

Courage

oapinellas.org

PTI Monthly Newsletter

June 2025

PROMISE #6



More sharing living the promises... Promise 6: The feeling of uselessness and self-pity will disappear. The feeling of uselessness seldom comes. When I am particularly upset about something, I know being of service be it at work, in my home or OA will quickly drive away that feeling. Self-pity knocks on the door from time to time. And as one sponsor said, you can stay there for 5 minutes. Then get grateful.

-JC



2025 OA World Service Convention <https://oa.org/world-service-convention/>

This year OA's World Convention is in our backyard! Join us August 21-23 at the Renaissance Orlando - SeaWorld. A limited number of **Scholarships** are available for those who need financial help to get there. First come first served!

[LEARN MORE](#)

Trip to Michigan

As part of my recovery, we drove 1200 miles in our van to Michigan to see my brother, J, whom I haven't seen in 32 years since our mother's funeral. Without OA, I would never have done this. I'd been calling and talking mainly to his wife over the past three years so there was some groundwork laid. I spoke to him occasionally in short bursts during that time. J is on dialysis three times a week so he doesn't have a lot of energy. I believe the groundwork helped but he warned me that we could only stay 1 week. The admonishment cut but also prepared me for others to come.

To this day I'm not clear on what my three older brothers had against me. They were 5 to 10 years older so they only knew me as a young girl and in my teens. Our mother, I believe, had a lot to do with it. Instead of building bridges, she'd build chasms. I learned more about her and that I was not the only victim. We've all spent our lives recovering from our alcoholic father and our mother. This expanded my understanding and validated my personal struggles - they WERE real after all.

I asked my higher power for help to have the strength to withstand talking to my other living older brother who now has leukemia, probably from Agent Orange. J encouraged me to call M. M didn't want to speak with me but I persisted by saying I wanted to pay back any money I owed him. He then talked about some dinners he had paid for during the funeral 32 years ago. I didn't question it. I asked how much. He wouldn't say so I prompted him with the number J had give me. "\$600?" Yes, but he didn't need it - to give it to a charity. He closed by saying he doubted if I was being real. I assured him I was and that I would send the money.

My sister-in-law suggested I send a cashier's check in M's name directly to him because, knowing this family well, she said that M would never believe it had been truly sent unless it went through his hands. I took her advice. I received the return receipt signed by his wife. My husband was incensed but agreed I had to pay it.

At the end of our "week" with J (which went two days past a week due to Mother's Day and my sister-in-law urging us to stay) we left with my husband's back hurting so bad he couldn't stand without pain due to sanding and painting J's deck. But it was clear it was time to go. We flew our daughter back to Florida and we drove our van the 1200 miles back with stops including one Urgent Care clinic. The memory of our good-byes was poignant; my brother had sprinkled holy water on our van for a safe journey (or to ward off the devil, I'm not sure which). When I went to kiss him on the cheek, he turned away. I kissed him anyway, ignoring the slight. We had had a nice visit but why this behavior is still a mystery to me. I'll leave that one with my higher power. This I know: I went the full nine yards with both of these still-living brothers and I remained abstinent throughout our trip. And THAT's what matters.

Twelfth Step Within Thoughts and Considerations

When I think about my OA responsibility pledge to, "always extend my hand and heart to those who still suffer, for this I am responsible," I also think how can I do this without offending anyone?

It's a touchy situation. Do I let on that I noticed someone's increasing size as the giveaway of their possible need for help? Or that I noticed I hadn't seen them in meetings lately? Or that although seeing them, they haven't been sharing lately or returning calls? Or calling me? All of the above?

One struggling OA friend once told me that she really appreciated it that she didn't feel judged by me when she was in relapse for an extended period of time and she just felt my love for her rather than my judgement of her.

I recall, when I was in relapse, I didn't want help. I wanted to be left alone but welcomed when I was willing to show up.

I appreciated the phone call when someone noticed my absence, but I disliked it when they were "fishing" for an explanation as to why I wasn't around. I would get defensive and feel as though my absence was being "evaluated" for validity or not.

There were also some brave souls who called a spade a spade and who didn't want to adhere to any social proprieties and simply asked, "how's your food?" or "what's going on with you?" I, personally, respected those overtures because they were honest and to the point and NOT manipulative.

OA is made up of many, many, different kinds of people who respond to an extended hand differently than each other. To me, the main thrust is to keep the "suggestions" of our miraculous program in mind when we are reminded to ask ourselves what our motivation is and if it is kind, loving, and honest. Is MY heart in the right place when I reach out my hand? It helps when I ask myself how would I want to be treated? And, also remember that as a person in recovery, love and tolerance must be my code. I cannot afford to let resentments, manipulations and fears rule my thoughts, feelings and behaviors.

We have a newly chaired Twelfth Step Within Committee and urge all of you who may be inclined to want to reach out to help the still suffering compulsive eater to look further into participating in this extremely worthwhile and rewarding committee.

For more information contact our Twelfth Step Within Committee via PTI hotline (727) 279-5630.

- Devorah

My Heart Changed

When I came to God and step 11, my heart hurt so badly. If you listened closely you could hear it crying. There were many scars from previous hurts and it was surrounded by an iron wall. My heart was mangled and sick. It looked so weak. I was so tired! I needed healing and restoration.

I wanted to live but the iron Wall of fear was blocking the healing blood of God that could restore me. Slowly, as I began to choose God's will over my own, the cuts and bruises began to heal. The scars became wisdom and I looked at the pain in my past very differently. The scars have given me strength and courage where in the past they kept me in fear.

My heart beats much stronger and on Sundays I can even hear her sing. I know longer wish for death. As I continue to nourish my heart by practicing step 11 with prayer and meditation, I choose life today through God's grace.

- Cindy B.

Service Opportunities

You are invited! There are many ways to provide service and develop insurance against a slip. It can be as simple as helping set up a meeting, chairing a meeting, offering to take a turn at reading, making a comment in a meeting, reaching out to a newcomer or someone who is struggling, writing an article for this newsletter, offering to represent your group at the monthly InterGroup Zoom meeting (7pm on the fourth Tuesday of each month), or participating in one of the committees.

OverEaters Anonymous is just a bunch of people like you and me, working together to improve ourselves and our lives. None of us is perfect. Together we can be sure there will always be plenty of vibrant, welcoming meetings in Pinellas, Pasco and Hernando Counties. Please do reach out to chair@oapinellas.org or call our hotline (727) 279-5630 if you are open to discussing possibilities.

We need you!

Adele's Corner

Overheard: "If my happiness depends on you changing your behavior, I'm in trouble."



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: Monday Noon Voices of Recovery - Zoom Only

Meeting ID: 756 6503 6069 Password: voices

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: Literature

We read OA-approved literature, which includes numerous books, study guides, pamphlets, wallet cards, and selected Alcoholics Anonymous texts. All this material provides insight into our disease and the experience, strength, and hope that there is a solution for us.

This Month's Pamphlet: Focus on Preventing Relapse (Click [HERE](#) for PDF DOWNLOAD)

In our path to recovery, some members experience relapse as part of their journey. This is a tough experience. Some of us need to gain a deeper comprehension of the disease and the solution offered through our Twelve Step program. This pdf document available free at OA.org provides practical help to secure and safeguard our abstinence.



Brought to you by Michele M.

UNFOLD your recovery.

UNFOLD

WINs to:

OLD FUN

Each day, am I willing to surrender my OLD relationship with food and limiting beliefs?

Can I give myself grace to "let go, let God/Higher Power" and embrace the FUN and fuller life as the Promises UNFOLD?

Feeling the "weight" of DOOM and GLOOM?

DOOM

Wins to:

MOOD DO OM

How is my MOOD?

Have I worked steps 6 and 7 with my character defects?

What can I DO to bring me OM (peace)?

GLOOM

Wins to:

GLO OM

What can I do grow and GLO my recovery?

How is my recovery OM (peace) defined?

Have I asked others how they define theirs?

I have only TODAY.

TODAY

WINs to:

DO A TY

TODAY, I DO A Thank You for...

I DO A TY for you Will for your hope, strength, and prosperity to develop PTI and carry the message!

Great PTI meeting this month!

Word Find: - Words are from 6th Step, Tradition and Concept...

entirely remove character endorse
related property prestige divert
primary purpose entrusted responsibility

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.

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

Upcoming Events:

World Service Conference August 21-23

Renaissance Orlando - SeaWorld (See Page One)

HOLI-DAZE July 4th

Friday, Fourth of July, 2025

12pm-1pm EDT

Meeting ID: 959 959 1828 Passcode: 718863

To phone in, find your local number [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 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



WORDFIND Answer Grid

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

PINELLAS TRADITIONS INTERGROUP MEETING LIST

June 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 34683 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	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=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>