



PTI NEWSLETTER

Overeaters Anonymous
Pinellas Traditions Intergroup
P.O. Box 294
Palm Harbor, FL 34682

Volume 16, Issue 8

August 2021

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NEXT PTI MEETING:

Saturday, August 21st - 12:00 PM

Join Zoom Meeting

<https://zoom.us/j/85932984082>

Meeting ID: 859 3298 4082

Please join us ...

As Our Stories Attest ...

STEP 8 “Made a list of all persons we had harmed and became willing to make amends to them all.”

Spiritual Principal: Self-Discipline

I knew this step was the preparation work that was needed before I could actually make the amends called for in Step 9 remembering it was a two-part step. First, I made the list of all people I had harmed, then I became willing to make complete amends to them all. Within this step there were several keywords that I was to pay attention to, like thorough amends and willingness. It seemed like a simple step on the surface but in reality, it was a bit more intricate.

First, I had to look at the word all as it refers to everyone I had harmed, not just picking and choosing to whom my amends were to be made. Next, I had to look back at my completed fourth step, making sure it had been fearless and thorough, so I had a complete list of persons I'd harmed. Moving on I made my list of amends with the understanding this meant more than just saying that I was sorry; I was to make restitution, changing my ways, and preparing to acknowledge the exact nature of my wrongs toward each person. I was to admit my wrongs so I could change my ways to find true recovery. Beginning to tackle the word willingness I began by asking my Higher Power for willingness to face the people I had harmed, admitting my shortcomings, and then making restitution, if necessary, so I could change my future behaviors in life. My personal experience was that in going over my list with my sponsor and identifying the persons I'd harmed, and the incidents I was making amends for, I needed to be very specific with my statements. I needed to identify the particular shortcoming or character defect that I needed to change.

Clearly in taking this complex step I must not forget to add myself to the list of persons harmed. Once my list was shared and discussed with my sponsor it was completed by asking for willingness, courage and then praying as I went forward into step nine. I was reminded that this exercise was for my recovery, and it was just a part of cleaning up my past so I could live in peace and harmony in my future. As it seemed to cleanse my conscience I was once again encouraged to be prepared to accept any response from the people I had harmed and focus only on my own role in the situation. Often today I find myself continuing to ask for willingness and acceptance in my prayers knowing now that it works if I work it.

-Anonymous PTI Member



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



Chair Chatter - August 2021



Hello Pinellas and Pasco!

I hope this newsletter finds everyone well and in recovery. I have been on Facebook meetings for newcomers and some say the program is not working for them. Well, as the old saying goes, "It works if you work it, so work it you're worth it!" I'm working it. How bout you?

Our Intergroup has been doing lots of things to keep recovery going. Donna, our TSW Chair and Paul are the committee. They are always thinking of new ways to make their Zoom marathons inviting and exciting. Rita, chair of the PIPO Committee, has secured a date for the 2022 retreat at the Franciscan Center. It is the very last weekend of July 29-31, 2022. Lisa F. will be heading up the planning committee. If you are interested in doing service, please come to our Intergroup meeting in August. We will have more information. Shirley, our Vice Chair and Bylaws committee chair, has done a great job revising our Bylaws that we voted on in June.

Our Treasurer, Karen, does a great job keeping us in the know about our funds (what's spent and what donations come in). Our Secretary, Jane, takes all the notes at our meetings. That's no easy task! I want to thank all of them for stepping up to do service. Without volunteers we would not have an Intergroup.

Our September Intergroup will be meeting F2F for a meet and greet on Saturday, Sept. 18th at 12 noon, First Lutheran Church, 1644 Nursery Rd., Clearwater. All are invited to see what we are about and what we do. Bring your lunch and we will supply water. We need volunteers to make it work. Service is one of our tools.

I've been doing lots of service this month for the World Service Convention in Orlando, August 26th-28th. I am the Vice Chair of the convention. The committee is wrapping up last minute things as we get ready for the Big Weekend. I'm sorry to say we will have no members from outside of North America due to traveling restrictions. I can't wait to see all my old friends and make new ones. Hope I see you there!

I also want to remind everyone that the Florida State Convention, January 14-16, 2022, in Cocoa Beach is in the planning stages. I've been working on that too, 'cause I'm the chair. You might wonder why is she doing all that stuff. Well, WSC was supposed to be over with last year, but COVID threw a wrench into everything and delayed the convention. So now I'm handling both. It is my pleasure to do it. I want OA to be around forever! Our Intergroup oversees Decorations and Entertainment. Shirley has graciously volunteered to head that committee. Please consider helping.

I think I covered all the "Happenings" in our intergroup. I want to thank the group reps that show up for the meeting. Does your group have a rep? Bylaws permits two per meeting. Now that we continue to meet on Zoom, it's so easy. No traveling, fighting traffic, worrying about the weather, and whatever excuse you can think of. We can see one another right on our computer in our home. I love it!!!

I hope to see you for our next meeting, Saturday, August 21st at 12 noon on Zoom ...

Zoom ID: 859 3298 4082

Passcode: 259647

OH -- ONE MORE THING!!! Please sign up on oapinellas.org to get all our announcements, this way you won't miss anything that's going on in our Intergroup. I often send out notices of events in other Intergroups around the country too!

Hugs,
Linda



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.

WORLD SERVICE CONVENTION Registration now open!!!



For more information, please visit OA.org, or [click this link](#).

32nd Annual Florida State Convention of Overeaters Anonymous



January 14-16, 2022

MORE DETAILS ARE IN THE REGISTRATION FLYER
LOCATED AT THE END OF THIS NEWSLETTER ...



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

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

JULY 2021

| | | | | | |
|-----|----------------------|---|---|---|---|
| Fri | 6:45 AM OA#54674 | Fresh Start FACE-TO-FACE | Voices of Recovery For Today | Central Church of Christ 1454 Belleair Rd., Clearwater | N/A |
| Fri | 12:00 PM OA#52863 | Message Carriers ZOOM ONLY | Open Discussion | Meeting ID: 828 2766 5988 Passcode: oarocks https://us02web.zoom.us/j/82827665988?pwd=NjBOamRlRFovaEpGellPY3lNVEVEZz09 | John C. (727) 289-9122 |
| Fri | 1:30 PM OA#08937 | New Beginnings FACE-TO-FACE | Literature | Colton Hall ±St. Andrew ¶ Episcopal Church 2301 Deltona Ave. #3327, Spring Hill, FL | Claudia S. (352) 238-8777 |
| Fri | 6:00 PM OA#49602 | Nitty Gritty FACE-TO-FACE | Big Book | Gulfport Neighborhood Center 1617 49th St. S., Gulfport | Cindy B. (813) 454-7941 |
| Sat | 8:00 AM OA#36776 | ZOOM ONLY | Beginners | Meeting ID: 277 327 215 Passcode: 785835 https://us02web.zoom.us/j/277327215?pwd=bU5WR1FsZUpwQWJvUjNzR04yM3pidz09 | Donna D. (727) 480-0865 |
| Sat | 10:00 AM OA#45426 | First Fellowship FACE-TO-FACE | Step/Tradition Meeting | Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor | Pat G. (727) 784-3375 |
| Sat | 10:30 AM OA#27235 | Saturday Serenity ^{^^} FACE-TO-FACE / HYBRID | Big Book | First Lutheran Church 1644 Nursery Rd, Clearwater https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTFodWtyMWFTQT09 | Cora L. (813) 956-4642 |
| Sat | 10:30 AM OA#17950 | Pasco Pioneers FACE-TO-FACE | 1-Step/ 2-Big Book/ 3- / H D G Home/4- Traditions/5-Brown Book | Christian Church of Holiday 5724 Rt 54, New Port Richey, FL | Betty N. (727) 505-4562 |
| Sat | 12:00 PM OA#09412 | PTI Meeting ZOOM ONLY | Third Saturday Only All OA's welcome | Meeting ID: 859 3298 4082 Passcode: 259647 https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJjQTC3TEhIbitQTE8rUFZzUT09 | Linda H. (727) 647-8280 |
| Sat | 12:30 PM OA#52497 | Clearwater Men ¶ ^{**} FACE-TO-FACE / HYBRID | O H Q ¶ Veterans | Community United Methodist Church 207 Buckingham Ave., Oldsmar Meeting ID: 812 0365 3253 Passcode: Gentlemen https://us02web.zoom.us/j/81203653253?pwd=R1Vhbm9mdkVaRWgwNFBSSkNNMUITQT09 | Lee (727) 480-4821 |
| Sun | 6:00 PM OA#32923 | Clearwater Oasis ^{**} ZOOM ONLY | Big Book (90 Days) | Meeting ID: 817 3809 4727 Passcode: bigbook https://us02web.zoom.us/j/81738094727?pwd=ZTNKWWREcDF2VTNlaVp0Zk1vOGRIQT09 | Chrissy (813) 377-5332 Michelle (314) 378-9391 |
| Sun | 6:30 PM OA#49012 | Beginner's Meeting FACE-TO-FACE | Beginners / Step Study | Gulfport Neighborhood Center 1617 49th St. S., Gulfport | Judy C. (201) 259-3924 |

Pinellas Traditions Intergroup meets the 3rd Saturday of each month 12:00 PM

Meeting ID: 859 3298 4082 Passcode: 259647

<https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJjQTC3TEhIbitQTE8rUFZzUT09>

Visitors welcome and service positions are available.

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>

