

The header features a lighthouse on a small island with palm trees and a green frog on a rock. The text "PTI NEWSLETTER" is written in large, bold, blue letters. The background is a blue sky with white clouds.

PTI NEWSLETTER

Overeaters Anonymous
Pinellas Traditions Intergroup
P.O. Box 16582
Clearwater, FL 33766

Volume 15, Issue 5

May 2020

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NEXT PTI MEETING:

Saturday, May 16th - 12:00 P.M.

Join Zoom Meeting

<https://zoom.us/j/84287775266>

Meeting ID: 842 8777 5266

Please join us ...

Chair Chatter

Hello Everyone!

We are well into our second month of self isolating and social distancing during the COVID-19 pandemic. The meetings I attend now are ZOOM, and I'm deeply grateful for them. My OA family banded together to support one another at this time. A few of us started Zoom meetings and are enjoying the connection to keep our program intact. There are also a few "parking lot" meetings available, too!

My personal recovery, which for me is defined as refraining from compulsive eating and compulsive food behaviors, depends on my relationships with my Higher Power, my sponsor, the steps and literature, other OA family members and of course my meetings.

My disease does not take vacations, and I can't let my recovery take a vacation either. This situation could be a "perfect storm" for me. I need to stay in my house and isolate? *Hmmm, my disease is thrilled! A license to eat! WRONG!!!* Thank God I have a program that is strong, it is paying off now.

I am in conscious contact with my Higher Power each day to keep me on track. I continue my daily routines of using my tools. I have been making more out reach calls, and writing a little more than usual.

If you're having a problem, REACH OUT! A chat with an OA family member just might be what you need that day. I know it helps me tremendously. If you find it hard to pick up the phone because you're afraid, here is my number (727) 647-8280. I get it. You can just say that I'm one of your three calls today and I'll understand. No pressure.

Hope to see you online in a zoom meeting. You can find me on the Monday Noon (Zoom ID: 730 750 453) or Wednesday 6:30PM Beach (Zoom ID: 649 310 5973).

Hope to see you soon!

Hugs,
Linda



 **OVEREATERS ANONYMOUS®**
Pinellas Traditions Intergroup

The opinions expressed in this monthly newsletter reflect those of the writer and do not represent OA as a whole. Serve your group by sharing your experience, strength and hope in the PTI newsletter. Please submit your article by the **25th** day for publication in the following month's newsletter. Please send to: newsletter@oapinellas.org

Pinellas Traditions Intergroup - 7th Tradition

The 7th Tradition states, "Every OA group ought to be fully self supporting, declining outside contributions."

Available on the PTI web site, local OA groups and members can now send a contribution using a secure site via PTI's PayPal page. Please click the button located on the right or visit our website at oapinellas.org/donations to send in a donation today.

Donate now with..

PayPal

Your generosity is greatly appreciated.

Step 5

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

"Pray to God, but continue to row to shore."

Russian proverb

Tradition 5

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

God is not my arms and legs. It is up to me to do the footwork. Ours is a program of action. The first two steps require reflection and contemplation; the rest call for direct action. Of course, I do not work a perfect program. When I feel rebellious, as I sometimes do, then I pray to be willing, putting myself and my stubbornness in God's hands.

Out of old programming I still need to be perfect before I can like myself. But God has infinite and unconditional love for me, and gives me everything I need, including the willingness to take action. I have but to ask.

For today: God does for me what I cannot do for myself, not what I can do.

Concept 5

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

For Today, page 136



Please refer to oapinellas.org for the latest Pinellas Traditions Intergroup meeting minutes, treasurer's reports, and upcoming events.

PTI Virtual "ZOOM" Meetings List

During this COVID-19 quarantine, when our meeting rooms have been shut down and we have been shut in, we encourage all to attend the virtual meetings being offered by Pinellas Traditions Intergroup (PTI).

To join us in a virtual meeting by cellphone download the ZOOM app to your phone and then click on it. Join the meeting by entering the ID number.

To join us using your PC, laptop, tablet use your browser to go to ZOOM.us. Click onto JOIN MEETING. Enter ID and follow directions.

SUNDAY

6:00 PM "Big Book" Meeting ID: 682 489 475 Password: 358751 Phone in: +1 253 215 8782 US
Hosted by 90 Day

MONDAY

12:00 PM "Voices of Recovery" Meeting ID: 730 750 453 Password: none
Hosted by Linda H.

4:00-5:00 PM "Literature" Meeting ID: 399 359 360 Password: none
Hosted by Rita S. - Topics from For Today and Voices of Recovery

6:45-8:00 PM "Literature" Meeting ID: 199 631 721 Password: 409818
Hosted by Rita S. – Readings from OA Brown Book and Lifeline magazine (May 2020)

7:00 PM "Speaker Meeting" Meeting ID: 222 498 444 Password: 008551 Phone in: +1 312 626 6799 US
Hosted by 90 day

TUESDAY

7:00 PM "Big Book" Meeting ID: 772 692 021 Password: 696369
Hosted by Shirley Q.

WEDNESDAY

6:30 PM Madeira Beach "Voices of Recovery" Meeting ID: 493 105 973 Password: none
Hosted by Linda H.

THURSDAY

10:30-11:30 AM Meeting ID: 959 959 1828 Password: none
Hosted by Donna D.

5:30 PM "OA 12 & 12 and AA 12 & 12" Meeting ID: 646 558 8656 Password: none

7:00 PM "Literature" (Leader's Choice) Meeting ID: 718 920 457 Password: 807625
Hosted by Shirley Q

FRIDAY

12:00 PM Meeting ID: 833 301 625 **Password:** none
Hosted by John C.

SATURDAY

7:45-8:00 AM "For Today" and "Voice of Recovery" Books **Meeting ID:** 277 327 215 **Password:** 785835
Hosted by Rita S

12:30 PM "Men's Meeting" **Meeting ID:** 914 632 264 **Password:** 479959
Hosted by Joel Mc.

10:30 AM "Big Book" **Meeting ID: 478 319 176 Password:** big book
Phone in: +1 346 248 7799 US **Password:** 421023

Parking Lot Meetings

These meetings maintain social distance and meet face to face. Bring your own chair and your own literature.

Sunday

6:30 PM Gulfport Neighborhood Center 1617 49th St S, Gulfport

Monday

12:00 PM "Voices of Recovery" 5328 2nd Ave N, St. Pete, in the alley. Contact: JuliaAnne (727) 327-5380

Wednesday

6:30 PM Unity Church parking lot, 6168 1st Ave N, St. Pete

Friday

6:00 PM "Big Book" Unity Church parking lot, 6168 1st Ave N, St. Pete

PLEASE NOTE: Many PTI meetings remain closed due to COVID-19 (Coronavirus) social distancing. Please check oapinellas.org often to see continuous updates to the "PTI Virtual **Zoom** Meetings List." Stay well.



Reminder Dates on the PTI Calendar ...

May 16th	PTI Meeting	Saturday @ 12 Noon	https://zoom.us/j/84287775266	Meeting ID: 842 8777 5266
June 20th	PTI Meeting	Saturday @ 12 Noon	https://zoom.us/j/84287775266	Meeting ID: 842 8777 5266
July 18th	PTI Meeting	Saturday @ 12 Noon	https://zoom.us/j/84287775266	Meeting ID: 842 8777 5266
July 31-Aug. 2	Franciscan Center Retreat in Tampa, FL (<i>See flyer in this issue</i>)			

Don't forget to the PTI web site for any new updates!



Pinellas Traditions Intergroup



PINELLAS TRADITIONS INTERGROUP INVITES YOU TO THE TENTH ANNUAL OA FRANCISCAN CENTER RETREAT "Willing to Go to Any Length" JULY 31-Aug 2 2020

Fragrance Free Zone Please

WHAT: Three days of fabulous speakers, crafts, the usual Pinellas Pizazz, serenity and peace on the river
WHERE: The beautiful Franciscan Center Campus, 3010 Perry Ave., Tampa, FL 33606
WHEN: Friday, July 31, (check-in 4PM), to Sunday, August 2, 2020 11:30 AM
COST: (Note, there are two separate places to pay: Franciscan Center for food/lodging and PTI for registration)
HOW: Step 1: Call and pay the Franciscan Center at 813-229-2695, for room and board accommodations, and tell them it's for the OA Retreat. Room/board packages include five meals; single rooms are \$206 and double rooms are \$186 per person. Additional information about the Franciscan Center at franciscancentertampa.org.
Step 2: PAY PTI: MAIL your registration form & check or money order payable to PTI: \$30 for early bird (postmarked by June 15, 2020) or \$40 for regular registration.

Direct any questions to rita195382@gmail.com or text to 727-310-5760

REGISTRATION DEADLINE July 10, 2020

Checklist

- Space is limited so register early. *No Day trippers you must come for the whole weekend.
• Call and book your reservation at Franciscan Center. Your measuring cups/scales are welcome
• Call all your friends and make plans to carpool with them
• Please Announce this Retreat and print copies of this flyer for your meetings.
• Save this flyer for your information. See you at the pagoda on the peaceful Hillsboro River!

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Cut on the dotted line and mail Retreat Registration Form & check or money order made out to PTI to:

Donna D 5145 55th Street North St Petersburg, FL 33709

PINELLAS TRADITIONS INTERGROUP NINTH ANNUAL RETREAT REGISTRATION FORM

Print Name _____ Volunteer opportunities: Greeter ___ Craft Room ___ Registration ___

Address _____

Phone _____ email _____

*Select your meal preference

Friday Dinner Vegetarian: ___ Chicken ___ Fish ___

Saturday Dinner Vegetarian: ___ Chicken ___ Fish ___

Check one: ___ \$30 Early Registration ___ \$40 Regular