

# Courage

oapinellas.org

PTI Monthly Newsletter

August 2025

## **PROMISE #8**



**“Self-seeking will slip away. This is important. I don’t need to pray to get out of a resentment for not getting my way, if I was not focused on getting my way in the beginning. Seeking win – win solutions, or when stuck asking God to show me a third unthought of possibility creates more joy and serenity in life.”**

**- JC**



### **Use the Vowels to do your daily 10<sup>th</sup> Step Inventory**

Cindy B. brought back a new acronym from the 2025 World Services Convention in Orlando this week. **A-E-I-O-U**. A is for Abstinent. Was I abstinent today? E is for Exercise. Did I exercise today? I is to ask myself what I did for myself today. O is what did I do for others? U is to wonder if I had a new understanding or unexpressed feelings.

This can be done privately at the end of the day, or, better yet, have an accountability partner and do it together. Thanks, Cindy!



My recovery and program are not a **RACE**.  
Life is not a **RACE**.

**RACE**

WINs to:

**CARE**

May my recovery thoughts and actions be of:

**C**ompassion

**A**wareness

**R**esourcefulness

**E**ase

What are my recovery practices needing **CARE**?

My self **CARE** matters.

My **BODY** depends on my recovery health and actions.

**BODY**

WINs to:

**DO BY**

What is my **BODY** asking for?

My **BODY** can be the stepchild to my mind.

"The greatest wisdom is kindness."

I care for my **BODY BY DOING**\_\_\_\_\_.

My service is **SACRED** and nourishing.

**SACRED**

WINs to:

**SCARED**

**C AS RED**

Awaken what's **SACRED**.

Once what was to be "SCARED" of is now...to C (See) AS RED or rooting/grounding for further purposefulness or usefulness for my Higher Power, fellows, and self.

Recovery is "in my blood."

What service can I awaken and offer?

**NOURISHING**

WINs to:

**OUR SHINING**

**OUR SHINING** together, "We shall be with you in the Fellowship of the Spirit; and you will surely meet some of us as you trudge the Road of Happy Destiny." Big Book pg. 164

## **Thoughts on the 2025 OA World Services Convention**

This week I attended the convention in Orlando, along with about 20 others from our three county area. I came away with a tremendous sense of pride at the transformational power of our recovery program. Over and over I heard people share how Overeaters Anonymous improved their lives. And not only theirs - the lives of their loved ones and all those around them. They became more loving parents, more connected friends, in some cases gracious caregivers, more pleasant co-workers, more reliable employees, better taxpayers even!

There was a lot of laughter at our hilarious behavior both before and after we came to recovery. There were tears over shared trauma, relatable shame, grief and even amazing accomplishments. There were precious conversations between sessions, often with people I had never met before. There were reunions with old friends - one I had not seen for 38 years! I came away with new phrases, like "feel my feelings, control my behavior" and "don't short-change the short prayers".

I loved seeing so many familiar faces from our PTI community. Our own Cindy B. did a great job on her panel workshop on relationships and sexuality. Julie G. was terrific in a workshop on steps two and three. I enjoyed speaking in a workshop about emotional health and relationships. JC was an amazing key note speaker on Friday night in front of a crowd of 567 enthusiastic recovering compulsive eaters. Ron, Sue and others of us were volunteers, greeting people as they arrived and helping attendees navigate the huge hotel.

I came away with an increased appreciation of the importance of service. More gratitude for my recovery, the program and the fellowship. Inspired and educated. Determined that we should have one of the best InterGroups in Overeaters Anonymous.

**- Will F.**

**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:** Wednesday 6:30pm Beach Bunch Zoom

Online Only: Meeting ID: 730 1090 2349 Passcode: Hope

## From our Literature

**Step Eight:**

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

**Tradition Eight:**

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

**Concept Eight:**

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

**This Month's Tool: Writing**

Putting our thoughts and feelings down on paper, or describing a troubling or joyous incident, helps us better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.

**This Month's Pamphlet: A Guide for Sponsors: Why, when, and how to be an OA Sponsor. (Click HERE for link to pamphlet)**

Whether you are sponsoring for the first time or the twentieth time, this pamphlet offers guidance and support for the vital role you play. Answers questions on why, when and how to be a sponsor. Appendix lists "30 Questions to Ask Newcomers."

## Word Find: - Words are from 8th Step, Tradition and Concept...

<b>List</b>	<b>Willing</b>	<b>Amends</b>
<b>Remain</b>	<b>Forever</b>	<b>Service</b>
<b>Special</b>	<b>Trustees</b>	<b>Principal</b>
<b>Planners</b>	<b>Policy</b>	<b>Custodial</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.

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

## **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.

## **Upcoming Events:**

### **Sponsorship - Online Workshop**

**Brought to you by your Twelfth Step Within Committee**

2pm-4pm September 27th

Zoom meeting ID: 649 310 5973 Password: service

Contact Cindy B. with questions - [cindythepetnanny@gmail.com](mailto:cindythepetnanny@gmail.com)

### **HOLI-DAZE Labor Day - One Hour Only**

Monday, September 1st, 2025

12pm-1pm Eastern

Meeting ID: 959 959 1828 Passcode: 718863

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



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

**PTI's QR Code**



# WORDFIND Answer Grid

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

# PINELLAS TRADITIONS INTERGROUP MEETING LIST

August 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** <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 34683 <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	<b>WELCOME HOME OA AT THE DRY DOCKS</b> 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	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=UTBzSjVsTWtzbFNoUEhXcjBaeEdxZz09>

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>