellowship of Overeaters Anonymous, I live life to the best of my ability doing God's will one day at a time.

- Cindy

### **Guess what?**

The Monday and Friday OA noon online Zoom meetings are now eating lunch right on screen, uh oh! So, they each are now an Eatin' Meetin' Woo Hoo!!! Yes, we can eat on screen without disastrous results. Or, come without food, of course.

- Donna D

## **And acceptance is the answer to all my problems today**

I was engaged in an outreach call with an OA fellow and we were just discussing how we each were recently doing in general and more specifically in relation to getting through the hurricanes and the holidays.

Somehow the conversation turned into each of us sharing our experience, strength and hope and how we were using the program to function and maintain ourselves and our recoveries in the present.

And then I mentioned how I had hoped to be able to write something for the newsletter this month and that as a result of the conversation, I knew what I would write about, and it's this.

There have been so many occasions over the last three months where using the tools of the program was essential for maintaining even a semblance of physical, emotional and spiritual sobriety (aka abstinence and/or recovery)

But the bottom line of it all is that part of the Serenity Prayer which asks for the serenity to accept the things I cannot change.

Do I need serenity in order to accept the things I cannot change? I'm not sure if serenity is what I need in order to accept the things I cannot change, but, I am certain that doing it, accepting the things I cannot change, is, if not THE Key to a sane, happy and useful life, is ONE of the KEYS to a better life, better than I could ever have imagined without it.

It was during the retelling of how I had been managing over these last few months to my OA friend during this phone call when I realized that I was walking the walk, and actually doing what the program has been teaching me to do all these years, which was, to do the best I can with integrity.

I'm not as "recovered" as I would like to be, but, I am much better than I had ever imagined I could be.

This is a direct result of learning and believing that I must accept what is for what it is and in response, do the best I can with love and acceptance. This is an amazing program. It works if you work it.

- Devorah V.

## Holidays

The holidays are upon us. In the past, I used the holidays as an excuse to cheat on my diet. Today, I know I am not on a diet. I am powerless over food and I have an allergic reaction to certain foods and food behaviors that will never cease.

Here are a few thoughts on how to stay abstinent during the holidays.

1. Remember step one. Powerlessness over food does not take a holiday and neither can my program.
2. Get to meetings. Perhaps attend one of OA's many holiday phone or online marathons.
3. One day at a time. I don't need to get through the whole holiday season all at once. I can take it one day or one hour at a time.
4. Phone calls are still important. When we are with family we may tell ourselves we can't take time to call, or not want to bother someone. Plan a time to call a fellow before the holiday and keep the commitment.
5. Have a plan and follow it. It's my responsibility to ensure I have abstinent food, not any of my relatives. If it's not clear, bring your food.
6. Carry some literature with you. It's great to have a wallet card of OA wisdom in your pocket.
7. Keep the true meaning of the holiday. What are you actually celebrating?
8. Reach out to a newcomer. Those first few years of abstinence during the holiday were harder. Call someone new and offer experience, strength, and hope.
9. Plan something special when others are eating food not on my plan. I once had a delightful holiday entertaining the baby while everyone was eating in the middle of the afternoon.
10. Focus on gratitude

-JC

## Did you know....

**Did you know that Overeater's Anonymous has received feminist criticism because OA encourages women to admit their powerlessness over binge eating and bulimia.**

**- Brought to you by Cindy B.**

## **From Our Literature:**

**Step Twelve:** Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

**Tradition Twelve:** Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

**Concept Twelve:** The spiritual foundation for OA service ensures that:

- a. No OA committee or service body shall ever become the seat of perilous wealth or power;
- b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- c. No OA member shall ever be placed in a position of unqualified authority;
- d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
- e. No service action shall ever be personally punitive or an incitement to public controversy; and
- f. No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

### **This Month's Tool: Anonymity**

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities (Tradition Twelve). Anonymity assures us that only we, as individual OA members, have the right to make our membership known to others. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members (Tradition Eleven).

Within the Fellowship, anonymity means that whatever we share with another OA member will be respected and kept confidential. What we hear at meetings should remain there.

### **OA Pamphlet Highlight: Many Symptoms, One Solution**

Our symptoms vary, but we share a common bond. This flyer shows new and potential OA members that even though compulsive eaters differ, all can find recovery in our program. Click **[HERE](#)** to go to oa.org to order the pamphlet.

# Adele's Corner

Overheard... "Your heart is a palace, but you live in your head. You own a vast mansion yet you sleep in the shed."

- colleete o'mahoney



**Word Find:** - Words are from 12th Step, Tradition and Concept...

<b>Awakening</b>	<b>Result</b>	<b>Practice</b>	<b>Message</b>	<b>Spiritual</b>
<b>Carry</b>	<b>Principles</b>	<b>Foundation</b>	<b>Prudent</b>	<b>Reserve</b>
<b>Unanimity</b>	<b>Thought</b>	<b>Action</b>		

Words can go in **any** straight line direction (Up, down, left, right, diagonal up, diagonal down). The answer is at end of newsletter, just before the meeting list.

Y	I	B	O	Y	S	L	J	H	N	R	K	P	A	S
O	S	C	R	O	F	E	P	O	E	Y	L	R	W	T
D	N	R	Y	H	G	O	I	S	E	M	R	U	A	H
E	A	G	C	T	P	T	U	M	H	E	S	D	K	G
C	G	L	W	Y	C	L	R	N	S	X	L	E	E	U
Y	R	A	J	A	T	C	I	E	D	P	A	N	N	O
D	O	R	S	Y	M	Q	R	V	J	A	U	T	I	H
V	P	R	N	S	X	V	A	M	P	B	T	Q	N	T
K	Y	I	V	Y	E	Y	U	M	Y	Z	I	I	G	K
W	X	F	C	N	M	M	H	T	X	P	R	K	O	J
P	R	I	N	C	I	P	L	E	S	I	I	B	T	N
E	C	I	T	C	A	R	P	U	Q	H	P	S	B	M
B	Y	T	I	M	I	N	A	N	U	F	S	L	M	B
C	M	C	P	C	X	F	V	D	H	C	E	I	Z	X
I	W	W	O	X	N	U	W	F	F	D	K	N	A	K



## **WOW (We Offer Wellness) Brought to you by Michele M.**

**“Don’t leave before the miracles happen!”**

BINGE is a miraculous word!  
Watch its “spiritual psychic change.”

BINGE refers to “what it was like” and all the research I conducted.  
“What was it like?” A maniacal and numbing binging and overexercising  
exhausting self-will cycle- my spiritual fitness was DOA (Dead On Arrival).

BINGE  
WINs to (WINdows/Opens-up to):  
BEGIN

BEGIN refers to “what happened.”  
What did I do to BEGIN to be abstinent?  
I began the practice of becoming HONEST with myself with my food and my  
behaviors, getting a sponsor, and attending meetings. “Meeting-makers make  
it!”

BEGIN  
WINs to (WINdows/Opens-up to):  
BEING refers to “what it’s like now.”

What is it like now?  
BEING abstinent, food is nourishment. I am dearly grateful to live life more  
lovingly, more aware of my feelings, and more purposely to serve with my  
Higher Power’s grace and strength.

From BINGE to...  
I need BEGIN what?  
I keep BEING Abstinent with...

## 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](#)

**Meeting Highlight:** Clearwater Oasis (Zoom Only)

Sunday 6pm

Meeting ID: 817 3809 4727 Passcode: bigbook

For automatic access, click [HERE](#)

## Upcoming Events:

### **Holi-DAZE 41st Zoom-A-Thon**

Wednesday, December 25th, 2024 10am til 2pm

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/kceCgnYl4>

### **Next Monthly PTI InterGroup Meeting**

Tuesday, December 17th **(ONE WEEK EARLIER THAN USUAL)**

7pm-8:15pm

Meeting ID 840 2699 8998

Security Passcode: service

Click [HERE](#) for the Invitation Link

## **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

## **Meeting Address Change: Starting November 14th**

10am Thursday New Port Richey meeting

New Address: 6020 US HWY 19, New Port Richey, Florida, 34652

Old Kaiser College building, ground floor, side of building.

Open Meeting

## **Our OA Responsibility Pledge**

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

### **NEWSLETTER CONTRIBUTIONS WELCOME!**

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](mailto:chair@oapinellas.org) or call our hotline (727) 279-5630.

Note: All graphics in this newsletter were generated using AI tools and are royalty free. -Will F.



**Pinellas Traditions Intergroup**

## **PTI's QR Code**



## Answer Key for Word Find:

Y I B O Y S L J H N R K P A S  
O S C R O F E P O E Y L R W T  
D N R Y H G O I S E M R U A H  
E A G C T P T U M H E S D K G  
C G L W Y C L R N S X L E E U  
Y R A J A T C I E D P A N N O  
D O R S Y M Q R V J A U T I H  
V P R N S X V A M P B T Q N T  
K Y I V Y E Y U M Y Z I I G K  
W X F C N M M H T X P R K O J  
P R I N C I P L E S I I B T N  
E C I T C A R P U Q H P S B M  
B Y T I M I N A N U F S L M B  
C M C P C X F V D H C E I Z X  
I W W O X N U W F F D K N A K

# PINELLAS TRADITIONS INTERGROUP MEETING LIST

November 2024

**PLEASE NOTE:** All meetings are open 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	FORMAT	LOCATION / ZOOM INFO	DIAL-IN	CONTACT
Sun	6:00 PM OA# 32923	Clearwater Oasis** <b>ZOOM ONLY</b>	Big Book (90 Days)	<b>JOIN MEETING</b> Meeting ID: 817 3809 4727 Passcode: bigbook	Phone #: (305) 224-1968 Meeting ID: 817 3809 4727 Passcode: 7982339	N/A
Sun	6:00 PM OA# 49012	Beginner's Meeting <b>FACE-TO-FACE</b>	Beginners / Step Study	<b>NEW LOCATION:</b> St Luke's Methodist Church 4444 N 5th Ave. N. St. Petersburg, FL 33713		Judy C. (201) 259-3924
Mon	11:00 AM OA# 46182	Just For Today <b>FACE-TO-FACE</b>	12 &12 Big Book	Palm Harbor Presbyterian Church 2021 Nebraska Ave. Palm Harbor, FL <b>Go to double doors and ring the doorbell to be let in.</b>		Martha (727) 455-5856
Mon	12:00 PM OA# 801411	Voices of Recovery <b>ZOOM ONLY</b>	Voices of Recovery Discussion	<b>JOIN MEETING</b> Meeting ID: 756 6503 6069 Passcode: voices <i>Eatin' Meetin' - Bring your lunch (or not)</i>	Phone #: (305) 224-1968 Meeting ID: 756 6503 6069 Passcode: 868710	Donna D. (727) 480-0865
Tues	10:00 AM OA# 54726	<b>FACE-TO-FACE</b>	Daily Readings Open Discussion	REBOS 5639 54th Ave. N. Kenneth City, FL		Cindy B. (813) 454-7941
Tues	10:00 AM OA# 800998	<b>ZOOM ONLY</b>	Literature, Varies Open	<b>JOIN MEETING</b> Meeting ID: 849 1556 8631 Passcode: faith	Phone #: (305) 224-1968 Meeting ID: 849 1556 8631 Passcode: 726776	Donna D. (727) 480-0865
Tues	5:30 PM	<b>FACE-TO-FACE</b>	Step/Traditions	Sabala Plaza 14100 Walsingham Rd., Suite 32 Largo, FL 33774		Kelly D. (727) 542-4525
Tues	7:00 - 8:15 PM OA# 09412	PTI Meeting <b>ZOOM ONLY</b>	4 <sup>th</sup> Tuesday Only All OA's welcome	<b>JOIN MEETING</b> Meeting ID: 859 3298 4082 Passcode: 259647		Will F. (407) 580-8187
Wed	10:30 AM OA# 57239	<b>FACE-TO-FACE</b>	Literature Meeting	<b>WELCOME HOME OA AT THE DRY DOCKS</b> Dry Dock Center 1733 S Pinellas Ave. Tarpon Springs, FL		Linda (813) 545-0841
Wed	6:30 PM OA# 10359	Beach Bunch <b>ZOOM ONLY</b>	Open Discussion	<b>JOIN MEETING</b> Meeting ID: 730 1090 2349 Passcode: Hope	Phone #: (305) 224-1968 Meeting ID: 730 1090 2349 Passcode: 470866	Donna D. (727) 480-0865
Thur	10:00 AM OA# Pending	<b>FACE-TO-FACE</b>	Literature	<b>NEW LOCATION as of 11/14/24 →</b>  6020 US HWY 19 New Port Richey, FL 34652  <i>(Old Kaiser College Buildings, ground floor, side of building.)</i>		Shirley Q. (727) 916-2199

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November 2024

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\*\* Closed Meetings (OA members only)

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DAY	TIME	MEETING NAME	FORMAT	LOCATION / ZOOM INFO	DIAL-IN	CONTACT
Thur	5:30 PM OA# 49784	Steps to Freedom <b>FACE-TO-FACE</b>	Focusing on Recovery through the Steps and Traditions	St. Cecelia's Church, Room A 820 Jasmine Way Clearwater, FL		JC (813) 240-8572
Fri	10:00 AM OA# 57404	<b>FACE-TO-FACE</b>	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.		Rita S. (727) 310-5760
Fri	12:00 PM OA# 801412	Message Carriers <b>ZOOM ONLY</b>	Open Discussion	<b>JOIN MEETING</b> Meeting ID: 828 2766 5988 Passcode: oarocks <i>Eatin' Meetin' - Bring your lunch (or not)</i>	Phone #: (305) 224-1968 Meeting ID: 828 2766 5988 Passcode:	Donna D. (727) 480-0865
Fri	1:30 PM OA# 08937	New Beginnings <b>FACE-TO-FACE</b>	Literature	St. Andrew's Episcopal Church - Colton Hall 2301 Deltona Ave. #3327 Spring Hill, FL		Claudia S. (352) 238-8777
Sat	8:00 AM OA# 36776	<b>ZOOM ONLY</b>	Step 11	<b>JOIN MEETING</b> Meeting ID: 878 7335 5684 Passcode: step11	Phone #: (305) 224-1968 Meeting ID: 277 327 215 Passcode: 448149	Rita S. (727) 310-5760
Sat	10:00 AM OA# 45426	First Fellowship <b>FACE-TO-FACE</b>	Steps/Traditions	Palm Harbor Presbyterian Church 2021 Nebraska Ave. Palm Harbor, FL		Pat G. (727) 784-3375
Sat	10:30 AM OA# 27235	Saturday Serenity <b>ZOOM ONLY</b>	Big Book	<b>JOIN MEETING</b> Meeting ID: 842 6203 9443 Passcode: Bigbook	Phone #: (305) 224-1968 Meeting ID: 842 6203 9443 Passcode: 6860727	Cora L. (813) 956-4642
Sat	12:30 PM OA# 52497	Clearwater Men's ** <b>ZOOM ONLY</b>	Men's Meeting	<b>JOIN MEETING</b> Meeting ID: 837 9983 1583 Passcode: Recovery	Phone #: (305) 224-1968 Meeting ID: 837 9983 1583 Passcode: 22551377	Joel (727) 560-2634

Pinellas Traditions Intergroup meets the 4<sup>th</sup> Tuesday of each month 7:00 – 8:15 PM

Meeting ID: 804 2699 8998 Passcode: 259647

**JOIN MEETING:**

<https://us02web.zoom.us/j/84026998998?pwd=UTBzSjVsTWZbFNoUEhXcjBaeEdxZz09>

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://opinellas.org>