

PTI Newsletter
From Your Pinellas, Pasco and Hernando County
Overeaters Anonymous Intergroup
June 2024

A Member Shares

“What it was like, what happened, what it is like now.

I was born a compulsive overeater into a family of compulsive eaters, alcoholics, gamblers, and emotion avoiders. My early years were bathed in so much distortion that my relationship with food morphed into what I thought was friendship, love, comfort, kindness, and stress relief. I turned to food for human needs. Food never disappointed me with rejection or argument. It is inanimate and had no repercussions, I thought.

Then food turned the corner. I was physically bigger than others. I was set aside by others. Little did I know that it was food and eating that set me aside. Not the weight, not that I was “unique.” My choice was food at all costs. Food as a friend cut me off from all things human. I was lonely and resentful because I did not build human skills to give to or receive from others. I remained distorted for 3 decades of my life.

I found recovery when all my score cards read zero. Rock bottom had to be hit for me to look for something better. That was the inevitable and necessary place I needed to go. My whole life changed when I put the food down and looked to the people I found in Overeaters Anonymous. Especially my first sponsor. I was feral. A young person without human skills. She loved me enough to teach me how to abstain, how to clean my house, how to work the steps, who to trust, who to pass by. She taught me these things even when I was belligerent. That is love.

Now, I have been in OA longer than the 3 decades during which I was so distorted. I have learned how to cope with life without excess food. I can love, therefore, I have love in my life. I can learn and I can guide others. I can limit myself to live within my own budget. My emotional budget, my financial budget, and my service budget are all largely intact. By staying in the basics of OA, working the steps, traditions, and concepts of service, using all the tools, I have a rich adult life. A life full of personal triumphs and blunders. I love myself enough to not take the first compulsive bite, one day at a time. I am ever grateful for this simple way of living.”

- Judy

Upcoming Events:

OA Newcomers Encounter (Hybrid) - Sponsored by Greater Atlanta OA InterGroup

Date: Saturday – June 22, 2024

Time: 10:30 AM Hybrid meeting – Online and In Person Via

Zoom: <https://bit.ly/3e6jdtL>

Full Size Flyer available [here](#).

STAYING ABSTINENT thru the HOLI-DAZE 38th Zoom-A-Thon Thursday, JULY 4th, 2024

Come join us and share your experience, strength and hope! Together we can get through these holi-daze abstinently! Invite your friends.

10am til 2pm EDT

Meeting ID: 959 959 1828 Passcode: 718863

Full flyer available [here](#)

14th Annual OA Retreat at the Franciscan Center July 26th to July 28th

Come enjoy a fun and rewarding retreat at this beautiful facility on the Hillsborough River in Tampa. There are tree lined walks, pleasant water views and a contemplative labyrinth to enjoy.

Address: 3010 Perry Avenue, Tampa, FL 33606

Registration form is available [here](#).

CARRYING THE TORCH - Finding Better Balance with Work/ Life/Service

SUNDAY, JULY 28, 2024 3:00 – 5:00 EASTERN TIME

Sponsored by Region 8 InterGroup OutReach (IGOR) Committee

Zoom ID: 816 3916 8833 Passcode: intergroup

Full Size Flyer available [here](#)

News:

- 30 attendees enjoyed the June workshop in Palm Harbor, “Before the next B.I.N.G.E. (Believing I’m Not Good Enough)”. Tremendous fun was had by all. Thank you to our speakers, Jane, Kat and Krista, and to your PTI Twelfth Step Within Committee and Shirley Q for all the time and effort to put this together. Planning has already started for the next PTI sponsored event. We hope you will join us.

New Meeting Highlight: Thursday 10am New Port Richey

Format: In Person - Literature Meeting

Address: Sunshine Health Conference Rm, 5035 US Hwy 19,
New Port Richey, FL 34652

Adele’s Funny Corner:

Overheard...“Take my advice - I’m not using it!”

From Our Literature:

Step Six: Were entirely ready to have God remove all these defects of character.

Tradition Six: An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Concept Six: The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

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: Questions & Answers on Sponsorship
Click [here](#) for the Pamphlet

Our OA Responsibility Pledge

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

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.



Pinellas Traditions Intergroup

PINELLAS TRADITIONS INTERGROUP MEETING LIST

June 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 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	Meeting ID: 756 6503 6069 Passcode: voices https://us02web.zoom.us/j/75665036069?pwd=SWIZU0YvUXBTNkI4SEFIVFhCaVNSZz09	Ann G. (212) 399-7099
Mon	4:00 PM OA# Pending	ZOOM ONLY	Newcomer/Young People Meeting	Meeting ID: 896 9051 0570 Passcode: NewtoOA https://us02web.zoom.us/j/89690510570?pwd=Ry9NWG5JRvFsSWIzakdmbXF0aURzdz09	Shirley Q. (727) 916-2199
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	5:30 PM OA# 57219	FACE-TO-FACE	Step/Traditions Meeting	Sabala Plaza 14100 Walsingham Rd., Suite 32 Largo, FL 33774	Kelly D. (727) 542-4525
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	Meeting ID: 730 1090 2349 Passcode: Hope https://us02web.zoom.us/j/73010902349?pwd=Y0VENDNic0hWSTFrSDJFc1RqSHZQU09	Donna D. (727) 480-0865
Thur	10:00 AM OA# 58147	NEW Meeting FACE-TO-FACE	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 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
Thur	5:30 PM OA# 800155	Steps to Freedom ZOOM ONLY	OA & AA 12 & 12 Step Study	Meeting ID: 222 498 444 Passcode: 008551 https://us02web.zoom.us/j/222498444?pwd=Tk5DdE1hWFILdWJ0RGJnbFVzOVJMQT09 Meeting closes to additional members joining at 5:45 PM EST to limit intruder activity.	Stephanie (727) 641-3437
Fri	10:00 AM # 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.	(727) 310-5760

PINELLAS TRADITIONS INTERGROUP MEETING LIST

June 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 ZOOM ONLY	Open Discussion	Meeting ID: 828 2766 5988 Passcode: oarocks https://us02web.zoom.us/j/82827665988?pwd=NjBOamRiRFovaEpGellPY3lNVEVEZz09	Ann G. (212) 399-7099
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
Fri	6:00 PM OA# 49602	Nitty Gritty FACE-TO-FACE	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 ZOOM ONLY	4 th Tuesday Only All OA's welcome	Meeting ID: 859 3298 4082 Passcode: 259647 https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJlQTC3TEhIbitQTE8rUFZzUT09	Will F. (407) 580-8187
Sat	8:00 AM OA# 36776	ZOOM ONLY	Step 11	Meeting ID: 878 7335 5684 Passcode: step11 https://us02web.zoom.us/j/277327215?pwd=bU5WR1FsZUJwQWJvUjNzR04yM3pidz09	Rita S. (727) 310-5760
Sat	10:00 AM OA# 45426	First Fellowship FACE-TO-FACE	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 ZOOM ONLY	Big Book	Meeting ID: 842 6203 9443 Passcode: Bigbook https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTF0dWtyMWFQT09	Cora L. (813) 956-4642
Sat	12:30 PM OA# 52497	Clearwater Men's ZOOM ONLY **	Men's Meeting	Meeting ID: 837 9983 1583 Passcode: Recovery https://us02web.zoom.us/j/83799831583?pwd=eVrakxYVVBUBWVCRVZTaktFa05ydz09	Joel (727) 560-2634
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	N/A
Sun	6:00 PM OA# 49012	Beginner's Meeting FACE-TO-FACE	Beginners / Step Study	Gulfport Neighborhood Center 1617 49th St. S. Gulfport, FL	Judy C. (201) 259-3924

Pinellas Traditions Intergroup meets the 4th 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>