

PTI Newsletter

Overeaters Anonymous InterGroup

Pinellas, Pasco & Hernando Counties

March 2025

Living the promises...

Promise 3: We will comprehend the word serenity.

Serenity is defined as “the state of being calm, peaceful, and untroubled.” This can come on the drive home from work, listening to music, spending time on the couch with my husband, or enjoying the fellowship at a meeting. Serenity comes when I am working the steps on a daily basis, , accepting what I can not change, taking inventory of myself, asking HP to remove anything in me no longer helpful, and being of service to others.

- JC

The only easy day was yesterday

These words were shared with me by my OA sponsor a few years ago. He wasn't trying to depress me or discourage me or overwhelm me. He was just being honest about what it takes to be happy, joyous and free. The 12 step recovery program could be considered simple, but I've never heard it described as easy. There are actions I need to take and I don't always feel like taking them. Sometimes I get wrapped around the axle over someone else's behavior. They aren't behaving! “If only they would ...” That's why I am so glad I have others to walk the walk with me. They inspire me. They encourage me. They listen to me. Sometimes they laugh at me. They care about me and want the best for me. They hold me accountable to what I know to be true - the principles of the program.

My happiness is an inside job. I have an appalling lack of perspective and need other people to help me see all the choices I have. Often I will see the light even as the angry and complaining words are coming out of my mouth. I feel foolish. I see that I was blowing something out of proportion. I wasn't thinking about the array of choices I have in a situation. I was stuck in reactive mode instead of seeking creative inspiration. People help me get into a different mode. Then I can make better choices. Thank you fellow travelers!

- Will F.

Adele's Corner

Overheard... "It's not that I work best under pressure - it's that I work **ONLY under pressure!"**



Did you know....

...from **ALCOHOLICS**

ANONYMOUS, p. 542 (Third Edition)

“... there are only two sins; the first is to interfere with the growth of another human being, and the second is to interfere with one's own growth.”

Share...

How often do my "prayers" for others involve "hidden" prayers for my own agenda? How often is my search for happiness a boulder in the path of growth for another, or even myself? Seeking growth through humility and acceptance brings things that appear to be anything but good, wholesome and vital. Yet in looking back, I can see that pain, struggles and setbacks have all contributed eventually to serenity through growth in the program.

- Brought to you by Cindy B.

From Our Literature:

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.

Concept Three: The right of decision, based on trust, makes effective leadership possible.

This Month's Tool: Sponsorship

We ask a sponsor to help us through all three levels of our program of recovery: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person how they are achieving it.

OA Pamphlet Highlight: In OA, Recovery Is Possible: About Compulsive Eating and the OA Program of Recovery (CLICK [HERE](#))

Combining the vital introductory information present in Questions and Answers, A Program of Recovery, and Compulsive Overeating: An Inside View—all now discontinued—this pamphlet focuses more intently on defining compulsive eating and answering questions about the basics of our recovery program.



WOW (We Offer Wellness)

Brought to you by Michele M.

Reflections from our February “Seeking Emotional Balance” Workshop:

IMBALANCE

WINS to:

IM BALANCE

“Going to any length” working my program prevents **IMBALANCE**. I’M **BALANCED** with growth in all 3 areas of program spiritual, emotional, and physical.

BALANCE

WINS to:

ABC LEAN LANE

Keep it “**ABC** simple.” Who or What do I **LEAN** on for strength? Am I staying in my **LANE** to be purposeful and useful? My ego is not self-seeking.

SHOULD

WINS to:

HOLDS US

“**SHOULD**ing on ourselves” **HOLDS US** back. Our Higher Powers **HOLDS US** with comfort and strength to take actions and explore.

RESPOND

WINS to:

PONDERS

Instead of reacting, **RESPOND**. One **PONDERS** or pauses to make the best choice at that time. It’s a gift of peace and maturity to have the space to choose.

Word Find: - Words are from 2nd Step, Tradition and Concept...

Decision **Care** **Understood** **Membership**

Desire **Trust** **Effective** **Leadership**

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.

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

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 (Zoom Only)

Tuesday 10:00am

Meeting ID: 849 1556 8631

Passcode: faith

Each week we have members totalling over 100 years of abstinence, including at least one man who sponsors. Everyone is welcome, including NEWCOMERS. For automatic access, click [HERE](#)

Upcoming Events:

Chasco Fiesta - PTI OA outreach opportunity

Shirley Q. Chair of the PIPO Committee is organizing our participation

We will have a table under a canopy and will hand out literature and have the chance to talk with some of the thousands who will be attending the event.

March 28th to April 5th

New Port Richey

Volunteers needed! If you can spare a week or a day or an hour

Contact chair@oapinellas.org to participate!

HOLI-DAZE 44th Zoom-A-Thon

Monday, March 17th, 2025

10am-2pm ET

Meeting ID: 959 959 1828 Passcode: 718863

To phone in, find your local number [HERE](#)

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

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 Hotline (727) 279-5630

Answer Key for Word Find:



PTI's QR Code



PINELLAS TRADITIONS INTERGROUP MEETING LIST

March 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

PINELLAS TRADITIONS INTERGROUP MEETING LIST

March 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
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 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.		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=UTBzSjVsTWZbFNoUEhXcjBaeEdxZz09>

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>