

The logo features a lighthouse on a small island with palm trees and a green frog sitting on a rock. The letters 'PTI' are large and blue, with the frog positioned between the 'I' and the start of the word 'NEWSLETTER'.

PTI NEWSLETTER

Overeaters Anonymous
Pinellas Traditions Intergroup
P.O. Box 16582
Clearwater, FL 33766

Volume 15, Issue 8

August 2020

PTI Trusted Servants

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NEXT PTI MEETING:

Saturday, August 15th - 12:00 P.M.

Join Zoom Meeting

<https://zoom.us/j/84287775266>

Meeting ID: 842 8777 5266

Please join us ...

FACING FEAR

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself "I lived through this horror. I can take the next thing that comes along."... You must do the thing you think you cannot do."

Eleanor Roosevelt

The inability to face my fears was one of the primary contributing factors of my illness. If I did not look fear in the face, I would not know what it was made of; and if I did not know my fears, I would not feel them. Compulsive overeating did an admirable job of helping me bury my fears alive. The OA program excels in helping us deal with our fears. One small step at a time, we discover what terrifies us, pass through it and go on with our recovery. Enlisting the help of a sponsor—and using the other tools—is an effective way to begin facing fear.

For today: The help I need to deal with fear is available in the twelve-step program, the OA members and the tools. Am I using that help?

For Today, page 196

Forget Everything And Run 
OR 
Face Everything And Recover!!!

 **OVEREATERS ANONYMOUS®**
Pinellas Traditions Intergroup

The opinions expressed in this monthly newsletter reflect those of the writer and do not represent OA as a whole. Serve your group by sharing your experience, strength and hope in the PTI newsletter. Please submit your article by the **25th** day for publication in the following month's newsletter. Please send to: newsletter@oapinellas.org

Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Concept 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.



Chair Chatter



Hi Everyone!

Hope everyone is still practicing safe distancing and hand sanitizing...we are not out of the woods yet!

Since last month's Chatter, Florida's COVID numbers are still going up, so most of the meetings are still meeting on Zoom or parking lots. Check our Zoom meeting list.

We will continue our Zoom Intergroup meeting until further notice.

Shirley, our vice chair, will send out reminders with the Zoom ID and password in advance.

I usually send out the agenda a week in advance of the meeting. If you want anything on the agenda please email me and I will get it on there.

I think our Zoom intergroup meetings are going well. We get our work done and see everyone all with the convenience of sitting in our homes! 📺

As I write this, I am participating in our first ever virtual retreat. It was an amazing feat to get this together but the committee managed to get this off the ground and on Zoom. Thank you!

I am so happy to be at the meetings, "Chew and Chat", meditation, and speaker. They thought of everything. We have it all. Friday night was a sing along with Donna and Julie. I hear there's going to be a dance tonight too.

Happy to report that our donations are still coming in, so we can support our Region and World Service Office.

Getting out the message and being the message in this time of the pandemic is important.

I feel blessed at this time to be able to do service and have my program intact. God knows where I would have been without it. With my hand in the boxes, bags and cartons!

Today I have a program that relieves me from the bondage of self, so I may better do Thy will....that's if I listen and keep in fit spiritual condition.

Hope to see you at the Intergroup meeting. Come visit us and see what we're all about!

Linda H.
PTI Chair
chair@oapinellas.org



Please refer to oapinellas.org for the latest Pinellas Traditions Intergroup meeting minutes, treasurer's reports, and upcoming events.

PTI Virtual "ZOOM" Meetings List as of July 4, 2020



During this COVID-19 quarantine, when our meeting rooms have been shut down and we have been shut in, we encourage all to attend the virtual meetings being offered by Pinellas Traditions Intergroup (PTI).

To join us in a virtual meeting by cellphone download the ZOOM app to your phone and then click on it. Join the meeting by entering the ID number.

To join us using your PC, laptop, tablet use your browser to go to ZOOM.us. Click onto JOIN MEETING. Enter ID and follow directions.

SUNDAY

6:00 PM "Big Book" Meeting ID: 682 489 475 **Password:** 358751 **Phone in:** +1 253 215 8782 US
Hosted by 90 Day

MONDAY

12:00 PM "Voices of Recovery" Meeting ID: 730 8917 2286 **Password:** 503125 (Hosted by Linda H.)

4:00-5:00 PM "Literature" Meeting ID: 399 359 360 **NEW Password:** fortoday (Hosted by Rita S.) Topics from For Today and Voices of Recovery

6:45-8:00 PM "Literature" Meeting ID: 199 631 721 **Password:** 409818 (Hosted by Rita S.)

7:00 PM "Speaker Meeting" Meeting ID: 222 498 444 **Password:** 008551 **Phone in:** +1 312 626 6799 US
Hosted by 90 day

TUESDAY

7:00 PM "Big Book" Meeting ID: 772 692 021 **Password:** 696369 (Hosted by Shirley Q.)

NEW

10:00 AM "REBOS" Meeting ID: 959 959 1828 **Password:** 718863 (Hosted by Donna)

WEDNESDAY

6:30 PM "Beach Zoom" NEW Meeting ID: 730 1090 2349 **Password:** 09412 (Hosted by Linda H.)

THURSDAY

10:30-11:30 AM Meeting ID: 959 959 1828 **NEW Password:** 718863 (Hosted by Donna D.)

5:30 PM "OA 12 & 12 and AA 12 & 12" Meeting ID: 646 558 8656 **NEW Password:** 977721

7:00 PM "Literature" (Leader's Choice) Meeting ID: 718 920 457 **Password:** 807625 (Hosted by Shirley Q.)

FRIDAY

12:00 PM " Noon " **Meeting ID:** 751 8116 4271 **NEW Password:** OAROCKS (Hosted by John C.)
Join Meeting: <https://us04web.zoom.us/j/75181164271?pwd=QmRycDRLa0tYc1VRSGxBMTdnWjMvUT09>

SATURDAY

7:45-8:00 AM **Meeting ID:** 277 327 215 **Password:** 785835 (Hosted by Rita S.)
 "For Today" and "Voice of Recovery" Books

10:30 AM "Big Book" **Meeting ID:** 478 319 176 **Password:** big book
Phone in: +1 346 248 7799 US **Password:** 421023

12:30 PM "Men's Meeting" **Meeting ID:** 914 632 264 **Password:** 479959 (Hosted by Joel Mc.)

Parking Lot Meetings

These meetings maintain social distance and meet face to face. Bring your own chair and your own literature.

Sunday

6:30 PM Gulfport Neighborhood Center 1617 49th St S, Gulfport → **OPEN** → Bring a chair

Tuesday

10:00 AM REBOS, 5639 54th Ave. N., St. Pete → Meeting is on the porch. Please bring a chair.

Friday

6:00 PM "Big Book" Unity Church parking lot, 6168 1st Ave N, St. Pete

**Pinellas Traditions Intergroup - 7th Tradition**

The 7th Tradition states, "Every OA group ought to be fully self supporting, declining outside contributions."

Available on the PTI web site, local OA groups and members can now send a contribution using a secure site via PTI's PayPal page. Please click the button located on the right or visit our website at oapinellas.org/donations to send in a donation today.

Your generosity is greatly appreciated.



PINELLAS COUNTY MEETING LIST

August 2020

DAY	TIME	MEETING NAME	MEETING TYPE / NOTES	LOCATION	CONTACT
Mon	10:15 AM OA#46182	Just For Today ^^	12 & 12 / Big Book	Lutheran Church of the Resurrection 1555 Windmill Pt Rd., Palm Harbor	Mary Ellen (727) 781-2597
Mon	12:00 PM OA#48303	Voices of Recovery (Candlelight Meeting)	Voices of Recovery Discussion	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Ann G. (212) 399-7099
Mon	7:00 PM OA#47788	Focus on Abstinence ^^	Speaker – Phone Meeting Abstinent 90+ Days	Central Church of Christ 1454 Belleair Rd., Clearwater <i>(NW of Belleair Rd. & Highland – entrance on Belleair)</i>	Mary T. (727) 593-4758 Mardie (727) 501-3949
Mon	7:00 PM OA#01530	Search Out Serenity "SOS"	Leader / Discussion Jackson Street entrance	St. Anthony's Hospital, Classroom D 1200 7th Ave. N., St. Petersburg <i>(Jackson Street entrance)</i>	Cynthia (561) 254-3642
Tues	10:00 AM OA#54726	Abstinence NEEDS SUPPORT	Daily Readings Open Discussion	REBOS Center 5639 54 th Ave. N., Kenneth City	Donna D. (727) 480-0865
Tues	7:00 PM OA#54697	Living In Today NEEDS SUPPORT	Step/Lifeline/Daily Reader/ BB/Leader's Choice	Northwood Presbyterian Church – Rm #4 2875 State Road 580, Clearwater	Lee (727) 480-4821
Tues	7:00 PM OA#54346	The Mile Stretch Meeting NEEDS SUPPORT	Literature Meeting	St. Vincent de Paul Catholic Church 4843 Mile Stretch Rd., Holiday	Jeanne A. (727) 494-7994 Sue D. (585) 704-4464
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch NEEDS SUPPORT	Open Discussion	<i>On the beach in front of the snack shack</i> 15100 Gulf Blvd., Madeira Beach <i>(Bring a chair)</i>	Linda H. (727) 647-8280 Donna D. (727) 480-0865
Thur	10:30 AM OA#53015	Hope NEEDS SUPPORT	All Literature	Aldersgate Methodist Church 9501 Starkey Rd., Seminole <i>(Back of church near the office)</i>	Lynn E. (901) 830-1092
Thur	11:00 AM OA#40873	Key to Freedom	Big Book Study	First Presbyterian Church 455 Scotland St., Dunedin <i>(Downtown Dunedin)</i>	Laurie (727) 517-4137
Thur	5:30 PM OA#49784	Steps to Freedom **	Focusing on Recovery through the Steps and Traditions - 90 Days	St. Cecelia's Church, Room A 820 Jasmine Way, Clearwater	Mary Mc. (727) 319-4321 Mary T. (727) 593-4758
Thur	7:00 PM OA#46183	First Fellowship	1-Step/ 2-Speaker/ 3-Lit/ 4-Big Book/5-Lifeline	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Sue D. (585) 704-4464
Fri	6:45 AM OA#54674	Fresh Start	Voices of Recovery For Today	Central Church of Christ 1454 Belleair Rd., Clearwater <i>(NW of Belleair Rd. & Highland – entrance on Belleair)</i>	Phil L. (727) 754-0131
Fri	12:00 PM OA#52863	Message Carriers	Open Discussion	Metro Center 3251 Third Ave. N., St. Petersburg <i>NEW entrance on west side of building (closest to 34th Street)</i>	Ellen L. (727) 381-8043
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Cora L. (813) 956-4642
Sat	8:00 AM OA#36776	Great Reality NEEDS SUPPORT	Beginners	St. Giles Episcopal Church 8271 52nd St. N., Pinellas Park	Donna D. (727) 480-0865
Sat	10:00 AM OA#45426	First Fellowship	Step/Tradition Meeting	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Pat (727) 784-3375
Sat	10:30 AM OA#27235	Saturday Serenity ^^	Big Book	First Lutheran Church 1644 Nursery Rd, Clearwater	Cora L. (813) 956-4642
Sat	10:30 AM OA#17950	Pasco Pioneers	1-Step/ 2-Big Book/ 3-Leader's Choice/ 4-Traditions/5-Brown Book	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Betty N. (727) 505-4562
Sat	12:00 PM OA#09412	Pinellas Tradition Intergroup Meeting	Third Saturday Only All OA's welcome	First Lutheran Church 1644 Nursery Rd, Clearwater	Linda H. (727) 647-8280
Sat	12:30 PM OA#52497	Clearwater Men's Group **	Men's Meeting	Community United Methodist Church 207 Buckingham Ave., Oldsmar	Lee (727) 480-4821
Sun	6:00 PM OA#32923	Clearwater Oasis **	Big Book (90 Days)	Morton Plant Hospital, 1st Floor Tuttle A Auditorium, Clearwater	Chrissy (813) 377-5332 Michelle (314) 378-9391
Sun	6:30 PM OA#49012	Beginner's Meeting Step Study	Beginners/Step Study	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Judy C. (201) 259-3924

PLEASE NOTE: All meetings are open meetings unless indicated otherwise. **Closed Meetings (OA members only) ^^Children welcome

If this is your first time attending a meeting listed, please be sure to call to clarify directions and meeting specifics.

Pinellas Traditions Intergroup meets the 3rd Saturday of each month 12:00 PM – First Lutheran Church, 1644 Nursery Rd., Clearwater, FL

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>

Hotline #'s – Hillsborough & Pinellas: (813) 254-4190

REVISED: July 4, 2020