

# PTI Newsletter

## Pinellas, Pasco & Hernando Counties Overeaters Anonymous InterGroup October 2024



### A Member Shares...

I can't eat like normal people. I had to accept that this wasn't a diet plan. I've tried lots of different ways to lose weight, but nothing worked for long until I came to OA. After my first meeting, I read the first 164 pages in the Big Book and got a sponsor. I had 3 little kids, 1 1/2, 3 1/2 & 5 1/2 at that time. I needed to find a meeting that was convenient for me so that Kent would be home to watch the kids. I could also get groceries on the way home to make the trip count, as it was about 20 miles away.

I've had to accept that I have a lifelong disease. OA is not just a quick fix. I was ecstatic to hear at my first meeting that this was a disease. That finally explained why I could diet all day, and then binge minutes before I was ready to go to bed.

I'd never been a normal eater. Food, especially sugar, was always so important to me. I'd use my allowance and then after I got married, money from our family that I didn't need to be spending on that. I came in to lose the weight, but I didn't stick around for much of the rest. I lost the weight that I wanted, and then stopped going to meetings as I didn't need those people anymore. I took a year off for bad behavior. When God finally pointed out enough to me that I did need those people, it was great to see familiar faces when I walked into the meeting room again.

We then moved to Florida 35 years ago. I accepted that OA was really different down here. People talked about food plans. What a crazy idea that I was sure wasn't for me.

I had a great sponsor here who dropped me because I wasn't on a food plan. It was affecting me. After one of my meetings, I was talking to a fellow OA member that I wasn't really crazy about. She assumed that I wasn't abstinent because of my weight and motioned at my body. I was really hurt. The next day I went to a different OA meeting a told everyone about what had happened the day before.

I was on my way home from the meeting and I had my spiritual awakening. I was sitting at a stoplight and It just suddenly occurred to me that I probably could be willing do a food plan, When I got home, I called my sponsor who had dropped me, and it went over to her house and made a copy of a food plan from a book on nutrition that she had. I thought that it would be so restricting, but found it to be just the opposite. I just celebrated my 33rd anniversary on my food plan on Monday. My husband got me this beautiful locket with 30th engraved on the back for my 30th anniversary.

My food plan has changed many times over the years, but it's so ingrained in me. I had to accept God's direction that it took me 6 months to lose 30 pounds. I'm so grateful now, not then, as I really believe that if I'd lost my weight quickly, I probably wouldn't still be on it. God had to really pound into me that It was a lifelong program. It is, but I can only do it one day at a time. I later spoke to that woman later that brought up the comment about my weight and thanked her for what she did for me. That certainly wasn't easy. I'm beyond grateful that she had the guts to say what she did. She said that it was very hard for her to say that.

I used to survey a room when I'd go in to see if anyone there was bigger than I was. I accepted God's grace that I had 3 perfectly healthy little girls since my food intake was far less than desirable when I was pregnant.

My strength and hope is that following my food plan, going to meetings, calling my sponsor are what I'm doing and I keep doing it, one day at a time. I've celebrated over 100 family birthdays, 2 of my daughter's weddings and our 50<sup>th</sup> anniversary party without partaking in the traditional sweet that is served at those occasions that I've come to believe that just don't work for me.-

I'm grateful that God's always been in my life, and I've always believed in Him. I'm grateful that in the 12 step programs, we can believe anything we want about God, it removes all the obstacles. This step seems too good to be true to me.

I used to lay back in the bathtub and look at all my fat and want God to remove it all, but God doesn't work that way. I've always believed in God, but it wasn't until I came into the program that I realized that I had to do the footwork and make some huge changes in my life. He'll do for me what I can't do for myself.

I'd always had pretty good success in dieting, but then gained it back. My success times grew shorter and shorter. The most drastic thing I ever did was a diet called The Last Chance diet. I didn't eat for 4 months. I was under a doctor's care and drank protein stuff that was absolutely terrible, took supplements got hypnotized and all of it. I did that for 4 months. My disease was doing push-ups while I was doing this. I fed my husband huge meals. The plan was more money than I

needed to be spending. I finally couldn't take it any longer and started eating frozen food out of the freezer. I lost 70 pounds, but gained 6 getting ready for the fast. I'm sure that we all have a long list of crazy things that we've done over the years. I hesitate to use the phrase restore me to sanity, as that would imply that I had sanity before.

My mom and sister both came into the program and did well. My sister was very obese and had just started to get the physical part of the program. She went in for a knee replacement and all went well. Several hours later, she had a blood clot and died. The nurses found her and brought her back. She was brain dead. My mom and I both flew out to Seattle, and they shut the ventilator off. It took over 2 hours for her heart to stop beating. It was the most horrible experience that I've ever had. It wasn't at all like the scene in Steel Magnolias where they shut off the ventilator, and she died immediately. She'd just completed her PHD in nursing and had gotten hired as a professor at the University of Washington. I think that her body just could handle all her weight for all those years. It truly is a life-threatening disease.

.When I am not feeling willing, I really have to pray that He'll bless me with it. The areas that I struggle with the most in my life are eating my vegetables and getting exercise. I always have found that He does bless me with it again. I try

to turn my life over on a daily basis, sometimes, several times a day! When something comes up or I find myself using my character defects, I can always ask Him to remove it from me. Controlling is a big one for me. Probably my most used one. I've perfected it over the years but have found out that my husband doesn't particularly like that! This program, when I follow God's direction in my life, has given me a wonderful life and relationship with my husband and 3 daughters. My husband and I just celebrated our 51<sup>st</sup> anniversary, and those little girls are now 43, 46 & 48.

God's direction in my life has certainly shown me that I need to keep at these steps the rest of my life, one day at a time. It's not a one and done thing. My life is still dependent on Him. Even though I've lost my weight and kept it off, being thin didn't magically cure me.

By following his directions for me by using the steps, calling my sponsor, going to meetings, reading my literature, He certainly has done for me what I couldn't do for myself, I came into the program when I was 27. I used to feel kind of sorry for myself that I was so young. but later realized that I had more years to live a joyous, carefree life!

My favorite part of the Big Book is the acceptance. Page 449, and acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation, some fact of my life unacceptable TO ME AND I CAN FIND NO SERENITY UNTIL I ACCEPT THAT PERSON, PLACE, THING, OR SITUATION AS BEING EXACTLY THE WAY IT IS SUPPOSED TO BE AT THIS MOMENT. Nothing, absolutely nothing, happens in God's world by mistake.

- Rhonda

### **Learning to let go peacefully**

Recently the A/C in my car went out. The dreaded fear of going to the dealership, feeling less than about how to get things fixed and not being taken advantage of, my wonderful husband always took care of the car fixing. I am always amazed when I do let go & ask help. All the way to the dealership today I just kept praying and asking God for strength & help, I felt a little calmer when I got there, practicing Patience with waiting in the long line, but I had sense that all would work out... When It was my turn, so when the repairman took my info, he looked at me and said his birthday was two days past mine, which would made him have the same birthday as my husband, I smiled & knew it would work out the way it would be ok. Thank God, thank you O.A. for learning the power of prayer & surrender.

- Grateful, Shirley N

### **Letting go & let God**

My car would not start yesterday ...I called AAA & they came & replaced the battery. Today when I started my car the clock was off by 5 hrs. I looked in the manual, pushed buttons & knobs, pulled up a "how to" video on my phone... nothing worked. Gave it over to God, put the car in drive & immediately the clock hands began moving to the correct time!! Grateful for an HP that handles the big & small things...

- 😊 SueAnne

## **Rocking the Imperfections: A Cruise, a Swimsuit, and a Breakthrough**

I recently went on a cruise filled with endless food and alcohol, but surprisingly, that wasn't my biggest challenge. What I struggled with the most was being in a bathing suit in public. I haven't been to a beach in nearly a decade. Despite losing almost 50 pounds and feeling better about myself, the thought of wearing a bathing suit in public was incredibly nerve-wracking.

When I was packing for the cruise, I tried on all my old swimsuits. To my surprise, I fit into the smaller ones from over 10 years ago! Yet, even with that progress, I still didn't feel confident.

When we finally went to the pool on the cruise, there were hundreds of people, all shapes and sizes. Interestingly, only a few women had what I would consider the "ideal" body. What shocked me was that even they didn't appear to be the most confident. Instead, the women who truly seemed to own it, who were rocking their swimsuits with confidence, were of all different shapes and sizes. That realization struck me: was I really going to let my insecurities hold me back because I wasn't "perfect"? Or should I choose to embrace what I've accomplished and accept my imperfections?

I chose to embrace it! At least for a little while—it's still a work in progress. What this experience taught me is that body image isn't necessarily tied to my size or weight. It's a mindset, a practice of accepting every part of myself. While I'm still working through it, I can appreciate the progress I've made. What matters most is how I perceive myself.

**- Robin**

### *Adele's Corner*

**Overheard... "I've had a lot of terrible experiences in my life - and some of them actually happened."**



**- Mark Twain**

## **Internal and External weather**

This hurricane is a reminder that I can only affect the weather inside me. My family lost a home and most of their belongings in hurricane Katrina. so each hurricane brings up significant anxiety. I can not change the weather outside, I can only use the steps and tools to help calm the storm inside. Having open and honest conversations with my spouse regarding my concerns and needs during a storm helps tremendously. No need to worry, what will I do? We talked frankly about when and where we would evacuate and under what conditions.

After that, I stopped thinking about it. Got through the storm and went to a couple of online meetings. Meetings are now easily available even if I can not leave my house. Friday morning, I really wanted a face to face meeting. I texted a friend and asked "will you be at the early morning meeting?" The reply "I don't know if there will be one." My response: I will be there if you will. It was a lovely meeting of just the two of us. And all you need is two people and some literature to have a good meeting. We can stay abstinent in any storm

**-JC**

## **Did you know....**

**... in October 1965 the lifeline magazine, our meeting in print, was sent out to all OA groups for the first time**

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



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

Looking for PEACE?

PEACE

WINs (Opens Up to):

PACE E

PEACE is the PACE of my Energy of my breath, thoughts, and actions.

My PIECE for my PEACE.

I need to look at my PIECE/part for my PEACE and freedom from compulsive thinking and behaviors.

In FLORIDA, I can thrive.

FLORIDA

WINs to (Opens Up to);

FL OA RID

In FL, OA RIDs me of being Restless, Irritable, and Discontent if I am willing to do my recovery footwork with honesty.

## **From Our Literature:**

**Step Ten:** Continued to take personal inventory and when we were wrong, promptly admitted it.

**Tradition Ten:** Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

**Concept Ten:** Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

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

Putting our thoughts and feelings down on paper, or describing a troubling or joyous incident, helps us to better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.

### **OA Pamphlet Highlight: A New Plan of Eating: A Physical, Emotional, and Spiritual Journey**

A New Plan of Eating explores our eating patterns, motivations, and behaviors, from explaining what “trigger” or “binge” foods are to accepting the many imperfections that come with active recovery. This pamphlet, which was reviewed and updated by a registered dietitian, helps compulsive eaters define, structure, and review a new eating plan with clarity and confidence. A New Plan of Eating's guidelines also helpfully include insightful tips for long days, irregular hours, and special occasions, including twelve-hour shifts and food-centered social engagements.

A New Plan of Eating combines the structured food plans of Dignity of Choice with the inspiration and compassion found in A Plan of Eating and replaces both of these pamphlets as Conference-approved literature.

Click [here](http://oa.org) to go to oa.org to order the pamphlet.

**Word Find:** - Words are from 10th Step and 10th Tradition...

**admitted, continued, inventory, opinion,  
outside, personal, promptly, wrong**

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.

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

**PTI's QR Code**



## 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: REBOS Tue 10:00am Kenneth City**

Click [here](#) to access the schedule for details.

## Upcoming Events:

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

Tuesday, October 22nd

7pm-8:15pm

Meeting ID 840 2699 8998

Security Passcode: service

Click [HERE](#) for the Invitation Link

### **Holidaze - Zoom-A-Thon**

Thursday, October 31st

10am-2pm

Meeting ID 959 959 1828 Password 718863

## ***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

**The Twelfth Step Within Committee** is starting to explore ways to help as many of our members as possible get to the World Service Convention in Orlando in August 2025. Ideas under consideration include room sharing lists, ride

sharing lists, scholarships, flyers... if you have any suggestion, please let Jeannie or Jennifer know. This will be the closest the World Service Convention will ever be to us - in our lifetime! Let's take full advantage of the opportunity!

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.

## **Our OA Responsibility Pledge**

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

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

### **Answer Key for Word Find:**

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

# 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 <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	Meeting ID: 756 6503 6069 Passcode: voices  <a href="https://us02web.zoom.us/j/75665036069?pwd=SWIZU0YvUXBTNkI4SEFIVFhCaVNSZz09">https://us02web.zoom.us/j/75665036069?pwd=SWIZU0YvUXBTNkI4SEFIVFhCaVNSZz09</a>	Ann G. (212) 399-7099
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	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
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	Meeting ID: 730 1090 2349 Passcode: Hope  <a href="https://us02web.zoom.us/j/73010902349?pwd=Y0VENDNic0hWSTFrSDJFc1RqSHZQU09">https://us02web.zoom.us/j/73010902349?pwd=Y0VENDNic0hWSTFrSDJFc1RqSHZQU09</a>	Donna D. (727) 480-0865
Thur	10:00 AM OA# Pending	NEW Meeting <b>FACE-TO-FACE</b>	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 <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 # 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.	(727) 310-5760

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October 2024

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DAY	TIME	MEETING NAME / TYPE	MEETING FORMAT	LOCATION / ZOOM INFO	CONTACT
Fri	12:00 PM OA# 801412	Message Carriers <b>ZOOM ONLY</b>	Open Discussion	Meeting ID: 828 2766 5988 Passcode: oarocks <a href="https://us02web.zoom.us/j/82827665988?pwd=NjBOamRiRFovaEpGellPY3lNVEVEZz09">https://us02web.zoom.us/j/82827665988?pwd=NjBOamRiRFovaEpGellPY3lNVEVEZz09</a>	Ann G. (212) 399-7099
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
Fri	6:00 PM OA# 49602	<b>TEMPORARILY SUSPENDED</b> Nitty Gritty <b>FACE-TO-FACE</b>	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 <b>ZOOM ONLY</b>	4 <sup>th</sup> Tuesday Only All OA's welcome	Meeting ID: 859 3298 4082 Passcode: 259647 <a href="https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJlQTC3TEhIbitQTE8rUFZzUT09">https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJlQTC3TEhIbitQTE8rUFZzUT09</a>	Will F. (407) 580-8187
Sat	8:00 AM OA# 36776	<b>ZOOM ONLY</b>	Step 11	Meeting ID: 878 7335 5684 Passcode: step11 <a href="https://us02web.zoom.us/j/277327215?pwd=bU5WR1FsZUJwQWJvUjNzR04yM3pidz09">https://us02web.zoom.us/j/277327215?pwd=bU5WR1FsZUJwQWJvUjNzR04yM3pidz09</a>	Rita S. (727) 310-5760
Sat	10:00 AM OA# 45426	First Fellowship <b>FACE-TO-FACE</b>	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 <b>ZOOM ONLY</b>	Big Book	Meeting ID: 842 6203 9443 Passcode: Bigbook <a href="https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTF0dWtyMWFQT09">https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTF0dWtyMWFQT09</a>	Cora L. (813) 956-4642
Sat	12:30 PM OA# 52497	Clearwater Men's <b>ZOOM ONLY</b> **	Men's Meeting	Meeting ID: 837 9983 1583 Passcode: Recovery <a href="https://us02web.zoom.us/j/83799831583?pwd=eVkrakxYVVBUBWVCRVZTaktFa05ydz09">https://us02web.zoom.us/j/83799831583?pwd=eVkrakxYVVBUBWVCRVZTaktFa05ydz09</a>	Joel (727) 560-2634
Sun	6:00 PM OA# 32923	Clearwater Oasis <b>ZOOM ONLY</b> **	Big Book (90 Days)	Meeting ID: 817 3809 4727 Passcode: bigbook <a href="https://us02web.zoom.us/j/81738094727?pwd=ZTNKWWREcDF2VTNlaVp0Zk1vOGRIQT09">https://us02web.zoom.us/j/81738094727?pwd=ZTNKWWREcDF2VTNlaVp0Zk1vOGRIQT09</a>	N/A
Sun	6:00 PM OA# 49012	Beginner's Meeting <b>FACE-TO-FACE</b>	Beginners / Step Study	Gulfport Neighborhood Center 1617 49th St. S. Gulfport, FL	Judy C. (201) 259-3924

**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**

<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>