

PTI Newsletter

Overeaters Anonymous InterGroup

Pinellas, Pasco & Hernando Counties

January 2025

The Promises of AA

There are many promises laid out in the Big Book of Alcoholics Anonymous. Most know the 9th step promises in the chapter “Into Action.” Compulsive eaters who stay abstinent and work the Twelve Steps will see these Promises come true. Sometimes quickly, sometimes slowly. The Big Book states the promises come “If we are painstaking about this phase of our development, we will be amazed before we are halfway through.” Note, they come before we are halfway through with the ninth step. Each month I will be sharing an experience with each promise:

Promise 1: We are going to know a new freedom and a new happiness.

I have a new freedom in life both from the food and from self. I am no longer afraid to be places where there is abundant food, the consequences of overeating, or worrying about what people will think if I go back for another helping. In the months before I got abstinent, I was completely distracted and unable to participate in life due to thinking about food. How to get it and how to control it. Today, most of the time, I experience food neutrality. This allows me to show up for myself and others.

-JC

Fear of Fear

You have nothing to fear but fear itself. How many times have we all heard that said when considering doing or not doing that which scares us the most? Recently, while assisting another fellow in program with their inventory of stuff, the topic of fear came up and I started to once again review my own fears. No matter how many times I did my fourth step, there always seems to be more new things I can learn about myself.

What I was just uncovered were some of my BIGGEST fears , the ones I haven't even looked at yet. They are so scary to me that I didn't even know they were buried inside. It's like saying, “I'm honest, except when I'm not.” Or like saying, “I'm red except when I'm blue.” No matter what it is I think I am, I am that, except when I'm not. And I have written a “searching and moral inventory of myself” many times, except the things I feared most, had not yet surfaced for inclusion on those lists. Until they are or can be.

So, now, I get to learn a few more things, another peel of the onion, as they say, about what's eating me, so that I may, in turn, not eat over them. No need to be afraid of that particular thing any more, until the next thing I've been fearing rears its ugly and frightening self.

This program gives me the opportunity to identify and face my fears with the love and support of my OA fellows so that I don't have to walk through and face my fears by myself.

I don't know if it's really true that I have nothing to fear but fear itself, but, it is most assuredly true that I don't have to face my fears alone.

- Devorah V.

"It's Not Them"

I first came across this slogan on a bumper sticker on the wall at a 12th step meeting in Winter Garden. Instantly it resonated and I made it my own. My first sponsor had told me as much in different words. Could happy, joyous and free be that simple? I believe that is true.

Invariably, when I am wrapped around the axle emotionally over some perceived slight, there was a moment when I had a chance and didn't take it. A chance to shift the momentum in a different direction. Gentle humor or a soft touch very often work. Pause works. A quick tenth step can often give me insight into how I had a part in something unpleasant. That change in perspective is usually magic that allows me to extend compassion to someone who needs it, instead of judgement or criticism. So many of our tools have to do with defusing a potentially nasty situation.

In no way have I felt this has turned me into a doormat, or made me take blame for something that was not my fault, or invited the natural consequences of someone else's choices to crash down on my head. It's about keeping small issues small, not overstating harm done to me, owning my part, exercising courage, trusting the process and the principles of the program. Everyone gets tired, impatient or irritable and sometimes shows up in less than perfect ways. In my experience, most people I love instantly recognize when they have behaved badly. If I can graciously respond in a way that communicates strength, compassion, patience, self-control and humor, it makes all the difference. That's what I want for myself in 2025. Happy New Year!

- Will F.



WOW (We Offer Wellness)

Brought to you by Michele M.

Effects of life and compulsive overeating may trigger my **STRESS** (positive or challenging experiences).

STRESS

WINS to:

RESSST RES3T

With the help from my Higher Power and program, I can put my **STRESS** to **RES3T**.

I can take **S** breaks throughout my day.

S Break one is to admit my powerlessness for **Sanity**.

S Break two is restore me for **Simplicity**.

S Break three is to turn it over for **Serenity**.

My **S** break type, frequency, duration, and content can vary for my wellness.

Got **FATIGUE**?

Relating to the **T** of “**HALT**” ...Tired/**FATIGUE**...

FATIGUE

The first and last letters of **FATIGUE** are **FE**.

How is my **FE** (“iron”) strength?

Where is my **FE** strength placed?

Who do/did I give it to?

Who am I relying for my **FE** strength?

Do I have boundaries for my **FE** strength?

What can I leave undone?

Have I had gratitude for my **FE** strength?

My solution is “**ACCEPTTENSE**”.

I can either **ACCEPT** or be **TENSE** (restless, irritable, and “discon**TENSE**”).

“**ACCEPTTENSE**” is a continuum process.

Where am I? There is no judgement.

I will not accept.

I may not accept.

I will consider to accept.

I hope to accept.

I am working towards accepting.

I can accept.

I will accept.

I have accepted.

My accepting is fluid and that is ok.

Did you know....

Dear Abby's mother was very instrumental in promoting Overeaters' Anonymous and providing public information about the program.

- Brought to you by Cindy B.

From Our Literature:

Step One: We admitted we were powerless over food — that our lives had become unmanageable.

Tradition One: Our common welfare should come first; personal recovery depends upon OA unity.

Concept One: The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

This Month's Tool: Service

Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by attending meetings, sharing, and putting away chairs. All members can also give service by putting out literature, welcoming newcomers, hosting a virtual meeting, or doing whatever is needed to help the group. Members who meet specified requirements can give service beyond the group level by serving at the intergroup, service board, region, or world service level.

OA Pamphlet Highlight: OA Handbook for Members, Groups and Service Bodies: Recovery Opportunities ([CLICK HERE](#))

Offers suggestions on how to start an OA group and keep it going, along with important information about service at the group, intergroup, service board, region and world service levels. Indexed. Copyright 2019.

OA Handbook for Members, Groups and Service Bodies: Recovery Opportunities is only available in e-book formats from our third-party vendors.

OA receives a royalty share for e-book purchases made through these vendors (links open to external websites):

- Amazon Kindle
- Apple Books
- Barnes and Noble Nook

Word Find: - Words are from 1st Step, Tradition and Concept...

Admitted Collective Common Conscience
Personal Powerless Recovery Unity
Unmanageable Welfare

Words can go in **any** straight line direction (Up, down, left, right, diagonal up, diagonal down). The answer is at end of newsletter, just before the meeting list.

C O N S C I E N C E X E I D R
W Y J N E B O K V K T V E E S
K F L A E L B R S H W I L T I
P Z W Y F D J S P P W T X T F
P C W L Q S E G E J O C Z I T
P W O T H L G R D G O E W M K
L L G M R O S Y R Q M L E D Z
V I Y E M O L B T I O L N A S
A A W B N O U F C I V O W K P
D O T A S F N B N J N C E Z C
P H L Y R E V O C E R U L W Q
K X D Z P D K A C N A S F R Z
K E Y C W T E R X T F X A E H
U N M A N A G E A B L E R B X
Q V V V B P A E K U B B E Y E

Adele's Corner

Overheard... "If I'm not changing it, I'm choosing it."

-Ouch!



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: Beach Bunch (Zoom Only)

Wednesday 6:30pm

Meeting ID: 730 1090 2349 Passcode: Hope

For automatic access, click [HERE](#)

Upcoming Events:

Holi-DAZE 41st Zoom-A-Thon

Next Monthly PTI InterGroup Meeting

Tuesday, January 28th

7pm-8:15pm

Meeting ID 840 2699 8998

Security Passcode: service

Click [HERE](#) for the Invitation Link

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

Registration will open in April, 2025

HOLI-DAZE 35th Zoom-A-Thon

Feb 14th 10th

Meeting ID: 959 959 1828

Passcode 718863

To phone in, find your local number here

<https://us02web.zoom.us/j/kceCgnYI4>

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

PTI's QR Code



PTI's Hotline (727) 279-5630

Answer Key for Word Find:

C O N S C I E N C E X E I D R
W Y J N E B O K V K T V E E S
K F L A E L B R S H W I L T I
P Z W Y F D J S P P W T X T F
P C W L Q S E G E J O C Z I T
P W O T H L G R D G O E W M K
L L G M R O S Y R Q M L E D Z
V I Y E M O L B T I O L N A S
A A W B N O U F C I V O W K P
D O T A S F N B N J N C E Z C
P H L Y R E V O C E R U L W Q
K X D Z P D K A C N A S F R Z
K E Y C W T E R X T F X A E H
U N M A N A G E A B L E R B X
Q V V V B P A E K U B B E Y E

PINELLAS TRADITIONS INTERGROUP MEETING LIST

January 2025

PLEASE NOTE: All meetings are open 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	FORMAT	LOCATION / ZOOM INFO	DIAL-IN	CONTACT
Sun	6:00 PM OA# 32923	Clearwater Oasis** ZOOM ONLY	Big Book (90 Days)	JOIN MEETING Meeting ID: 817 3809 4727 Passcode: bigbook	Phone #: (305) 224-1968 Meeting ID: 817 3809 4727 Passcode: 7982339	N/A
Sun	6:00 PM OA# 49012	Beginner's Meeting FACE-TO-FACE	Beginners / Step Study	NEW LOCATION: St Luke's Methodist Church 4444 N 5th Ave. N. St. Petersburg, FL 33713		Judy C. (201) 259-3924
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	JOIN MEETING Meeting ID: 756 6503 6069 Passcode: voices <i>Eatin' Meetin' - Bring your lunch (or not)</i>	Phone #: (305) 224-1968 Meeting ID: 756 6503 6069 Passcode: 868710	Donna D. (727) 480-0865
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	10:00 AM OA# 800998	ZOOM ONLY	Literature, Varies Open	JOIN MEETING Meeting ID: 849 1556 8631 Passcode: faith	Phone #: (305) 224-1968 Meeting ID: 849 1556 8631 Passcode: 726776	Donna D. (727) 480-0865
Tues	5:30 PM	FACE-TO-FACE	Step/Traditions	Sabala Plaza 14100 Walsingham Rd., Suite 32 Largo, FL 33774		Kelly D. (727) 542-4525
Tues	7:00 - 8:15 PM OA# 09412	PTI Meeting ZOOM ONLY	4 th Tuesday Only All OA's welcome	JOIN MEETING Meeting ID: 859 3298 4082 Passcode: 259647		Will F. (407) 580-8187
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	JOIN MEETING Meeting ID: 730 1090 2349 Passcode: Hope	Phone #: (305) 224-1968 Meeting ID: 730 1090 2349 Passcode: 470866	Donna D. (727) 480-0865
Thur	10:00 AM OA# Pending	FACE-TO-FACE	Literature	NEW LOCATION as of 11/14/24 → 6020 US HWY 19 New Port Richey, FL 34652 <i>(Old Kaiser College Buildings, ground floor, side of building.)</i>		Shirley Q. (727) 916-2199

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DAY	TIME	MEETING NAME	FORMAT	LOCATION / ZOOM INFO	DIAL-IN	CONTACT
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 OA# 57404	FACE-TO-FACE	Downtowners	140 4th St. N St Petersburg FL 33701 <i>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.</i>		Rita S. (727) 310-5760
Fri	12:00 PM OA# 801412	Message Carriers ZOOM ONLY	Open Discussion	JOIN MEETING Meeting ID: 828 2766 5988 Passcode: oarocks <i>Eatin' Meetin' - Bring your lunch (or not)</i>	Phone #: (305) 224-1968 Meeting ID: 828 2766 5988 Passcode:	Donna D. (727) 480-0865
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
Sat	8:00 AM OA# 36776	ZOOM ONLY	Step 11	JOIN MEETING Meeting ID: 878 7335 5684 Passcode: step11	Phone #: (305) 224-1968 Meeting ID: 277 327 215 Passcode: 448149	Rita S. (727) 310-5760
Sat	10:00 AM OA# 45426	First Fellowship FACE-TO-FACE	Steps/Traditions	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	JOIN MEETING Meeting ID: 842 6203 9443 Passcode: Bigbook	Phone #: (305) 224-1968 Meeting ID: 842 6203 9443 Passcode: 6860727	Cora L. (813) 956-4642
Sat	12:30 PM OA# 52497	Clearwater Men's ** ZOOM ONLY	Men's Meeting	JOIN MEETING Meeting ID: 837 9983 1583 Passcode: Recovery	Phone #: (305) 224-1968 Meeting ID: 837 9983 1583 Passcode: 22551377	Joel (727) 560-2634

Pinellas Traditions Intergroup meets the 4th Tuesday of each month 7:00 – 8:15 PM

Meeting ID: 804 2699 8998 Passcode: 259647

JOIN MEETING:

<https://us02web.zoom.us/j/84026998998?pwd=UTBzSjVsTWZzbFN0UEhXcjBaeEdxZz09>

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://opinellas.org>