

Courage

oapinellas.org

PTI Monthly Newsletter

September 2025

PROMISE #9

“Our whole attitude and outlook upon life will change.” This promise is such a delight. Where I was once suicidal not able to see a way out of the food and its consequences, I have a whole new perspective and life. A few years ago, my mother gave me a bracelet with the word GRATITUDE. When I said thank you, I really try to be grateful. She said “I know, that’s why it’s perfect for you!”

- JC



What does a rich, full life look like to me?

Recovery for me is about building and experiencing the life I really want. How do I fill up my days? Who do I spend time with? What are my priorities? Am I able to choose which commitments I make, or do I pretend I don't know how to say "No."? Is there an obsession that is consuming my thoughts - a resentment, a wish with no plan attached to it, a person I won't let go of? What activities or adventures do I want to have? What's holding me back? I refuse to blame anyone else for the state of my life, for the content of my days. I have choices. Today, I will make them wisely, confident that the program and the fellowship have centered me and empowered me.

-Will F.

What Would You Tell Your Newcomer Self?



She asked me, "What would you tell yourself when you were a newcomer?"

The question floated above my head and transported me back in time...

Back to the Beginning

Three and a half years ago, I was sitting in a doctor's office when someone who worked there asked me if I had ever heard of OA. I hadn't. I'd heard of AA, but OA? No.

He directed me to a website, which directed me to a questionnaire, which showed me a local meeting, and a contact who told me where and when I could show up...and show up I did.

At the time, I was pretty successful and stable—except when it came to food.

Since childhood, I had been obsessed with sugar and sweets. Everyone in my family loved food, and society itself seemed to normalize overeating and even being overweight, as the decades progressed. That was validating in some ways, but I had a secret...I was obsessed with food.

- 👉 Food was my best friend.
- 👉 Food was my comfort.
- 👉 Food was my companion in loneliness, celebration, and despair.

But food was also my tormentor. I binged in secret, hid the evidence, and lived with deep shame. I was terrified someone would knock on my door and discover the truth.

Walking Into My First Meeting

So when I walked into that first OA meeting, I was hesitant, skeptical, guarded. I had learned the hard way in life that trusting people usually ended in disappointment.

But in that room, something shifted. (continued...)

When asked, "*What would you tell yourself as a newcomer?*" this is the answer that came—not just from me, but also as though my connection to the Universe was speaking with me:

A Letter to My Newcomer Self

It's OK that you are hesitant. Of course you are.
It's OK that you are skeptical. Because of course you are. Life experience has taught you to be cautious...not to trust.

But listen: this is what you've been praying for.
This is the room that holds the answers.
This is the secret you've been longing to know—
how to be free of food obsession.

These people will show you the way.

Be gentle with yourself. Be gentle with others.
Come as you are. You are accepted here as you are.

Do not worry about being perfect.
A "good enough" program is enough.




Yes, you'll hear suggestions and even "requirements."
Take only what works for you, and worry not about the rest, or the paths of others.
Let meditation guide you.
Your path is your own.
We love you very much.

— Love, The Universe 

Why I Share This

When I think back to that scared, skeptical version of myself, I am filled with gratitude. The newcomer I was back then could never have imagined the freedom and connection I feel today.

If you are new, I hope these words remind you:

-  You belong here.
-  You don't have to be perfect.
-  You can do this, one gentle step at a time.

Blessings,
Jeannie B, FL



The “Scale of the Matter”...

What would my:

Honesty weigh?

Fear weigh?

Joy weigh?

Humor weigh?

Courage weigh?

What areas do I need to “gain or lose” weight in?

One can use any asset or character defect here. Or even fill in with the tools.

Embrace a HUGE recovery impact!

HUGE

WINs to:

HUG E

HUG our recovery Energy!
It's precious and fierce to thrive!

Building Service:
Takes U and I to bUild!
OA: Y the wOrld needs U!

Breathe

Turning my will and life over to a Higher Power - God - was never natural - or easy - for me. Our family valued what I call a "lip service" type of religious observance - that meant we were expected to go to our little Methodist Church every Sunday, plus Christmas Eve, Easter Sunday, etc - all the big holidays. However, there was not a single sign of God in our family life, between the Sundays. Perhaps in our foxhole prayers...

Stepping into OA and AA recovery in 1991, I started what we call the "Step 1-2-3" waltz. Of course I wanted an amazing connection with my HP. I was so eager to have all the promises come true. NOW! I didn't release my self-will so abstinence and CONNECTION were only a nice dream, happening once in a great while.

Then one day this year "it" hit on a very real level - God is in charge. Step 3: "Made a decision to turn our Will and our lives over to the care of God as we understood Him". God's voice is now clear. If it's not I have the tools you have all given me:

1. Sponsor: I ask my sponsor and other 12 step recovery friends what God might be telling me -?
2. Sit still: I have the grace to sit still and LISTEN - the answer does come, sometimes quickly / sometimes slowly (maybe not on my timetable... lol)
3. Literature: Often the answer I seek is in our literature.
4. Telephone: Talk it out with a recovery friend, listen for answers because God speaks through others.

Etc, etc...

On the daily, I now have a life wayyyy beyond my wildest dreams. This LOVE is nothing short of a miracle.

I encourage all of you, my fellow travelers on this road called recovery: Please don't quit 5 minutes before the miracle. Don't forget to "Breathe." There is a great song called "Breathe" by Alexi Murdoch that expresses some of my thoughts.

-Jennifer L.

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 Nine:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine:

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept Nine:

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

This Month's Tool: Action Plan

Creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence and emotional, spiritual, and physical recovery. This Tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

This Month's Pamphlet: To the Family of the Compulsive Eater.
(Click HERE for link to pamphlet)

Describes the disease of compulsive eating and changes in behavior or relationships that family members might experience.

SERVICE HIGHLIGHT - Intergroup Representatives. (from our BYLAWS)

Intergroup representatives (IR) will be selected by the group conscience of the group they represent. Each meeting group shall determine selection method. The primary responsibility of the IRs (or alternate(s) when appropriate) shall be to represent their group at all functions of the Intergroup and to report back to their meeting group the actions of the Intergroup. Whenever possible,

Intergroup Representatives, intergroup board officers and committee chairs positions will be held by different people. Establishing the qualifications for their intergroup representatives is the responsibility of the individual groups. Intergroup representatives physically reside in Pinellas/Pasco/Hernando County area.

Word Find: - Words are from 9th Step, Tradition and Concept...

direct	amends	possible	others
organized	service	directly	serve
able	trusted	servants	effective

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.

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

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.

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

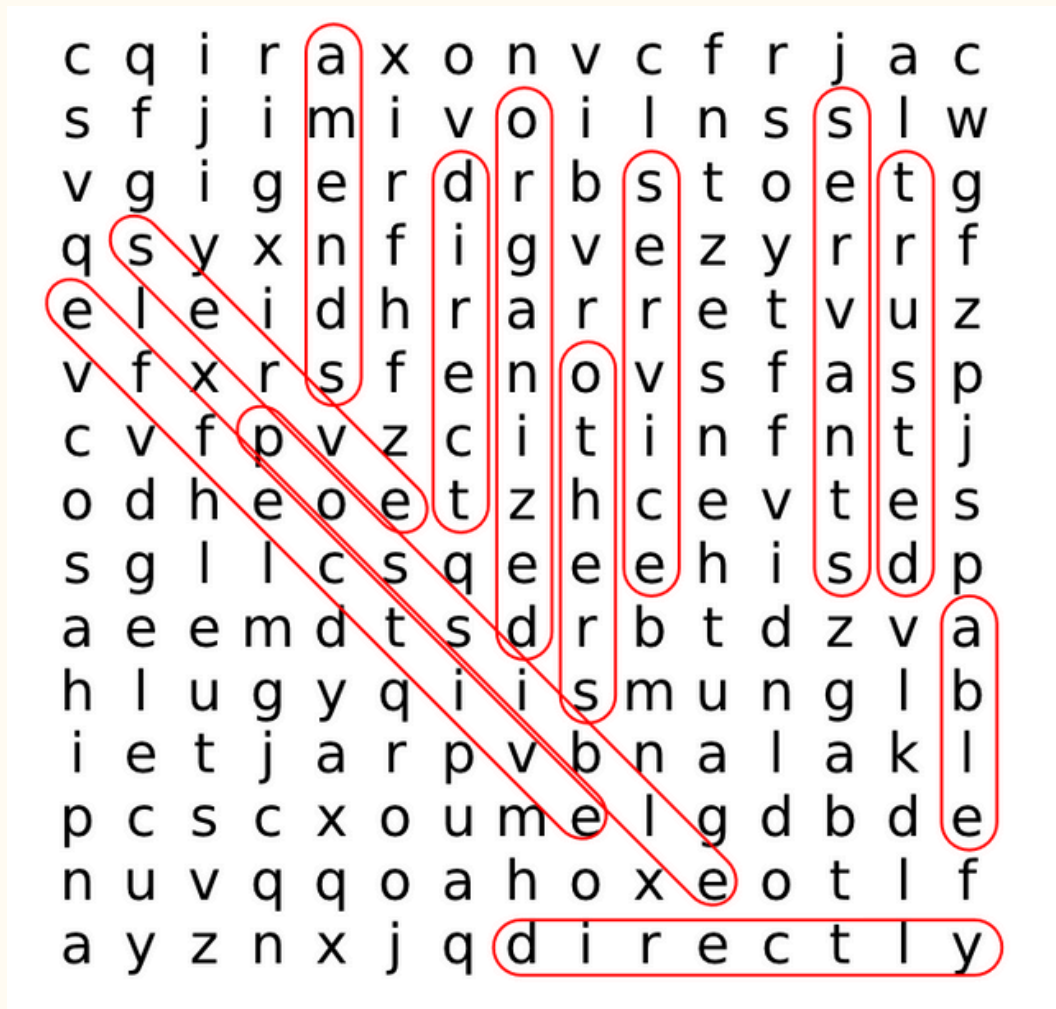


PTI's Hotline (727) 279-5630

PTI's QR Code



WORDFIND Answer Grid



PINELLAS TRADITIONS INTERGROUP MEETING LIST

September 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>