

**PTI Newsletter**  
**Pinellas, Pasco and Hernando County**  
**Overeaters Anonymous InterGroup**  
**September 2024**



**A Member Shares...**

Hi, my name is Tobi, and I am a compulsive overeater and a food addict. The first time I heard the words “compulsive overeater” was at my first OA meeting October 28, 2019. I didn’t know other people were like me out there, you know the binging, starving, sneaking food, hiding food, eating food out of the garbage, eating food off the floor, eating food off someone else’s plate, ordering food delivery and waiting at the window for it like the delivery person was my drug dealer but that is exactly what that person was, FOOD WAS MY DRUG!

After that first meeting, I went to my car and said to myself, “I am home.” It has not been a smooth sailing road for me by any means. I did get abstinent pretty quickly at first by working with a sponsor, going to meetings, working steps, making outreach calls and of course weighing and measuring my food (basically working the tools) but once I lost my abstinence after almost 5 months, I was off to the races and all those “yets” I hadn’t done became “agains”. I went from sponsor to sponsor lying my way through the program for 2 ½” years until I finally hit bottom and I reached the “gift of desperation” willing to go to any lengths. I have now been abstinent for 2 years.

I want to share the gifts that OA has given me: most importantly is I found a Higher Power in OA who I spend time with every morning . I enjoy life, I like myself for the first time in my entire life, I am a better mother, daughter, employer, sponsee, pet mother, homeowner and business partner. I am an honest person today. My insides generally match my outsides. I now see nature for the first time in my life and I finally saw a sunrise and sunset. However, to keep my abstinence I must give it away. I do a lot of service. I sponsor, I chair meetings, I run

zoom meetings, I am an Intergroup representative and I have been the secretary on the group level. I make outreach calls and most of all the best service I can give is to stay abstinent one day at a time. OA has changed my life, and it can change yours too!

**- Tobi**

## Did you know....

...the first meeting of Overeaters Anonymous was held on January 19th 1960?

Overeaters Anonymous (OA) is a twelve-step program founded by Rozanne S. Its first meeting was held in Hollywood, California, USA on January 19, 1960, after Roxanne attended a Gamblers Anonymous meeting and realized that the Twelve Steps could potentially help her with her own addictive behaviors relating to food.

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

## PTI's QR Code



## **One Member's Experience with Step Nine...**

I have been sober and in AA for 18 years this month, and have worked Step 9 twice in that program. The first time with my first sponsor was when I was only about 9 months sober. The second time with my second sponsor was when I was 8 years sober. Years later I worked Step 9 with my OA sponsor. My story has changed over the years as I keep working with my sponsor and talking about my life. I am digging into my subconscious where my fears have been hiding. One important thing I learned working with my OA sponsor was that, not only did I drink every day, I restricted food every day.

In the beginning of recovery, I didn't think I had many amends to make. I thought the world owed me amends for making me so unhappy for so many years. I did not, at that time, see how I was that tornado blowing through the lives of others taking and very rarely giving; causing chaos and very rarely encouraging "normal" relationships.

It was easy to make excuses not to make amends. Losing contact with people, an excuse. Or, thinking the world and most of the people in it owed me amends, an excuse. With my sponsor's encouragement, I just started at the beginning with my list of resentments from Step 4, my list of amends to make in Step 8, then getting down to business in Step 9. And I started with the two people I had hurt the most, my mom and dad. Mostly my mom. When I talked about her to my sponsor, I ranted about how selfish my mother was and all of the ways she hurt and disappointed me. Finally, when I stopped talking, my sponsor said this is for you. You have to let go of the anger, the resentments, the shame, and the mistakes.

With 9 months of sobriety under my belt, I met with my mom and had our first heart-to-heart conversation in probably forever. Even after everything that we had been through, she loved me and I loved her. This conversation allowed me to reflect on how I had become her in many ways while in active addiction, maybe even worse. We started on our road toward reconciliation and, although it would take more time to mend the fences fully, it was a good start to Step 9.

Some of the amends went smoothly, and some of them did not. Some I was not able to make in person. One such case was an attorney I worked for years ago. I had stolen money from him. By the time I was working Step 9, he had died, so my amend was to make a donation to Hospice in his name. Another case was, by the time I was ready to make an amends to my ex-husband, I didn't know where he was. I looked him up on Facebook and discovered he was happily married. My sponsor suggested I send him a message through Facebook and tell him only

that I hoped he was well and wished him great happiness in his life. I was not to talk about myself at all. It was hard not to brag about myself and tell him about my sobriety and my new way of life, but that was the point. My amend to him was to be unselfish and make it about him and not about me, as it always had been during our marriage.

It took me awhile to understand what amends really means in recovery. Forgive everyone, and expect nothing in return. Not a thank you, not understanding, and not even forgiveness as was the case with my ex-husband. He didn't respond to my message, but I left it at that instead of demanding a response from him, which would have been my MO in my marriage. While in active addiction, I hurt people, and now it's my turn to face the hurt I caused. So far, my work in OA and my new behaviors have helped heal a lot of important relationships.

Before I came into OA, I thought I could resolve my food issues myself because I was already working a 12-step program. That was not the case, it didn't work. I needed OA and the people in it who knew what it was like to have compulsive food behaviors. I found it much more difficult to abstain than to get sober. Food is everywhere and a huge part of everyday life. But with the help of the OA program, my sponsor, and my Higher Power I was able to develop a food plan that worked for me. I also love that OA is much more about self-care and self-love than AA, which I needed in spades. I worked the steps again in OA with my OA sponsor. As anticipated, when working Step 8 more was revealed and I had more work to do in Step 9. I have a feeling it will always be this way. The more I work with my sponsor, the deeper my memory goes into my past life.

**- Karen R.**

## **Service is Slimming**

From my perspective this is a promise. When I get out of my own head and find ways I can serve in this program the recovery is easier. I have found that simple actions like volunteer to chair a meeting, tidy up after the meeting, greet newcomers, share my recovery story and quiet down and just listen can make my life more purposeful. We are not experts and we are not acting in a professional capacity. My recovery depends on the fellowship of others and together we all work program to remain abstinent one day at a time.

**- Rita S**

## **Came to Believe**

“Came to believe that a power greater than myself could restore me to sanity”—in my experience, this has been the most crucial element of my recovery journey. For many years as a child and young adult, I didn’t believe in God. Growing up in a dysfunctional and abusive environment, I once bargained with God, thinking that if He were real, He would make everything better. When that didn’t happen, I stopped believing.

Decades later, during another recovery program, I found myself praying for guidance. To my surprise, I received an immediate answer, and in that moment, I reconnected with a higher power.

Even with a strong connection to God, when I joined OA (Overeaters Anonymous), there was a part of me that doubted whether God could really help me with my eating issues. Maybe I thought He was too busy, or that my struggles were too insignificant. Either way, doubt lingered.

One day, I was having a particularly difficult time and decided to order some comfort food. Although it wasn’t technically against my abstinence list, it was certainly a compulsive decision. I could hardly wait for the food to arrive. But then, I received a notification that there was an issue, and my order couldn’t be delivered. Frustrated, I ordered again. This time, it went through, so I waited—impatiently, I might add.

As time dragged on, the delivery took longer and longer. I ended up calling Uber, throwing a bit of a temper tantrum. Eventually, they sorted it out, and finally, my food was on its way. An hour and a half after my first order, the food arrived. I was delighted—until I opened the bag and saw that it was the wrong order!

At that moment, I heard a clear message in my head: “God will do for you what you cannot do for yourself.” I’ve never eaten or ordered that item again. The message was received loud and clear. From that day on, the doubt vanished, and I fully believed that God could help me in every aspect of my life, including my struggles with food.

This experience reinforced my faith and reminded me that sometimes, the answers we seek come in unexpected ways. Trust in your higher power—believe that you are guided and supported in ways beyond your understanding. When you surrender, miracles can happen, and you can find the strength to overcome even your deepest struggles.

**- Robin**



## **WOW (We Offer Wellness)**

Recovery Inspirations brought to you by **Michele M., Palm Harbor**

For a “WINdow and Open-Up The Steps VERBiage Workshop (9/28/24) sneak peak, here are this month's inspirations:

The ART of Recovery:

A is from Step 1’s Admitting powerlessness

R is from Step 2’s Restoring to sanity

T is from Step 3’s Turning my will over

What will my Higher Power and I be ARTing today?

“Our program is one of **ACTION.**”

### **ACTION**

WINs to (opens up to):

### **I ACT ON**

When I’m working my program steps, what do **I ACT ON?**

What are my foundation principles?

Workshop participation is **UNITY** of Community!

### **UNITY**

WINs to (opens up to):

### **U ‘N’ I TY**

Fellowship is for **U ‘N’ I**...Thank You for your service!

Hope you can make the workshop!

## Meeting Highlight: Two for one!

Monday (Voices of Recovery) and Friday (Message Carriers) both at Noon are two Online Zoom meetings that could benefit from some member support. Click [here](#) to access the schedule for details.

### Adele's Corner:

**Overheard... "If you can't accept me at my worst, I don't blame you! That nonsense is ridiculous!"**



Word Find: Literature, Peace, Tools, Abstinence, Recovery, Serenity, Sponsor, Program

A B S T I N E N C E Q  
L T O O L S L I T E R  
I E R Y S O N S O R E  
T I S P R O G R A M P  
E C A R E C O V E R Y  
R P E A C E Y T I N E  
A L E P D N I E I T S  
T I R E N E D I U I O  
U A L I T E R A T U R  
R S P O N S O R E R Y  
E C I T R E N I S T R

## **From Our Literature:**

**Step Nine:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition Nine:** OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Concept Nine:** Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

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

Meetings give us an opportunity to identify our common problems, confirm our common solution, and share the gifts we receive through this Twelve Step program. In addition to face-to-face meetings, OA offers telephone and other types of virtual meetings that are useful in breaking through the deadly isolation caused by distance, illness, or physical challenges.

### **OA Pamphlet Highlight: The Tools of Recovery: Helping Us Live and Work the Twelve Steps**

The Tools of Recovery has long been OA's essential explanatory guide to understanding how using the nine Tools of OA—a plan of eating, sponsorship, meetings, telephone, writing, literature, action plan, anonymity, and service—can bolster our recovery.

This important pamphlet has been lightly edited and thoughtfully updated to reflect important 2021 OA policy changes. The Tools of Recovery now includes the recently restored definitions of abstinence and recovery, as well as timely references to OA's newest combination pamphlet, A New Plan of Eating (#144).

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

## 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](#)

## Our OA Responsibility Pledge

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

## Upcoming Events:

### **SOAR8 FALL RECOVERY CONVENTION & BUSINESS ASSEMBLY**

September 20 - September 22

Deerfield Beach, Boca Raton, Florida

Convention is in-person only. Just the Business Assembly is hybrid.

SOAR8 ASSEMBLY REGISTRATION FLYER CLICK [HERE](#)

### **Monthly PTI InterGroup Meeting**

Tuesday, September 24th

7pm-8:15pm

Meeting ID 840 2699 8998

Security Passcode: service

Invite Link: [https://us02web.zoom.us/j/84026998998?](https://us02web.zoom.us/j/84026998998?pwd=UTBzSjVsTWtzbFNoUEhXcjBaeEdxZz09)

[pwd=UTBzSjVsTWtzbFNoUEhXcjBaeEdxZz09](https://us02web.zoom.us/j/84026998998?pwd=UTBzSjVsTWtzbFNoUEhXcjBaeEdxZz09)

### **Workshop: “WINdow” and Open-UP The STEPS VERBiage**

1pm-3pm Sept 28th, 2024

Palm Harbor Presbyterian Church

2021 Nebraska Avenue, Palm Harbor, FL 34683

## **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. Ideas under consideration include room sharing lists, ride sharing lists, scholarships, flyers... if you have any suggestion, please let us 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.

Note: All graphics in this newsletter were generated using AI tools or downloaded from royalty-free sources. -Will F.



**Pinellas Traditions Intergroup**

# PINELLAS TRADITIONS INTERGROUP MEETING LIST

July 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 Meeting	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
Thur	5:30 PM OA# 800155	Steps to Freedom <b>ZOOM ONLY</b>	OA & AA 12 & 12 Step Study	Meeting ID: 222 498 444 Passcode: 008551 <a href="https://us02web.zoom.us/j/222498444?pwd=TK5DdE1hWFILdWJ0RGJnbFUzOVJMQT09">https://us02web.zoom.us/j/222498444?pwd=TK5DdE1hWFILdWJ0RGJnbFUzOVJMQT09</a>  <b>Meeting closes to additional members joining at 5:45 PM EST to limit intruder activity.</b>	Stephanie (727) 641-3437
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

# PINELLAS TRADITIONS INTERGROUP MEETING LIST

July 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
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	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=TjUrSzJjQTC3TEhIbitQTE8rUFZzUT09">https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJjQTC3TEhIbitQTE8rUFZzUT09</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=OUZuOVNmMVoyNlloUTFoWtYmVWFjQT09">https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTFoWtYmVWFjQT09</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=eVrakkxYVVBUBWVCRVZTaktFa05ydz09">https://us02web.zoom.us/j/83799831583?pwd=eVrakkxYVVBUBWVCRVZTaktFa05ydz09</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>