



PTI NEWSLETTER

Overeaters Anonymous
Pinellas Traditions Intergroup
P.O. Box 8544
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January 2021

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NEXT PTI MEETING:

Saturday, January 16th - 12:00 PM

Join Zoom Meeting

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

Meeting ID: 842 8777 5266

Please join us ...

Happy New Year!

“Strong hope is a much greater stimulant of life than any single realized joy could be.”

Friedrich Nietzsche

Compulsive overeaters recovering in OA have reason to believe in the power of hope. It is the saving grace of our illness, a life-sustaining force that motivates us to keep going. Hope brought me to Overeaters Anonymous. I needed to believe that I had within me the power to change, to grow. The joy of life today is in the constant flowering of hope. A problem is solved and immediately there is hope that an even tougher one will go the same way. When I most despair of finding a solution, the answer appears.

Fortoday: There is powerful hope in admitting defeat, in giving up my mad exertions to control situations that are not mine to control.

For Today, page 3



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

AS OUR STORIES ATTEST ...

Step 1

"We admitted we were powerless over food, that our lives had become unmanageable."
—Step One

"When I first came to OA I had already lost ninety pounds ..."
—Voices of Recovery, page 1

That was my story when I came into the rooms. I'd had a lifetime of weight ups and downs, fad diets where I could and would work hard to lose the pounds but then, like a switch flipped inside my head, I'd work equally as hard to gain it all back. It was a crazy way to live life for over 30 years by then and I was very successful at it. My life otherwise was in order, my professional career was exactly what I wanted, having just finished college with honors. I had a great job with benefits and wonderful coworkers and lots of friends. My children were teenagers, good students learning to find their own ways in the world. My marriage was stable and loving. We'd just made a major move, transplanting into the sunny south near good friends. Not much was really wrong except for the weight and food right?

I suspected there was an easy fix to solve this tedious weight issue and I thought a therapist might be able to do the trick with some magic hocus pocus so off I went to a psychologist. Twenty minutes in that exam room, which by the way, did have a couch in it, and I was told I had a control issue; that I had used some form of the words describing control over 100 times in the brief session! A gentle, but firm suggestion was made that I attend an OA meeting before my next appointment. Heck, that sounded like an easy assignment. I had the money, and I could easily pay the price whatever it was to fix the food. I found a meeting, dressed up in my fanciest business outfit to go to a library meeting room near my house and met a group of the strangest people I'd ever seen collected in one place before. They talked about food a lot, but they also talked about pain, and fears, and anger, and confusion, and hurts, and failure (mostly their own) and I was captivated for life. They talked about someone called HP and I got the idea that maybe this mystical character was the quick fix I was looking for. More was revealed to me as I kept coming back, one day at a time. Today, over 30 years later, I'm grateful I didn't ever leave till the miracle happened. 🙏

Anonymous PTI
January 2021

STEP 1

We admitted we were powerless over food — that our lives had become unmanageable.

TRADITION 1

Our common welfare should come first; personal recovery depends upon OA unity.

CONCEPT 1

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.

PTI Contributions

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

Please visit oapinellas.org/donations to send in a donation today.

Your generosity is greatly appreciated.



Chair Chatter ~ January 2021



Happy New Year Everyone!!!

I'm praying for everyone's health and wellbeing.

I want to welcome our new Treasurer, Karen R., and our new Secretary, Jayne K. Thanks for doing this service!

This has been a tough year, but we did get through it and learned some new ways to communicate and carry on. Together We Can!!!

Zoom is a great way to stay connected. There was a learning curve, but we managed with patience and perseverance.

Let's stay abstinent together. If you need help reach out and make some calls. It's amazing what a little chat with a fellow member will do for your spirits.

Our Zoom meetings are going strong. We have a few face-to-face, with masks and social distancing that are doing well. Our new updated list is on the website.

I want to thank our Holiday Committee for giving us wonderful marathons to Zoom into on Halloween, Thanksgiving, Christmas, and New Year's Day.

This year we also had our first ever Zoom Retreat. It was a great success and lots of fun. That's where all the ideas got started -- Chew and Chat, Dancing, and all of the other great events that formed the retreat and marathons.

I also hear that the Monday 3:30 Newcomer Introduction group has people from all over the world attending. How great is that?

Overall, PTI is doing well because people are stepping up to do service. Even with COVID we will survive!!

I'm going to have a group conscience at the next PTI meeting to keep our meetings on Zoom. I believe it makes it convenient for everyone to attend.

We appreciate everyone's donations, and generosity. I know that Region 8 and World Service appreciate our generous donations too! I am happy to serve another year on the PTI Board. It is an honor and a pleasure.

On a personal note, this year has been a year of big change for me. My sweetie (Eric) and I moved in together in November. I have learned in program that change is good. I'm looking forward to a year of happiness, companionship, and love!

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

I pray that 2021 is a little better for all of us!

**Hugs,
Linda**

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



OA Public Information Event - Call to Service

You're invited to an Overeaters Anonymous Public Information Zoom Event, an event designed to offer information about OA to Newcomers, Medical & Psychological Professionals, Clergy, and Media.

You're asked to:

Attend the event. If you choose to share and identify as a member, be sure your video is turned off and you have renamed yourself to eliminate your last name, or you're wearing a face mask and sunglasses or baseball hat, some method of hiding your face and last name.

There are two fliers attached here. Use the attached fliers to invite any professionals (doctors, nurses, therapists, clergy) or media persons you know or can reach. Please, reach out to and invite professionals and media in your area even if you don't know them. Send regularly repeated invitations leading up to the event date, **January 8th 2021**.

Invite newcomers, family, friends, anyone you think might benefit from information on OA or might pass the message along.

Meeting Info: Friday, Jan 8th, 1:30 PM-3:00 PM EST

Zoom Meeting ID: 878 9297 2209

Meeting Password: OAInfo

For info, please call Gary at (305) 510-5150

[DOWNLOAD FLIER FOR MEDIA](#)

[DOWNLOAD FLIER FOR PROFESSIONALS](#)



PTI Virtual "ZOOM" Meetings List – January 2021

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. You can click on the [underlined links](#) below. For PC users, hold the control button and click on the link.

Sunday

6:00 PM "Big Book" Meeting ID: 817 2809 4727 Password: bigbook
 Phone in: 1+ (646) 558-8656 Passcode: 7982339 Hosted by: 90 day
<https://us02web.zoom.us/j/81738094727?pwd=ZTNKWWRcDF2VTNlaVp0Zk1vOGRIQT09>

Monday

12:00 PM "Voices of Recovery" Meeting ID: 756 6503 6069 Passcode: voices
 Telephone: 1 + (646) 558-8656 Passcode: 868710 Contact: Anne G. (212) 399-7099
<https://us02web.zoom.us/j/75665036069?pwd=SWIZU0YvUXBTNki4SEFIVFhCaVNSZz09>

3:30 PM "Newcomer Introduction"
 4:00 PM "For Today" & "Voice of Recovery" Meeting ID: 399 359 360 Passcode: fortoday
 Phone in: +1 929 436-2866 Passcode: 690043 Contact: Jayne K. (352) 812-6239
<https://us02web.zoom.us/j/399359360?pwd=QnB3L3ZUcVdFdVFPRlp3aTc0SW5DQT09>

6:45-8:00 PM "12 & 12" Meeting ID: 199 631 721 Passcode: 409818
 Phone in: 1 + (929) 436-2866 Passcode: 409818 Contact: Rita S. (727) 310-5760
<https://us02web.zoom.us/j/199631721?pwd=MklHSmZYM3dleXZZT1BOK25VdHZWQT09>

7:00 PM "Speaker" Meeting ID: 830 5682 9425 Passcode: speak
 Phone in: 1+ (646) 558-8656 Passcode: 5237216 Hosted by: 90 day
<https://us02web.zoom.us/j/83056829425?pwd=VkrV1g4TW1tR3INUUR1bkROL2w3dz09>

Tuesday

10:00 AM "REBOS" Meeting ID: 849 1556 8631 Passcode: faith
 Phone in: +1 (646) 558-8656 Passcode: 726776 Contact: Donna D. (727) 480-0865
<https://us02web.zoom.us/j/84915568631?pwd=ZGZnODJVQ0NzRC9DSGgrNC8wOUxEQT09>

7:00 PM "Big Book" (Mile Stretch) Meeting ID: 864 64691462 Passcode: humility
 Phone in: 1+ (646) 558-8656 Passcode: 49852475 Contact: Kathryn S. (727) 204-2761
<https://us02web.zoom.us/j/86464691462?pwd=eTNpbmZhcHlQbnJSZHHUcEhrNVJSQT09>

Wednesday

6:30 PM "Beach Zoom" Meeting ID: 730 1090 2349 Passcode: Hope
 Phone in: +1 (646) 558-8656 Passcode: 470866 Contact: Linda H. (727) 647-8280
<https://us02web.zoom.us/j/73010902349?pwd=Y0VENDNic0hWSTFrSDJFc1RqSHZQT09>

Thursday

10:30 AM "Aldersgate Hope" Meeting ID: 823 0363 0921 Passcode: love
 Phone in: 1+ (646) 558-8656 Passcode: 726776 Contact: Donna D. (727) 480-0865
<https://us02web.zoom.us/j/82303630921?pwd=MIVkamhocDUvRWtKR09TaFpJQStDQT09>

*-continued-***Thursday**

5:30 PM "OA 12 & 12 + AA 12 & 12" Meeting ID: 821 3835 5024 Passcode: 977721
 7:00 PM New Freedom / Varies Weekly Meeting ID: 874 1185 6223 Passcode: Willing
 Phone in: 1+ (646) 558-8656 Passcode: 5625523 Contact: Shirley Q. (727) 916-2199
<https://us02web.zoom.us/j/87411856223?pwd=VWhlY2lpWWR3M3NtbTFjY09hQk5yUT09>

Friday

12:00 PM "Literature Meeting" Meeting ID: 828 2766 5988 Passcode: oarocks
 Phone in: 1+ (646) 558-8656 Passcode: 3721175 Contact: John C. (727) 289-9122
<https://us02web.zoom.us/j/82827665988?pwd=NjBOamRiRFovaEpGellPY3INVEVEZz09>

Saturday

7:45 AM For Today/Voice of Recovery Meeting ID: 277 327 215 Passcode: 785835
 Phone in: 1+ (929) 436-2866 Passcode: 785835 Contact: Rita S. (727) 310-5760
<https://us02web.zoom.us/j/277327215?pwd=bU5WR1FsZUpwQWJvUjNzR04yM3pidz09>

10:30 AM "Big Book" Meeting ID: 842 6203 9443 Passcode: Bigbook
 Phone in: 1+ (646) 558-8656 Passcode: 6860727
<https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTFOdWtyMWFTQT09>

12:30 PM "Men's Meeting" Meeting ID: 812 0365 3253 Passcode: Gentlemen
 Phone in: 1+ (646) 558-8656 Passcode: 960923806 Contact: Joel Mc.
<https://us02web.zoom.us/j/81203653253?pwd=R1Vhbm9mdkVaRWgwNFBSSkNNMUITQT09>

PTI Monthly Business Meeting *3rd Saturday of the month ... Everyone is welcome!!!*

12:00 PM "Virtual IG Meeting" Meeting ID: 859 3298 4082 Passcode: 259647
 Phone in: Passcode: Contact: Linda H. (727) 647-8280
<https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJjQTc3TEhIbitQTE8rUFZzUT09>

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 → Bring a chair

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

Tuesday 10:00 AM REBOS, 5639 54th Ave. N., St. Pete → Meeting is on the porch. Please bring a chair.
 Contact: Cindy B. 813 454-7941

Tuesday 5:30 PM Step Meeting → Sabala Plaza, 14100 Walsingham Road, Ste 32, Largo, FL
 Contact Kelly: (727) 542-4525

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.