



Overeaters Anonymous
Pinellas Traditions Intergroup
P.O. Box 8544
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PTI Trusted Servants

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NEXT PTI MEETING:

Saturday, Sept. 19th - 12:00 P.M.

Join Zoom Meeting

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

Meeting ID: 842 8777 5266

Please join us ...

ONE DAY AT A TIME

“Tomorrow’s life is too late. Live today.”

-Martial

A good mind is no defense against the insanity of compulsive overeating. If OA hadn’t found me, I would still be saying “tomorrow” – despite repeated proof that tomorrow is a pipe dream and my only chance is to act today. I am abstaining TODAY because it is today’s life I am living. I do not know if I can binge today and say, “I will abstain tomorrow,” but I have absolutely no desire to try it.

For today: Whatever I want to begin doing, I will do today. Tomorrow is too late.

For Today, page 255



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



Chair Chatter



Hi Everyone,

Hope everyone is practicing safe distancing and hand sanitizing! Looks like we will be “Zooming” our meetings for a while. I sent out a letter from the Board of Trustees about how you can add a note that your F2F meetings are being held virtually temporarily.

I would like to start off with thanking the Retreat Committee for a wonderful job. The virtual retreat was a success! I think many of us enjoyed the virtual weekend. Thanks to those that participated as speakers and workshop leaders.

Starting **Monday, Sept 7th at 3:30 p.m.** there will be a **Newcomers Introduction** meeting before the 4:00 p.m. Zoom meeting. Also, **Thurs., Sept. 10th at 6:30 p.m.** there will be a **Newcomers Introduction** meeting before the 7:00 pm Zoom meeting. The meeting ID and Password will be the same as the meeting they are preceding.

Our **Retention and Convention Committee** has a workshop planned for **Saturday, September 12th from 2 p.m. – 4 p.m.** called “**9 Tools of Recovery**”... “**same tools different methods**” is the theme. Come join us in the discussion. **Meeting ID:** 889 6198 8697 **Password:** Tools ... For more information, contact Shirley at saquig357@gmail.com. The committee is also planning a “**Getting Thru the Holidaze**” workshop weekend. More info to follow.

I hope to see everyone at our Intergroup meeting **Saturday, Sept. 19th at noon**. Please come as a rep. Get voted in at your meeting. The reason being is so you can vote. The meeting ID and password will be sent before the meeting.

Thanks everyone for your support and donations to PTI. Even though we're apart, **Together We Can!!!**

Hugs,
Linda H., PTI Chair



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

Step 9

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

Tradition 9

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

Concept 9

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



Just For Today



Just for Today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twelve hours if I felt it the I had to keep it up for a life time.

Just for Today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for Today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes and fit myself to it.

Just for Today I will try to strengthen my mind. I will study something useful. I will not be a mental loafer. I will read something that requires effort thought and concentration.

Just for Today I will exercise my soul in three ways: I will do someone a good turn and not get found out; if anyone knows of it it will not count. I will do at least two things I don't want to do - just for exercise. I will not show anyone my feelings are hurt; they may be hurt, but today I will not show it.

Just for Today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anyone except myself.

Just for Today I will have a program, I may not follow it exactly; but I will have it. I will save my self from two pests: hurry and indecision.

Just for Today I will have a quiet half hour all by myself and relax. During this half hour sometime, I will get a better perspective on my life.

Just for Today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and as I give to the world, so the world will give to me.

-OA Version of "Just for Today"

9 TOOLS OF RECOVERY

Same tools.... different methods.



< Plan of Eating >



Join us in the discussion of
“The evolution of the tools of
recovery.”

September 12th 2:00-4:00pm

Meeting ID: 889-6198-8697 Password: **Tools**

Contact information: saquig357@gmail.com

All Donations are welcome, we recommend \$5.00 to our
self-supporting fellowship.

oapingllas.org or PO box 8544 Seminole Fl. 33775

PTI Virtual "ZOOM" Meetings List – September 2020

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: 649 310 5973 Password: voices (Hosted by Linda H.)

NEW TIME

3:30-4:00 PM "Newcomer Introduction" Meeting ID: 399 359 360 Password: fortoday

4:00-5:00 PM "Topics from For Today and Voices of Recovery" Meeting ID: 399 359 360 Password: fortoday
(Hosted by Rita S. / 727-310-5760)

6:45-8:00 PM "12 & 12" Meeting ID: 199 631 721 Password: 409818 (Hosted by Rita S. / 727-310-5760)

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.)

10:00 AM "REBOS" Meeting ID: 959 959 1828 Password: 718863 (Hosted by Donna)

WEDNESDAY

6:30 PM "Beach Zoom" Meeting ID: 730 1090 2349 Password: 09412 (Hosted by Linda H.)

THURSDAY

10:30-11:30 AM Meeting ID: 959 959 1828 Password: 718863 (Hosted by Donna D.)

5:30 PM "OA 12 & 12 and AA 12 & 12" Meeting ID: 821 3835 5024 Password: 977721

NEW TIME

6:30 – 7:00 PM "Newcomer Introduction" Meeting ID: 718 920 457 Password: 807625

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

FRIDAY

12:00 PM " Noon " **Meeting ID:** 751 8116 4271 **NEW Password:** OAROCKS (Hosted by John C.)
Join Meeting: <https://us04web.zoom.us/j/75181164271?pwd=QmRycDRLa0tYc1VRSGxBMTdnWjMvUT09>

SATURDAY

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

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

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

Face-to-Face 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 → Bring a chair

Monday NEW

10:30-11:00 AM "Newcomers Meeting" Lutheran Church of the Resurrection, 1555 Windmill Pt. Rd. Palm Harbor
 11:00 AM "Just for Today / 12&12 / Big Book"

Tuesday

10:00 AM REBOS, 5639 54th Ave. N., St. Pete → Meeting is on the porch. Please bring a chair.

Friday

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

Saturday

10:30 AM Unity Church of Port Richey, 5844 Pine Hill Rd., Port Richey → Meeting is in the parking lot. Folks can bring a chair if they like. Meeting in the outside gazebo area.

Revised: September 7, 2020

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.

Your generosity is greatly appreciated.

