

PTI Newsletter

Overeaters Anonymous InterGroup

Pinellas, Pasco & Hernando Counties

February 2025

Turning 70

It started a few months ago when I thought about my upcoming 70th birthday in January. I have experienced a gambit of feelings and thoughts. Mostly angst due to the beliefs I've held about what turning 70 looks like.

So on January 14th, I reluctantly dragged myself through a door marked 70.

In meditation this morning, I pictured my '70s as a long, dimly lit hallway. I entered the hallway through a door marked 70. I held on to the door handle for dear life and moved reluctantly through the door. I tried to look ahead of me, but all I could see was closed doors and each one had a sign over top of it. As I tiptoed down the hallway because I was frightened of what lay ahead and not sure of what was behind each door. At the end of the hallway was a door marked "EXIT". I immediately felt a sense of relief and knowing there was safety if I could just make it down the hall and get to that exit. Each door was marked with a big question mark and a name plate that you could see before you reached the door. As I moved forward, I saw that there were eight doors and the first door was marked with the word GOD. On the second door, it said OA. Moving down the hallway they were in the following order, FAMILY, FRIENDS, HEALTH, WORK, MONEY and DEATH.

That last one really scared me. Was I going to die? I turned around and started running towards the entrance door. It was gone. Now there was a solid wall with no door. I couldn't get out I was trapped. My head started racing and I panicked. I was paralyzed and unable to move. I fell to the floor and started to cry. I cried for a long time wanting to feel safe. I prayed and asked for help. Finally, I looked up and I was sitting in front of the door marked OA. I felt hope. I put my ear to the door and heard voices. I knocked and I heard them say, GO BACK TO THE DOOR marked GOD. I hesitated, not wanting to leave the safety of the door. Before I did, I looked down the hall towards the EXIT. NOW EVERY door had light coming under the door. It wasn't as dark, but I still didn't know what was behind each door. I headed back to the door marked GOD feeling more secure and knowing I wasn't alone any more.

After my meditation this morning, it was clear to me, that if I continued to pray and meditate, turn my will and my life over to the care of God, practice the steps in my life, I would be shown on a daily basis how to walk down the hallway of my '70s with the help

of GOD, OA, FAMILY, FRIENDS, HEALTH, WORK, and MONEY. And should DEATH happen in this hallway, I will have peace.

- Cindy, grateful member of OA

Overeaters Anonymous Unity Day

Remember to Celebrate OA's Unity Day 2025 with fellow OA members of PTI and members all around the world. Unity Day is February 23rd this year. At exactly 11:30am each year members around the world stand united in a circle holding hands and recite The OA Promise. This year the Unity with Diversity Committee at world Service level has asked us to reflect on how well we really practice Unity and Diversity on the front lines, our local groups. Attached you will find a Unity and Diversity meeting Checklist and several suggestions on how to use it. Here are some suggestions to honor Unity Day:

- ✿ Present the checklist at your local meeting and go through the checklist to see how well we are doing or things we need to improve interacting with other members.
- ✿ Select portions of the document to integrate into meeting format.
- ✿ Arrange to meet with fellow OA members at 11:30am on February 23rd and recite the OA Promise from Roseanne, our founder.
- ✿ Even if you are alone STOP what you are doing at 11:30am to remember you are really not alone and remember that OA members all around the world are reaching out to one another for strength that will be delivered Beyond our Wildest Dreams.

- Shirley Q.

More sharing living the promises...

Promise 2: We will not regret the past nor wish to shut the door on it.

This one can be challenging. I sometimes find myself regretting a decision or action. In these times, I work to ask HP for compassion for self and others. More importantly, what may I learn from this situation to make better decisions going forward? I lost about \$25,000 one year based on a prideful moment and the inability to speak up for myself. I don't need to fall into that trap again.

- JC

Help with Skin On It

This month I am grateful for the recovering people in my life. Each day I have contact with someone who is actively working a Twelve Step program. They provide encouraging examples of good choices. They listen to me and hear me. They share what's

on their heart and mind. They make me laugh. They enrich my day. They inspire me to take action where action is needed, and to pause where pause is needed. I have started walking weekly in the woods at Wall Springs Annex with a program friend. He is good company. I look forward to seeing him and having one-on-one time with him. I have a Zoom call with another program friend on Sunday evenings. We share how our week has gone and then read OA literature together. It is another one of the healthy gifts I give myself. I am glad I know that today, I need help with skin on it.

- Will F.

Did you know....

...that in OA we attempt to practice service in a "spirit of rotation". Meaning that each member has the opportunity to practice service and that we rotate out after a period of time to allow others to serve.

- Brought to you by Cindy B.

Adele's Corner

Overheard..."If I could just locate the person responsible for managing my life, I'd fire them!"





WOW (We Offer Wellness)

Brought to you by Michele M.

Go FAR in 2025!

F- Follow and Flow with my Higher Power's plan.

A- Have Acceptance of where I am today.

R- Release the unnecessary. Receive the gratitude and prosperity of my recovery.

Energies for INNER Gs:

For my abstinence today, how do I want to source, cultivate, and shine my INNER:

- * Guidance- conscious contact with my Higher Power
- * "Goals"- action steps to take today
- * Gifts- The Promises coming true
- * Goodness- Living a life of spiritual awakening, spiritual fitness, and spiritual principles

LIMIT?

LIMIT

WINS to:

I'M LIT

May I be a channel and not a blocker of my recovery and service today.

Today, I'M LIT with willingness for my recovery and service to_____.

From Our Literature:

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two: For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept Two: The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

This Month's Tool: Plan of Eating

As a Tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. (See the pamphlet A New Plan of Eating for more information.) This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.

OA Pamphlet Highlight: Welcome Back (CLICK [HERE](#))

Stop a relapse or reach out to a struggling fellow or "missing face" with the OA pamphlet Welcome Back: Suggestions for Members in Relapse and for Those Who Care. Combined from two former OA pamphlets (Welcome Back and Members in Relapse), this comprehensive, Conference-approved pamphlet covers "Suggestions for Members in Relapse," "Suggestions for Those Who Care," and "What Helped - In Their Own Voices" and includes a resource list, space for phone numbers, and more.

Word Find: - Words are from 2nd Step, Tradition and Concept...

Believe	Came	Conscience	Delegated
Power	Restore	Sanity	Servants
Trusted	Ultimate	Whole	

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.

T	T	P	M	E	O	R	C	B	C	W	C
L	I	Z	C	I	L	V	E	A	H	J	O
K	O	H	Y	Z	S	O	M	W	S	C	N
Q	P	S	B	A	B	E	H	E	O	L	S
U	L	T	I	M	A	T	E	W	Y	P	C
C	T	E	V	E	I	L	E	B	Y	S	I
T	W	U	H	D	F	R	D	M	T	A	E
K	O	B	R	F	O	O	K	D	I	X	N
B	T	D	E	T	S	U	R	T	N	G	C
W	I	L	S	P	K	T	A	Y	A	T	E
F	S	E	R	V	A	N	T	S	S	W	V
J	R	D	E	T	A	G	E	L	E	D	P

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: REBOS (Zoom Only)

Tuesday 10:00am

Meeting ID: 849 1556 8631

Passcode: faith

Each week we have members totalling over 100 years of abstinence, including at least one man who sponsors. Everyone is welcome, including NEWCOMERS. For automatic access, click [**HERE**](#)

Upcoming Events:

Workshop: Understanding Nature's Response to Emotional Imbalance

Saturday, 12pm-2pm

February 22, 2025

The Presbyterian Church at 2021 Nebraska Ave, Palm Harbor

Following our regular 10:00-11:00am Saturday morning OA meeting. Bring your lunch and eat with us if you wish.

Chasco Fiesta - OA outreach opportunity

PIPO Committee organizing our participation

March 28th to April 5th

New Port Richey

Volunteers needed! If you can spare a week or a day or an hour

See attached Volunteer Schedule for more information

Save the date...

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
Registration will open in April, 2025

HOLI-DAZE 35th Zoom-A-Thon
Feb 14th 10th, 10am-2pm ET
Meeting ID: 959 959 1828
Passcode 718863
To phone in, find your local number here
<https://us02web.zoom.us/j/kceCgnYI4>

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 WELCOME!

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.

Note: All graphics in this newsletter were generated using AI tools and are royalty free. -Will F.



Pipelash Traditions Intergroup
PTI's QR Code



PTI's Hotline (727) 279-5630

Answer Key for Word Find:

T	T	P	M	E	O	R	C	B	C	W	C
L	I	Z	C	I	L	V	E	A	H	J	O
K	O	H	Y	Z	S	O	M	W	S	C	N
Q	P	S	B	A	B	E	H	E	O	L	S
U	L	T	I	M	A	T	E	W	Y	P	C
C	T	E	V	E	I	L	E	B	Y	S	I
T	W	U	H	D	F	R	D	M	T	A	E
K	O	B	R	F	O	O	K	D	I	X	N
B	T	D	E	T	S	U	R	T	N	G	C
W	I	L	S	P	K	T	A	Y	A	T	E
F	S	E	R	V	A	N	T	S	S	W	V
J	R	D	E	T	A	G	E	L	E	D	P

PINELLAS TRADITIONS INTERGROUP MEETING LIST

February 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** ZOOM ONLY	Big Book (90 Days)	JOIN MEETING 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 FACE-TO-FACE	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 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	JOIN MEETING 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	FACE-TO-FACE	Daily Readings Open Discussion	REBOS 5639 54th Ave. N. Kenneth City, FL		Cindy B. (813) 454-7941
Tues	10:00 AM OA# 800998	ZOOM ONLY	Literature, Varies Open	JOIN MEETING 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	FACE-TO-FACE	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 ZOOM ONLY	4 th Tuesday Only All OA's welcome	JOIN MEETING Meeting ID: 859 3298 4082 Passcode: 259647		Will F. (407) 580-8187
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	JOIN MEETING 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	FACE-TO-FACE	Literature	NEW LOCATION as of 11/14/24 → 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 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
Fri	10:00 AM OA# 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.		Rita S. (727) 310-5760
Fri	12:00 PM OA# 801412	Message Carriers ZOOM ONLY	Open Discussion	JOIN MEETING 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 FACE-TO-FACE	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	ZOOM ONLY	Step 11	JOIN MEETING 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 FACE-TO-FACE	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 ZOOM ONLY	Big Book	JOIN MEETING 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 ** ZOOM ONLY	Men's Meeting	JOIN MEETING 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 4th 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=UTBzSjVsTWZlbFNoUEhXcjBaeEdxZz09>

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>