

PTI Newsletter

Pinellas, Pasco & Hernando Counties Overeaters Anonymous InterGroup November 2024

Dancing Before the Storm

By being abstinent, working the OA 12 steps, having a sponsor and a food plan AND relying on my HP - life has changed 110% for the better! It was the day before Hurricane Milton was scheduled to make landfall in our beautiful TampaBay area. I had been praying for days and I needed to get outside to give my mind a break. "Move a muscle, change a thought," as I've been taught.

I strolled outside the condo where I was staying, yellow rain slicker in hand, bulky white Bluetooth headphones on my head. I'm a BIG fan of YouTube so I get unlimited music for a fee each month, and I keyed up some of my favorite jazz versions of popular songs crafted by the group Scott Bradley's "Postmodern Jukebox". I was good to go.

As the clouds came in and it began raining, I slipped on my slicker with the hood and tied it tightly around my bulky headphones. And then I slowly started to sashay and dance as I walked. Yes, even past all of Mease Hospital in Dunedin as I gave myself completely to those glorious moments.

I'm positive I looked insane! But I didn't care; I was having a blast!! This is absolutely program in action for this recovering compulsive overeater.

In the moment, peaceful in the flow, not worried about what people think and actually living out loud for a change...! (I was singing, too 🎵)

Thank you, God, and thank you to everyone and to all of my fellow travelers in Overeaters Anonymous on this journey with me. It's truly miraculous when I work it, and I'm free. We're free.

"We are going to know a new freedom and a new happiness... We will comprehend the word serenity and we will know peace." - The Promises

- Jennifer L, Dunedin

Nursing a Hurricane Hangover

Nursing a hurricane hangover is far more challenging than nursing a traditional hangover after one too many drinks. A couple of aspirins and a glass of tomato juice just won't cut it. Neither will one good night's sleep. Dealing with a potential threat, whether it's a hurricane or some other psychological challenge, is no easy task. For those of you who recently faced the storms in the Tampa Bay Area, you may be surprised by the physical and emotional toll it takes. Every year, I find myself astonished by how depleted I feel afterward. If you experienced any devastation or loss, the stress is only compounded. For those who didn't, there's a tendency to minimize or downplay the effects.

Living in a state of hyper vigilance for days before a hurricane makes landfall—combined with the planning, preparation, and dark thoughts that inevitably arise—is a traumatic event in and of itself. Once the immediate threat has passed, both the body and mind need time to recover. Most people assume it's the actual loss that creates the stress, but the anticipation of loss is just as taxing.

Here are three signs you're nursing a hurricane hangover and tips on how to manage it:

Exhaustion and Fatigue: Once the initial threat subsides, your body requires time to recover. You'll likely feel heavy, and even routine tasks may seem monumental. One night of restful sleep isn't enough to bounce back. Depending on the impact, recovery may take days, weeks, or even months. Give yourself permission to slow down and take things easy. It's tempting to try and get back to normal, but you may end up frustrated because you're not at your usual pace. Everything feels more difficult when you're running on empty. Focus your energy on how to refuel.

Dazed and Confused: Many people describe feeling like they're in a fog, walking around like a zombie. Personally, I once went to the grocery store and, upon returning to my car, realized I hadn't even parked fully in the space—I made it halfway! I kept losing and forgetting things. This is a clear sign of stress overload. As things calm down, your clarity will return, but for now, know it's normal. Take deep breaths, set up backup plans, and build in checks and balances. Recognize that your thinking won't be as sharp and that some things may slip through the cracks.

Emotional Rollercoaster: In preparing yourself mentally and physically for a storm, you may have felt intense fear, worry, panic, or even detachment. When the threat passes, there's a wave of gratitude and relief—

but it's often quickly followed by agitation and frustration. Living without power, navigating construction and traffic, and managing other disruptions can spark a range of angry emotions. It's confusing to feel both blessed and annoyed at the same time, yet that's the reality. With heightened emotions and a blend of positive and negative feelings, you may feel out of control.

Do what you can to manage your stress and reactions, knowing that this is part of the recovery process. Acknowledge your experience and understand it's normal. As you ground yourself, things will stabilize. Show compassion toward others, too—there's been plenty of road rage and emotional outbursts as people cope in their own ways.

The Path Forward

Recovering from the physical and emotional toll of a hurricane hangover requires time, patience, and self-compassion. Be kind to yourself as you find your footing again. Slow down, seek support when needed, and allow yourself to process the experience fully. Just as the storm passes and the skies clear, you too will regain your energy and peace of mind. Remember, this is temporary, and with time, you'll emerge stronger and more resilient, ready to face whatever comes next.

- Robin

Gratitude

We can be grateful for many things. Gratitude is a choice and a practice. One area we may neglect is gratitude for ourselves. The 12 steps ask us to take a fearless and thorough inventory of ourselves. And many of us are in need of change. But are we also looking at what is wonderful about ourselves? This month with focus on gratitude, consider these journaling prompts:

- What do I love about myself?
- When do I feel confident and full of life?
- What do I like most about my appearance?
- What achievements am I most proud of?
- What did I do well today?
- What positive impact or influence do I carry?

- JC

Food for Difficult Times

During recent times, it became necessary for some of us to find ways to maintain our abstinence without electricity or gas, or even a place to live.

I thought it might be helpful to share some things I've done in the past when I didn't have my normal surroundings available to me when managing my own food without a refrigerator or place to prepare my food. I learned to access and transport food that is compact, does not need refrigeration or take up too much room for easy packing.

For Proteins – nuts, tempeh (tempeh does need refrigeration but it comes in an air tight seal and can stay ok for a while, foil paks of tuna fish and salmon, takeout paks of mayo and mustard, foil paks of cooked beans, foil paks of Indian foods, cheese sticks (they also require refrigeration but can last a little while not refrigerated before spoiling) – if space is not a problem, then cans of tuna. Single serve items in the supermarket such as a portion of cottage cheese, yogurt, hard boiled eggs, salad bars.

For carbs - rice cakes, cooked beans, foil paks of cooked, peeled chestnuts, packets of oatmeal or grits, canned unsweetened corn or peas. I don't eat bread but if you do, you can easily get bread and/or crackers that may be on your plan. Some of these things you would need hot water if you can get it.

For fruit -small portion cups of unsweetened applesauce, unsweetened pineapple, fresh clementines or any other fresh fruit, and for those of you who can eat it, dried fruit.

For veggies – Raw veggies like mini tomatoes, cucumbers, peppers, carrots and/or vegetable juice, or single serve canned vegetables in pull top cans or single serve frozen vegetables and just let them defrost on their own. There are a few kinds of milks and milk substitutes that come in non refrigerator cartons.

For fats – olive oil, unsweetened nut butters, single serve guacamole – sometimes its possible to get packets of mayo, mustard, salad dressing, lemon juice, hot sauce, etc – which do not need refrigeration.

This article is by no means, a complete list of all possibilities, but it would help you to get started on thinking of ways to survive when in trying times.

Good Luck.

- Devorah V.

Wisdom Heard at Meetings

“Your life is a gift from God. What you do with your life is your gift back to God.”

“More meetings, more choices. Less meetings, less choices. No meetings, no choices.”

“Hope has an expiration date. It’s got to be renewed all the time.”

“Talking about the spiritual part of the program is like talking about the wet part of the ocean.”

“Do you have service-oriented recovery or step-oriented recovery!”

“It’s not what you think of me that bothers me, it’s what I think you think of me.”

“No matter how far into the woods we go, it’s always only twelve steps out.”

“Losers do what they want. Winners do what they have to do even when they don’t want to.”

“A winner is a loser who never quits.”

- Shared by Joel

Different Feelings

Something I really like about recovery is how different I feel today. There is less oppressive urgency to be someone different, somewhere else, doing something more important, more cool, more exciting, more spectacular. I’m less owned by anxiety, resentment, self-pity, impatience, envy, jealousy, judging, comparing, doom loop thinking. There is usually quiet in my heart and mind. I don’t have to fix everything and everyone today. I am grateful. I can often savor the moment, right here, right now. Thank you, 12 steps and the fellowship.

- Will F

Did you know....

...75 countries hold Overeaters' Anonymous meetings every week either face to face, Zoom or telephone.

- Brought to you by Cindy B.

From Our Literature:

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Concept Eleven: Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

This Month's Tool: Action Plan

Creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence and emotional, spiritual, and physical recovery. This Tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

OA Pamphlet Highlight: Working the Program - Recovery Checklist

Questions help you evaluate your recovery and alert you to subtle changes in actions and attitudes that could hamper your program. Also helpful to members in relapse.

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

Adele's Corner

**Overheard..."People try to do all sorts of clever and difficult things to improve life instead of doing the simplest, easiest thing - refusing to participate in activities that make life bad."
- Leo Tolstoy**





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

My DISEASE is SERIOUS. It's a CHOICE of life or death.

DISEASE

WINs to:

AS I SEED

AS I SEED my recovery, my spiritual fitness gains weight with the actions I take.

SERIOUS

WINs to:

SO U RISE

One day at a time, living the OA Steps, Principles, and Traditions builds our recovery from compulsive overeating and compulsive behaviors

SO U RISE for your spiritual awakening.

CHOICE

WINs to:

COE CHI

As a Compulsive OverEater, let me look honestly at the CHI (energy) I put into my recovery.

Word Find: - Words are from 11th Step, Tradition and Concept...

Anonymity Best Contact Knowledge Media
Meditation Power Public Relations Sought

Trustee

Words can go in **any** straight line direction (Up, down, left, right, diagonal up, diagonal down). Let us know if this is too hard! The answer is at end of newsletter, just before the meeting list.

j	a	q	c	d	d	f	w	s	a	m	m	a	f	o
w	o	j	e	x	b	o	u	s	y	e	b	n	f	s
n	o	i	t	a	t	i	d	e	m	s	b	o	c	f
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v	e	j	h	p	v	t	i	e	y	c	t	y	w	l
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t	o	e	d	t	e	t	j	i	d	r	l	t	z	s
d	c	i	j	l	i	x	s	e	w	b	t	y	o	f
d	a	a	w	k	r	o	c	e	e	t	s	u	r	t
w	b	o	t	a	e	r	n	c	b	d	g	l	x	y
y	n	f	l	n	w	s	s	s	p	h	v	y	j	s
k	n	f	j	d	o	z	l	r	t	r	z	v	s	e
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o	x	v	u	u	m	m	t	r	x	q	h	c	a	b

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 Mens Meeting (Zoom Only)

Saturday 12:30pm

Meeting ID: 837 9983 1583 Passcode: Recovery

For automatic access, click [HERE](#)

Congratulations!

Our very own Claudia S. was elected as Co-Chairperson of the Region 8 Technology Committee! Well done, Claudia! She joins Shirley who is the other Co-Chair in this very important role. Together they will handle the intricacies like managing the implementation of multiple languages on international online meetings.

SOAR8 as we know it, is comprised of the Caribbean Islands, Central America, South America, U.S. Southeastern Region: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Southern Missouri, Tennessee, and The U.S. Virgin Islands.

That does also mean that her position as our Region 8 Representative is now open. If you are interested in the position, please send an email to chair@oapinellas.org right away!

PTI's QR Code



Upcoming Events:

“WINDow and Open-Up”

The STEPS VERBiage Workshop

Saturday, November 9, 2024

Time: 1:00 pm to 3:30 pm

Location: Palm Harbor Presbyterian Church

2021 Nebraska Ave Palm Harbor, FL 34683

A donation of \$5.00 is greatly appreciated.

Click [HERE](#) for flyer

Region 8 Twelfth Step Within Committee Presents:

International Day Experiencing Abstinence (IDEA)

Emotional Sobriety Workshop

Sunday, November 17, 2024

3:00 p.m. to 5:00 p.m. ET (2:00 p.m. to 4:00 p.m. CT)

Three Guest Speakers Followed by “Ask it Basket” Q & A

ZOOM ID: 844 3994 7859PASSCODE: 176481

Join Zoom Meeting: [https://us02web.zoom.us/j/84439947859?](https://us02web.zoom.us/j/84439947859?pwd=WXE3QoU3eUMoTDZZVDZFWdVRS3VNUTo9)

[pwd=WXE3QoU3eUMoTDZZVDZFWdVRS3VNUTo9](https://us02web.zoom.us/j/84439947859?pwd=WXE3QoU3eUMoTDZZVDZFWdVRS3VNUTo9)

Next Monthly PTI InterGroup Meeting

Tuesday, November 26th

7pm-8:15pm

Meeting ID 840 2699 8998

Security Passcode: service

Click [HERE](#) for the Invitation Link

Holi-DAZE 41st Zoom-A-Thon

Thursday Nov. 28, 2024 10am til 2pm EDT

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>

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

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

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 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

Answer Key for Word Find:

j	a	q	c	d	d	f	w	s	a	m	m	a	f	o
w	o	j	e	x	b	o	u	s	y	e	b	n	f	s
n	o	i	t	a	t	i	d	e	m	s	b	o	c	f
r	p	p	u	r	g	p	u	b	l	i	c	n	h	k
v	e	j	h	p	v	t	i	e	y	c	t	y	w	l
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u	o	f	c	n	p	c	t	k	d	l	i	u	m	k
o	x	v	u	u	m	m	t	r	x	q	h	c	a	b

PINELLAS TRADITIONS INTERGROUP MEETING LIST

October 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	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=Y0VENDNic0hWSTFrSDJFc1RqSHZQU09	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
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	TEMPORARILY SUSPENDED 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=TjUrSzJjQTC3TEhIbitQTE8rUFZzUT09	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=OUZuOVNmMVoyNlloUTF0dWtyMWFTQT09	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=eVrakxYVVBUBWVCRVZTaktFa05ydz09	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	TEMPORARILY ONLINE Beginner's Meeting ZOOM ONLY	Beginners / Step Study	Meeting ID: 819 8205 3220 Passcode: 362448 https://us02web.zoom.us/j/81982053220?pwd=muXcBxB3cq8CbLjhgCUJ1hsM2wNftC.1 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>