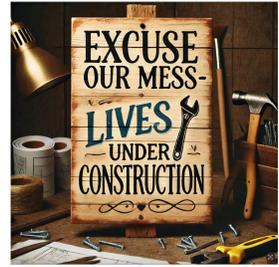


PTI Newsletter
From Your Pinellas, Pasco and Hernando County
Overeaters Anonymous InterGroup
July 2024



A Member Shares

Hi, My name is Donna D and I am a compulsive overeater, 44 years abstinent, always using the food plan with the most food in the Dignity of Choice OA pamphlet, and maintaining a 100 lb weigh loss. The fact that I am abstinent at all is a miracle that still amazes me. I am capable right now of eating a room full of almost any food or as much of it as I can hold, sleeping in a food coma and then eating the remainder when I wake up. I never intend to do that because I believe that it will just be a bite, a slice, one whatever, or just one portion. This reminds me of a very practical pamphlet called, "Before you take that first compulsive bite..."

My favorite step is number one: I am powerless over food and my life is unmanageable. It's all too easy to believe that continuous abstinence is a guarantee of continued abstinence. My disease, addiction, etc,, morphs into a continuous dialogue of lies that seems so possible all based on the premise that I can go off my normal food plan a bit and then get it back later. For a normal eater this is absolute true. I know several normal eaters and see how they do it. But, I am powerless over food and I can't get it back later. Nowhere in the AA big book does it say, "Drink now and get sober later".

I enjoy routine. I don't mind eating the same thing almost forever. I don't require much in the line of variety of food although I am experimenting with vegetarian protein since I finally watched a show about the animals I eat and I caved.

I love eating and I love my food. Alcoholics can't drink alcohol, smokers can't smoke, druggies can't drug but I can eat! Yay!

I have a Higher Power. I have been convinced repeatedly that there actually is something that has my back. I am not a woo woo person, trust me, but there is something. Since “it” has not appeared visually I have created the image of God as an old bearded man, sort of like Santa Claus, in a rocker, on a cloud, mostly laughing at my shenanigans and supplying me with a vast amount of choices, which is His only job other than rescuing me on occasion.

Life is good, the food is good, my sponsor who knows me well, is always available and is never mean or controlling allowing me to be honest especially with the food. I appreciate my recovery program and owe my life as I know it today to OA.

- Donna D.

Upcoming Events:

14th Annual OA Retreat at the Franciscan Center

July 26th to July 28th

Come enjoy a fun and rewarding retreat at this beautiful facility on the Hillsborough River in Tampa. There are tree lined walks, pleasant water views and a contemplative labyrinth to enjoy.

Address: 3010 Perry Avenue, Tampa, FL 33606

Registration form is available [here](#). (Sat-only registration is sold out)

CARRYING THE TORCH - Finding Better Balance with Work/Life/Service

SUNDAY, JULY 28, 2024 3:00 – 5:00 EASTERN TIME

Sponsored by Region 8 InterGroup OutReach (IGOR) Committee

Zoom ID: 816 3916 8833 Passcode: intergroup

Full Size Flyer available [here](#)

News:

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. Must RSVP to Shirley by August 12th. Call or text: (727) 916-2199 saquig357@gmail.com. Complete details will be available at oapinellas.org.

Meeting Highlight: Just For Today, Monday 11am

Format: In-Person 12 & 12, Big Book

Address: Palm Harbor Presbyterian Church 2021 Nebraska Ave. Palm Harbor. Go to double doors and ring the doorbell to be let in.

Adele's Corner:



Overheard... "Feelings are like having kids in the car - you don't lock them in the trunk, but you also don't let them drive!"

Ridiculous Threadbare Excuses I've Used to Overeat...

- It's free or It's such a good deal
- It will go to waste otherwise
- It's a healthy food item
- They made it especially for me / It's a special occasion
- This time it will be different / A little bit won't hurt
- I exercised a lot today
- I deserve it or I've earned it
- I didn't eat enough at my last meal

From Our Literature:

Step Seven: Humbly asked Him to remove our shortcomings.

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

Concept Seven: 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.

This Month's Tool: Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

OA Pamphlet Highlight: Where Do I Start? Everything a Newcomer Needs to Know.

- What is compulsive eating?
- Can OA help me if I am bulimic or anorexic?
- Is OA a religious society?
- What is the Twelve Step recovery program?

Click [here](#) to go to the complete pamphlet.

Our OA Responsibility Pledge

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

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.



Pinellas Traditions Intergroup