

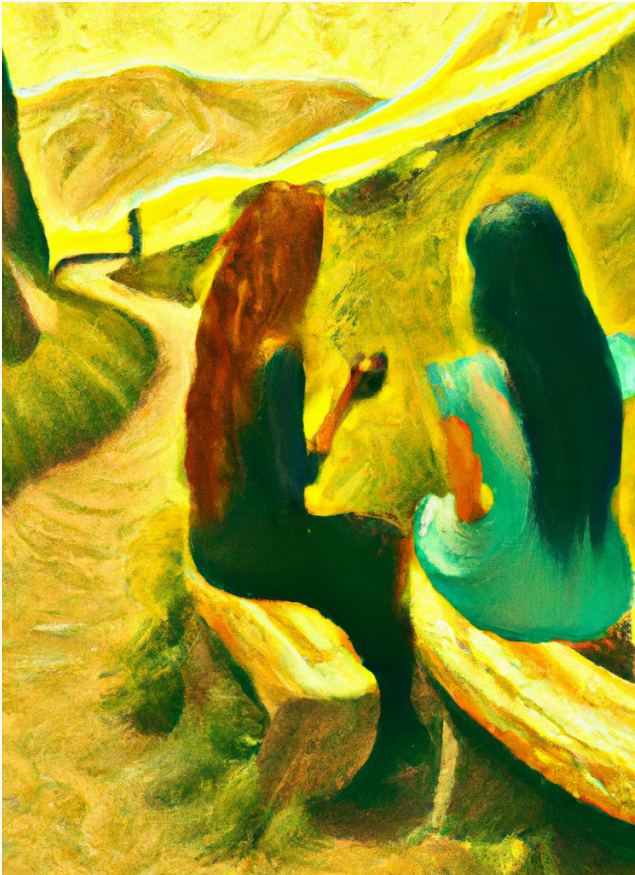
Courage

oapinellas.org

PTI Monthly Newsletter

May 2025

PROMISE #5



No matter how far down the scale we have gone, we will see how our experience can benefit others: I used to have secrets I was planning to take to my grave. The Big Book warns against keeping anything out of our step five. Those who do are likely to lose their abstinence. When I was writing my fifth step, I was so overwhelmed by one item I immediately called my sponsor and shared it. Her response was immediate. Someone else already told me that. The relief was palpable.

- JC

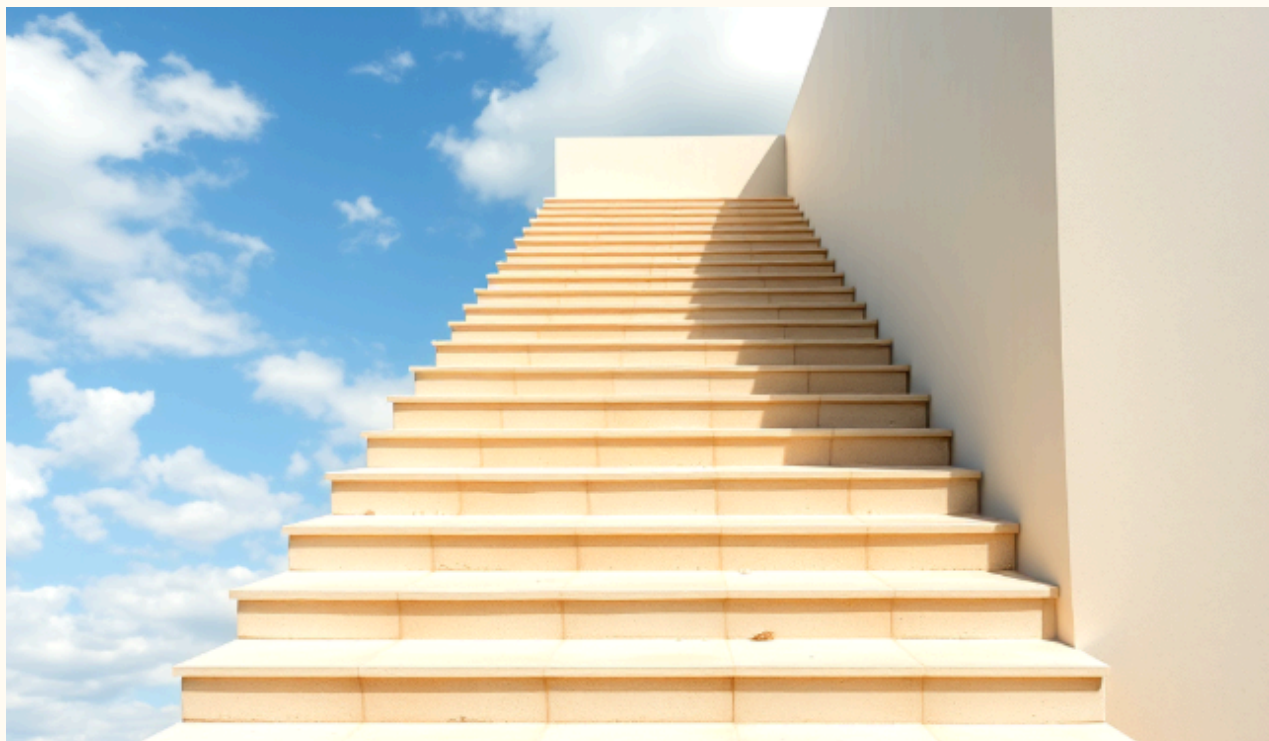


2025 OA World Service Convention

<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](#)



From our Literature

Step Five:

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Tradition Five

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

Concept Five:

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

This Month's Tool: Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

This Month's Pamphlet: The Twelve Concepts of OA Service

The Twelve Concepts of OA Service explains the foundations of OA service, such as unity, trust, delegation, dialogue, and more.

The Concepts help OA members, groups, and service bodies apply the Steps and Traditions effectively in their service work. They help define and guide the practices of our OA service structures so they may conduct the business of OA.



Brought to you by Michele M.

Have a "HUMP" or situation you need need Help with to get through?

HUMP

WINs to:

HUM HP

I can **"HUM"** with conscious contact with my **HP** to carry me through for **Help**.

HELP

WINs to:

HP E L

HP "hugs" the word **Help!**

Know **HP** longs to **Help**.

I have more sane and purposeful **E**nergy with a**L**ignment with **HP**.

"OAmaste"

Namaste has various meanings of "salutations" to you.

"OAmaste" may the recovery in me honor the recovery in you.

Adele's Corner

Overheard... "The grass is greener
where you water it."



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: Wed 6:30pm Beach Bunch - Zoom

Online meeting. We discuss the daily readings in For Today and Voices of Recovery.

Zoom Meeting ID: 730 1090 2349 Password: Hope

Word Find: - Words are from 5th Step, Tradition and Concept...

Admitted	Nature	Purpose	Carry
Message	Individuals	Appeal	Petition
Ensure	Opinions	Carefully	Considered

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

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.

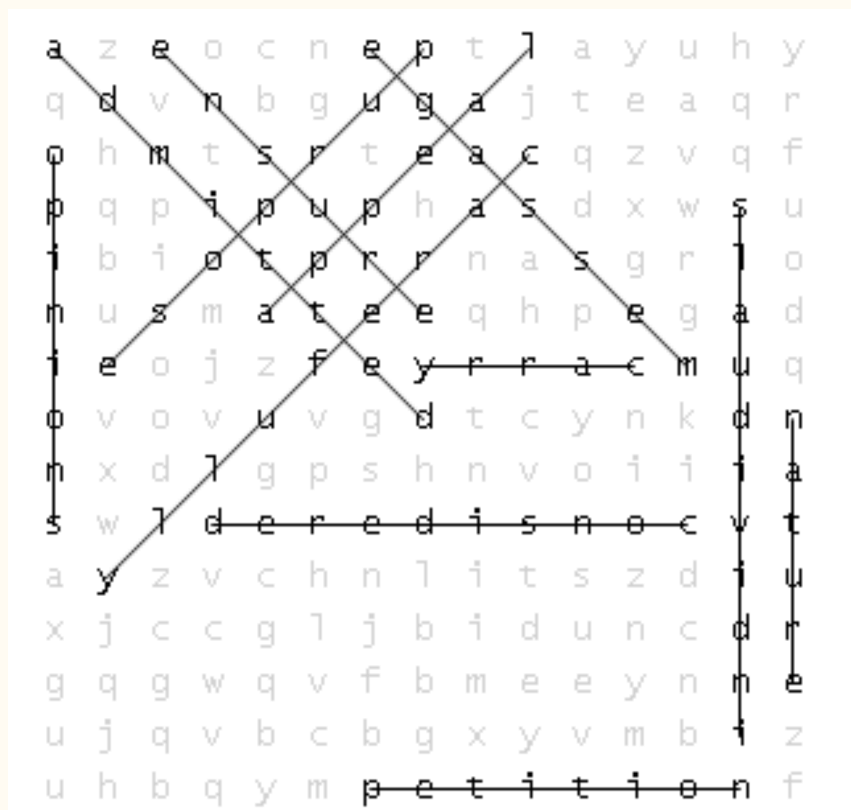


PTI's Hotline (727) 279-5630

PTI's QR Code



WORDFIND Answer Grid



PINELLAS TRADITIONS INTERGROUP MEETING LIST

May 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=UTBzSlVsTWZlbFNoUEhXcjBaeEdxZz09>

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>