

# **PTI Newsletter**

## **Overeaters Anonymous InterGroup**

### **Pinellas, Pasco & Hernando Counties**

#### **April 2025**

**More sharing - living the promises...**

#### **Promise 4: We will know peace.**

Meditation may be one best places for me to find peacefulness. A quietness in the mind and openness of the heart. A time when I can surrender all that troubles me, and know God has a bigger plan, and I may be at peace. This is particularly valuable after an upsetting situation. I used to have lunch each Sunday with my HP near a pond. Packing my lunch before a religious service and intentionally inviting HP to quietly have lunch with me. Sometimes without thinking about a problem, a new solution would simply come to mind while watching the ducks.

**- JC**

#### **What Do You Need to Let Go Of?**

Have you ever considered what you need to let go of? We often spend so much time thinking about what we need to *do*—what we need to *add* to our lives in order to be happy. But what if the real shift comes not from adding, but from *letting go*?

Letting go is a powerful practice—one that helps you release what no longer serves you so you can create space for what does.

What if you paused to focus not on what's missing, but on what's weighing you down?

This could include tasks, behaviors, thoughts, perspectives, beliefs, or emotions. While we tend to separate these, they're all deeply connected. See if you can trace the way they influence one another.

Let me give you an example.

Maybe you volunteer on a board or have another commitment. You're overwhelmed and constantly feel like there's not enough time in the day. Your first instinct might be, "*I need to let go of the volunteer role.*" And maybe that's true—but let's dig deeper.

Letting go of the board position is the *task*. But what about the behaviors and thoughts tied to it?

Maybe the meetings feel unproductive. Lots of talk, little action. You find yourself disengaging or multitasking. Your thoughts might sound like, "*This is a waste of time,*" or "*Nothing I do here really matters.*"

Now go deeper—what *beliefs* or *perspectives* sit beneath those thoughts? Perhaps you believe you can't change the outcome. That your voice isn't valued. That you're not appreciated. While these beliefs may show up in this one situation, they often echo through many areas of your life.

Then there are the emotions: frustration, helplessness, resentment. These are heavy. And they take a toll.

This is where true letting go begins—not just of the task, but of the patterns, perspectives, and feelings that keep you stuck.

### **So, what do you let go of?**

You might release the commitment itself. But you may also need to let go of the thought loops, limiting beliefs, or emotional weight behind it. Only you will know what feels most aligned.

The beauty of letting go is that when we release what's underneath, we free ourselves up in many areas—not just one.

### **How do you begin?**

I've created a worksheet to help you explore what you're ready to let go of and reflect on your *willingness* to release it. That willingness begins with a simple but profound statement: *"I want to let this go."*

Sometimes we aren't aware of the unconscious benefits of holding on. For example, feeling annoyed that your time isn't valued might (subconsciously) reinforce a sense of importance. But is that really helping you grow?

Once you're clear on what you're ready to let go of, you can choose it.

Say to yourself:

*"I choose to let go of resentment."*

*"I choose to let go of frustration."*

*"I choose to let go of this belief."*

Letting go is a choice. And it can be one of the most freeing, empowering steps you take.

**- Robin L.**

## **Action is Magic**

You all know we have an amazing fellow member in Shirley Q., our former PTI Chairperson and now Chair of the Public Information and Professional Outreach (PIPO) Committee as well as our Region Representative. She signed us up for the Chasco Fiesta event in New Port Richey to carry the message to the thousands of people who attend the massive public music and activity extravaganza.

Shirley asked for volunteers to help cover the nine days we would have our PTI OA booth at the event. I signed up to cover two shifts. I was nervous since I've never done that before, but I showed up. The first day there was another OA member and her husband already there when I arrived. We introduced ourselves and began talking - and talking and talking. We didn't have many people stopping by the booth, so we filled the time by sharing stories about our lives.

We found we had both common interests and common places in our pasts. I learned all about a particular foreign city I had previously known nothing about. I know I did my own share of talking and they were kind listeners. I shared about my experiences with my Virtual Reality headset, traveling virtually all over the world. I shared about my OA experience and this newsletter. It was a terrific experience and all because I stepped forward as Shirley requested. Thank you Shirley! Thank you PTI OA! Action is magic!

- Will F.

**BIG SHOUT OUT!!! “Thank you”** To all the OA members and their family who assisted me with the Chasco Fiesta. I couldn't have done it without all your help.

Amy, Betty N, Chantel, Claudia S, Freda, Judy L, June H, Linda B, Martha, Robin, Will F, and Zoe.

The Fiesta was a nine day event. We Set up a booth with high visibility. We had a fair number of people stop by the booth and ask questions and take brochures. We planted many OA seeds. Now we will wait to see if they germinate and grow.

Once again, Thank you all very much.

- Shirley Q.

## *Adele's Corner*

Overheard...“I often catch myself trying to renegotiate the terms of my surrender!”





## **WOW (We Offer Wellness)**

Brought to you by Michele M.

### **Spiritual Principles**

Step 1...**hONEsty**: The **ONE** in **hONEsty** keeps me in alignment with Step **ONE**.

How **hONEst** am I about my powerlessness over my red foods and behaviors?

Step 2...**HOPE**

**HOPE**

WINs to:

**O HP E**

Oh **HP's** **E**nergy to restore me "2" sanity!

Step 3...**FAITH**

**FAITH**

WINs to:

**AH FIT HA FIT**

If the choice I'm making with my Higher Power's guidance is "right" for this moment, it will be an **AHhhh FIT**.

Is there **HA, HA, HA**, laughter on my spiritually **FIT** action plan?

My HP wants me to be "joyous and free!"



## From Our Literature:

**Step Four:** Made a searching and fearless moral inventory of ourselves.

**Tradition Four:** Each group should be autonomous except in matters affecting other groups or OA as a whole.

**Concept Four:** The right of participation ensures equality of opportunity for all in the decision-making process.

## Did you know....

Overeaters Anonymous operates in 75 countries and literature has been translated into 47 languages. PTI Intergroup includes meetings serving Pinellas, Pasco and Hernando Counties and is part of Region 8.

OA Region 8 is a.k.a. SOAR8 ~ The region is comprised of the Caribbean Islands, Central America, South America, U.S. Southeastern Region: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Southern Missouri, Tennessee, and The U.S. Virgin Islands.

SOAR8 is one of eleven areas around the world formed to serve the regional needs of Overeaters Anonymous.

- Brought to you by Cindy B.

## This Month's Tool: Meetings

Meetings give us an opportunity to identify our common problems, confirm our common solution, and share the gifts we receive through this Twelve Step program. In addition to face-to-face meetings, OA offers telephone and other types of virtual meetings that are useful in breaking through the deadly isolation caused by distance, illness, or physical challenges.

### OA Pamphlet Highlight: Recovery Checklist (CLICK [HERE](#))

Questions that help you evaluate your recovery and alert you to subtle changes in actions and attitudes that could hamper your program. Also helpful to members in relapse.

### Word Find: - Words are from 4th Step, Tradition and Concept...

<b>Searching</b>	<b>Fearless</b>	<b>Moral</b>	<b>Inventory</b>
<b>Autonomous</b>	<b>Matters</b>	<b>Whole</b>	<b>Participation</b>
<b>Opportunity</b>	<b>Equal</b>	<b>Process</b>	<b>Decision</b>

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.

y w p c c f d m v y b j d y o  
r j r a i f y p r o c e s s p  
w a p g r n b m l o c d m s p  
l d u p z t v m o r a l a l o  
f w e t s s i e q o r y t f r  
e l e c o k e c n f k k t v t  
a t q s i n f a i t u q e m u  
r g u o z s o m r p o s r c n  
l g a w k e i m p c a r s l i  
e a l n h t b o o p h t y t t  
s y j q b o e h n u n i i i y  
s u c s s l l p k o s s n o t  
k h p k b i i e w d o p g g n  
f m u p q g i n t n w g u y y  
o b o j r r c m f n m n o h s

## 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: Saturday Serenity (Zoom Only)**

Tuesday 10:00am

Meeting ID: 842 6203 9443

Passcode: Bigbook (Phone Dial-In Passcode 6860727)

Everyone is welcome, including NEWCOMERS. For automatic access, click **[HERE](#)**

## Upcoming Events:

### ***HOLI-DAZE 44th Zoom-A-Thon***

Sunday, April 20th, 2025

10am-2pm ET

Meeting ID: 959 959 1828 Passcode: 718863

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

## Registration is now open!

### **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

For More Information and Registration Link **[HERE](#)**

# **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 APPRECIATED!**

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](mailto: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.



## **PTI's Hotline (727) 279-5630**

### **PTI's QR Code**



## Answer Key for Word Find:

y w p c c f d m v y b j d y o  
r j r a i f y p r o c e s s p  
w a p g r n b m l o c d m s p  
l d u p z t v m o r a l a l o  
f w e t s s i e q o r y t f r  
e l e c o k e c n f k k t v t  
a t q s i n f a i t u q e m u  
r g u o z s o m r p o s r c n  
l g a w k e i m p c a r s l i  
e a l n h t b o o p h t y t t  
s y j q b o e h n u n i i i y  
s u c s s l l p k o s s n o t  
k h p k b i i e w d o p g g n  
f m u p q g i n t n w g u y y  
o b o j r r c m f n m n o h s

# PINELLAS TRADITIONS INTERGROUP MEETING LIST

November 2024

**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** <b>ZOOM ONLY</b>	Big Book (90 Days)	<b>JOIN MEETING</b> 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 <b>FACE-TO-FACE</b>	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 <b>FACE-TO-FACE</b>	12 &12 Big Book	Palm Harbor Presbyterian Church 2021 Nebraska Ave. Palm Harbor, FL <b>Go to double doors and ring the doorbell to be let in.</b>		Martha (727) 455-5856
Mon	12:00 PM OA# 801411	Voices of Recovery <b>ZOOM ONLY</b>	Voices of Recovery Discussion	<b>JOIN MEETING</b> Meeting ID: 756 6503 6069 Passcode: voices Eatin' Meetin' - Bring your lunch (or not)	Phone #: (305) 224-1968 Meeting ID: 756 6503 6069 Passcode: 868710	Donna D. (727) 480-0865
Tues	10:00 AM OA# 54726	<b>FACE-TO-FACE</b>	Daily Readings Open Discussion	REBOS 5639 54th Ave. N. Kenneth City, FL		Cindy B. (813) 454-7941
Tues	10:00 AM OA# 800998	<b>ZOOM ONLY</b>	Literature, Varies Open	<b>JOIN MEETING</b> 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	<b>FACE-TO-FACE</b>	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 <b>ZOOM ONLY</b>	4 <sup>th</sup> Tuesday Only All OA's welcome	<b>JOIN MEETING</b> Meeting ID: 859 3298 4082 Passcode: 259647		Will F. (407) 580-8187
Wed	10:30 AM OA# 57239	<b>FACE-TO-FACE</b>	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 <b>ZOOM ONLY</b>	Open Discussion	<b>JOIN MEETING</b> 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	<b>FACE-TO-FACE</b>	Literature	<b>NEW LOCATION as of 11/14/24 →</b>  6020 US HWY 19 New Port Richey, FL 34652  (Old Kaiser College Buildings, ground floor, side of building.)		Shirley Q. (727) 916-2199

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Thur	5:30 PM OA# 49784	Steps to Freedom <b>FACE-TO-FACE</b>	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	<b>FACE-TO-FACE</b>	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 <b>ZOOM ONLY</b>	Open Discussion	<b>JOIN MEETING</b> Meeting ID: 828 2766 5988 Passcode: oarocks Eatin' Meetin' - Bring your lunch (or not)	Phone #: (305) 224-1968 Meeting ID: 828 2766 5988 Passcode:	Donna D. (727) 480-0865
Fri	1:30 PM OA# 08937	New Beginnings <b>FACE-TO-FACE</b>	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	<b>ZOOM ONLY</b>	Step 11	<b>JOIN MEETING</b> 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 <b>FACE-TO-FACE</b>	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 <b>ZOOM ONLY</b>	Big Book	<b>JOIN MEETING</b> 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 ** <b>ZOOM ONLY</b>	Men's Meeting	<b>JOIN MEETING</b> 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 4<sup>th</sup> 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=UTBzSjVsTWZbZnNoUEhXcjBaeEdxZz09>

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>