

PTI Newsletter

From Your Pinellas, Pasco and Hernando County Overeaters Anonymous InterGroup
May 2024

A Member Shares

“We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.” - Founder of OA. When I hear this statement or read it, it takes me back to finding my first OA meeting some 40 years ago. I was at the darkest hour of my life. My husband had told me “this isn’t working (us).” I knew I could no longer hide. I had that last failure in my diet history... I had tried diet pills, fasting, on and off every diet program and some diet clubs, always gaining more weight. I was at my highest weight and my lowest moment in my life. Back in the day, Ann Launders wrote an advice column for the newspaper. It was January, time for a new diet, but I didn’t try anymore.

By the grace of my HP, I was listening to talk radio on my way to the doctor - back was out again from gaining and losing weight. A gentleman called in saying he was going to this new OA meeting. My mind lit up with something I had never tried before. I will never ever forget that first OA meeting. These people were speaking my language. They were closing the meeting and someone held my hand and said “You are welcome here and there might be something that could help you.” I left there feeling for the first time in my life a little bit of hope... I pray that I will always be that person that says that to the newcomer. I never left, thank HP. I had many slips, falls, & successes, but I know I am accepted now, good enough, humbled by my disease and I want to keep learning and growing. Thank you OA, I am not alone anymore.

- Gratefully, **Shirley N.**”

Upcoming Events:

Workshop: June 8th, 1:00pm-4:00pm

“Before the Next B.I.N.G.E. (Believing I’m Not Good Enough)”

Address: Presbyterian Church at 2021 Nebraska Ave. Palm Harbor, FL 34683

A Donation of \$5.00 is greatly appreciated.

Retreat: July 26th to July 28th

14TH ANNUAL OA RETREAT at the FRANCISCAN CENTER

Address: 3010 Perry Avenue, Tampa, FL 33606

Registration form is available at <https://oapinellas.org/events/2024/07/14th-Annual-OA-Franciscan-Retreat-Registration-Form.pdf>

Virtual Interactive Workshop: Building a Firm Foundation: Steps 1-3

Sunday, June 9, 2024

3:00- 5:00p.m. (EST) / 2:00- 4:00 p.m. (CST)

A Guest speaker for each Step 1-3 Followed by open Sharing

Interactive activity: Mind Mapping!

ZOOM ID: 833 3622 1986 PASSCODE: 434673

Join Zoom Meeting:

<https://us02web.zoom.us/j/83336221986?pwd=eDhqdGNkQjNaUVdtU1pyc1dPOVZRZz09>

Please consider giving a 7th Tradition donation to Region 8 at

<https://oaregion8.org/region-8/contributions/>

For more information, please contact: Susan F. smfitzmaur@gmail.com or Sandi JC at (912) 464-4231

News:

- Thank you to JC who represented us at the May 2024 World Services Business Conference in New Mexico! She will report on her experience at the May PTI meeting which is on May 28th from 7pm-8pm.
- Thank you to Shirley Q. For a new way to share PTI and OA information. Try it out - just open the camera on your smartphone, point it at the QR code below and tap the yellow “dot.cards” on your screen...



powered by dot.

Meeting Highlight: WELCOME HOME - OA AT THE DRY DOCK

Time: Wednesday 10:30am

Format: In Person - Literature Meeting

Address: Dry Dock Center 1733 S Pinellas Ave. Tarpon Springs, FL

Come read and share with us!

Adele's Funny Corner:

Overheard...“My friend said she was complaining to her sponser she was worried what people thought of her. Her sponsor told her she could sum up what people thought of her in one word. - “Seldom”. Haha! Ain’t that the truth!”

From Our Literature:

Step Five: Admitted to God, to ourselves and to another human being the exact nature of our wrongs

Tradition Five: Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.

Concept Five: Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

This Month's Tool: A Plan of Eating - As a Tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. (See the pamphlet A New Plan of Eating for more information.) This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.

OA Pamphlet Highlight:

OA Members Come in All Sizes: Welcome, Whatever Your Problem with Food OA members who came to the program not necessarily overweight, including anorexics and bulimics, share their unique challenges and stories of recovery. #110/\$2.00

Our OA Responsibility Pledge

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



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PINELLAS TRADITIONS INTERGROUP MEETING LIST

May 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
Mon	4:00 PM OA# Pending	ZOOM ONLY	Newcomer/Young People Meeting	Meeting ID: 896 9051 0570 Passcode: NewtoOA https://us02web.zoom.us/j/89690510570?pwd=Ry9NUG5JRvFsSWlzakmbXF0aURzdz09	Shirley Q. (727) 916-2199
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	11:00 AM OA# 57811	New Horizons FACE-TO-FACE	Varied	Convent Christian Church 6814 Indiana Rd. New Port Richey, FL	Shirley Q. (727) 916-2199
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	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	VIRTUAL Steps to Freedom **	OA & AA 12 & 12 Step Study	Meeting ID: 222 498 444 Passcode: 008551 https://us02web.zoom.us/j/222498444?pwd=TK5DdE1hWFILdWJORGJnbFUzOVJMOT09 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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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	4th Tuesday Only All OA's welcome!	Meeting ID: 859 3298 4082 Passcode: 259647 https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJlQTc3TEh1bitQTE8rUFZzUT09	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=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, 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=OUZuOVNmMVoyNlloUTF0dWlyMWFTQT09	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=elVrakxYYVBUBWVCRVZTaktFa05ydz09	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=ZTNKWWREcDF2VTNlNlVpOzk1vOGRIQT09	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: 859 3298 4082 Passcode: 259647

<https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJlQTc3TEh1bitQTE8rUFZzUT09>

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>