



Overeaters Anonymous
Pinellas Traditions Intergroup
P.O. Box 294
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Volume 16, Issue 5 May 2021

PTI Trusted Servants

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NEXT PTI MEETING:

Saturday, May 15th - 12:00 PM

[Join Zoom Meeting](#)

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

Meeting ID: 842 8777 5266

Please join us ...

Carry the Message

“People only see what they are prepared to see.”

-Ralph Waldo Emerson

What words will convey to the practicing compulsive overeater that life can be far better than imagined? God gives me the words, I carry the message. The results are not up to me. It takes what it takes, I tell myself, and turn to the next newcomer.

Perhaps I need to look at my attitude. Do I come on too strong? Do I use words and concepts that only experienced OA members would understand? Do I give the impression that I want the newcomer to do it my way or else find another sponsor?

For today: Those to whom I carry the message may be more likely to listen if I remember that ours is a program of attraction.

-For Today, page 123



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

When I first entered the rooms of recovery and was reading the 12 Steps and 12 Traditions on the walls, my thoughts were curious but miraculously open. What kind of ideas were these? The principles of the program were very foreign to my way of life. As my meeting attendance progressed, I heard the angst about doing the fourth and the fifth steps shared by other people there. As I continued to observe the other attendees I noticed individuals who would rather go back to their old, perhaps more comfortable, ways. For many, leaving the rooms altogether was the easier softer way. The longer I remained in the recovery rooms though, the more chances I had to witness those same persons returning more physically deteriorated than their prior stint. There were those, too, who stayed in attendance, never formally studying their steps with a sponsor. I noticed their lives changing slightly but never really achieving that drastic transformation that the inner herd had achieved. I made up my mind I wanted what the inner herd was living.

My first sponsor chose me by placing herself in my path at a vulnerable time when my life was cracking open and raw. I didn't skip a beat but asked her to sponsor me and help me to learn about the steps. Together we went through the literature by reading, writing and discussing our experiences. When it came time to do the 5th step my sponsor knew I had just finished writing on my 4th step prior and she patiently waited for me to come to her with that 4th step. I had held onto that writing until the pain was unbearable, afraid to expose myself to anyone. Finally I went running to her door with it and she said, “I've been waiting for you”. Most of my first step five was about sex, being a survivor of sexual abuse; I had so much shame and guilt around that. This shame fueled my addictions. Fortunately, my first sponsor's life-events closely aligned with mine. It was amazing how my Higher Power worked to place such an understanding teacher in my life. Her understanding and mutual experiences helped to assure me that I was not an anomaly. After I was finished I left her house feeling numb, stunned, but satisfied that I was already starting to heal. I felt my Higher Power would protect me and give me this healing balm, as well as a precious sponsor to help me look at the negative emotions produced by my past experiences.

I've done more 5th step inventories since that time. When it was time to assess my employment I made inventories of my attributes, or when I wanted to get a better perspective on my recent close relationships we worked on what was my part in it all positive, negative and the in-between. In O.A. I am moving mostly onward assessing my relationship with different foods and how they affect my life. By working on living the best life I can and asking my HP to keep me willing and humble, I have more opportunities to overcome my setbacks. The experience of taking on a sponsee to share their 5th step with me has been a sacred honor. I've had the privilege to witness many people transform their lives into vital beacons by trudging through the 5th step with God themselves and another human being. It is important for me to experience this particular service by giving away what was so freely given to me.

Anonymous PTI member
May 2021

Step 5

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

Tradition 5

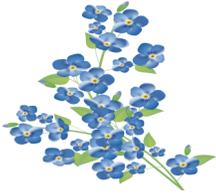
Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

Concept 5

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



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



Chair Chatter - May 2021



My goodness I know I say this every month but, "Where is the time going?" I guess time flies when you're having fun.

My kids came down the end of March. I took a vacation to California from April 1-8, came home, and hit the ground running.

Attended the SOAR8 Business Assembly, April 9-11. I am the chair of the Florida State Convention (FSC) and held a meeting for that (4/13). I had a week to recoup.

Shirley and I attended the World Service Business Conference by video conferencing. We were able to spend 4 days together, 3 days in a motel, so I could mentor Shirley. It was exceptional. I mentioned to someone that our IG voted we could serve together in a neutral setting (motel) and they thought that was a great idea. Each "Green Dot" has a mentor, and this worked out great. Shirley was a Green Dot.

Meetings were held April 17-25. "All About Conference," was the kickoff. There were meetings to "Meet the Maker" of the motions that we were voting on and ask questions. There was a Literature Q & A; you could ask questions about the new literature proposals. We were able to view videos of the nominated Trustees sharing their ESH. If you had questions, you could send them in, and they were answered live at the conference.

The Business Assembly was held April 20-24. This is where the business of voting on the literature proposals, new business motions, and elections were held. It was a historical event, the first ever video conference, attended by 248 delegates from numerous countries. My report to our reps will be sent out before our next Intergroup. I will not be attending the next IG, I have an event for another organization I volunteer for as an officer, as well.

I spoke of the FSC. Our Intergroup is responsible for decorations and entertainment. Our volunteers from the last convention have rotated out so I am looking for anyone who would be interested in doing some service for our Intergroup. FSC will be held January 14-16, 2022. This is the third weekend in January. We are celebrating 62 years of OA and it's going to be a BIG birthday party!!!

Finally, I'd like to remind everyone of the World Service Convention, August 26-28, 2021 in Orlando. It is being held by Region 8. I am the Vice Chair of this Convention. Please give some thought and prayer about coming and giving service. Nothing extravagant. Maybe serving in the boutique, a greeter, we need all kinds of help. Thank You for taking the time to read our newsletter. All the events are posted.

Hugs,
Linda

SPEAKER SIGN UP AREA: new speaker at the top of every hour!

HOLI-DAZE May 9, 2021 OA 18 hour 16 Speakers-Zoom-A-thon

Please consider offering one hour of your service. WE NEED YOU TO TELL YOUR STORY!
Help keep an OA member abstinent on this holiday. Maybe you. Maybe me.



Sunday, May 9, 2021, 6 am til midnight, Eastern Time, USA

To speak/lead: PLEASE just click this blue link, these blue letters, in this green box



[To sign up click these blue letters please.](#)



(Please just use your **last initial** instead of your whole last name when you sign up)

Email CallMeOrText@gmail.com to time & mute noise for us in a 45 minute meeting.

We so appreciate your service on this holiday!



PLEASE EMAIL THIS ON (To **Join the mailing list:** email me, CallMeOrText@gmail.com) PLEASE EMAIL THIS ON

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EVENT INVITATION AREA, Please stay abstinent these holi-daze!

OA Holi-daze Zoom-A-thon **MAY 9, 2021 OA 18 hour 16 Speakers**

STAYING ABSTINENT thru the Hol-i-daze

Sunday, May 9, 2021, 6 am til midnight, Eastern Time, **USA**

18 HOURS packed with meetings, fellowship, A Dance! An OA skit! Pet share, karaoke, music, singing, art shares, yoga, hours of fun , surprises & Solid Abstinance!

Come join us and share your experience, strength and hope! **Together we can** get through these holi-daze abstinely! Invite your friends. Pass the word.

Suggested donation of only \$5 at oapinellas.org



ALL EVENTS TO BE HELD VIRTUALLY ON ZOOM
Meeting ID: 959 959 1828 Passcode: 718863

To attend the event: JUST CLICK THESE BLUE LETTERS (LINK)

<https://us02web.zoom.us/j/9599591828?pwd=SlhCSGJmbjh1UEhrd0dmVWU3NENGZz09>

PLEASE EMAIL THIS ON

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VIRTUAL ZOOM MEETINGS

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).

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

To join us using your PC, laptop, tablet, or mobile device use your web browser to go to **ZOOM.us**. Click on 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:** 81738094727 **Password:** bigbook
OA #32923 <https://us02web.zoom.us/j/81738094727?pwd=ZTNKWREcDF2VTNlaVp0Zk1vOGRIQT09>
Phone in: +1 646 558 8656 **Passcode:** 7982339 **Contact:** Autumn 727 480 2200
- MONDAY** 12:00 PM "Voices of Recovery" **Meeting ID:** 756 6503 6069 **Passcode:** voices
OA #48303 <https://us02web.zoom.us/j/75665036069?pwd=SWIZU0YvUXBTNki4SEFIVFhCaVNSZz09>
Phone-in: +1 646 558 8656 **Passcode:** 868710 **Contact:** Anne G. 212 399 7099
- MONDAY** 3:30-4:00 PM Newcomer Introduction & 4:00-5:00 PM For Today & Voices of Recovery
OA #89061 **Meeting ID:** 856 2432 8688 **Passcode:** 981506
Phone in: +1 929 436 2866 **Passcode:** 690043 **Contact:** Rita S. 727 310 5760
- MONDAY** 6:45-8:00 PM "Literature" **Meeting ID:** 199 631 721 **Passcode:** 409818
OA #01530 <https://us02web.zoom.us/j/199631721?pwd=MklHSmZYM3dleXZYT1BOK25VdHZWQT09>
Phone in: +1 929 436 2866 **Passcode:** 409818 **Contact:** Rita S. 727 310 5760
- MONDAY** 7:00 PM "Speaker" **Meeting ID:** 222 498 444 **Passcode:** 008551
OA #4788 <https://us02web.zoom.us/j/222498444?pwd=Tk5DdE1hWFILdWJ0RGJnbFUzOVJMQT09>
Phone in: 1+ 646 558 8656 **Passcode:** 5237216 **Contacts:** Stephanie D. 727 641 3437
Tobi 727 422 0181
- TUESDAY** 10:00 AM REBOS **Meeting ID:** 849 1556 8631 **Passcode:** faith
OA #54726 <https://us02web.zoom.us/j/84915568631?pwd=ZGZnODJVQ0NzRC9DSGgrNC8wOUxEQT09>
Phone in: 1-646-558-8656 **Passcode:** 726776 **Contact:** Donna D. 727 480 0865
- TUESDAY** 7:00 PM "Mile Stretch" **Meeting ID:** 864 6469 1462 **Passcode:** humility
OA #54346 <https://us02web.zoom.us/j/86464691462?pwd=eTNpbmZhcmlQbnJSZHHUcEhrNVJSQT09>
Phone in: +1 646 558 8656 **Passcode:** 49852475 **Contact:** Kathryn S. 727 204 2761
- WEDNESDAY** 6:30 PM Beach Zoom **Meeting ID:** 730 1090 2349 **Passcode:** Hope
OA #10359 <https://us02web.zoom.us/j/73010902349?pwd=Y0VENDNic0hWSTFrSDJFc1RqSHZQU09>
Phone in: +1 646 558 8656 **Passcode:** 470866 **Contact:** Linda H. 727 647 8280

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VIRTUAL ZOOM MEETINGS -continued-

NEW

- WEDNESDAY 4:00 PM** Newcomer Meeting **Meeting ID:** 841 6112 6101 **Passcode:** newbe
OA #89346 <https://us02web.zoom.us/j/84161126101?pwd=NVd1Zjk5Q2puRTF3YXJOOVpXVGIOZz09>
Phone in: +1 646 558 8656 **Passcode:** 776860 **Contact:** Shirley Q. 727 916 2199
- THURSDAY 10:30 AM** Aldersgate Hope **Meeting ID:** 823 0363 0921 **Passcode:** love
OA #53015 <https://us02web.zoom.us/j/82303630921?pwd=MlVkamhocDUvRWtKR09TaFpJQStDQT09>
Phone in: +1 646 558 8656 **Passcode:** 726776 **Contact:** Donna D. 727 480 0865
- THURSDAY 5:30 PM** "Steps to Freedom" **Meeting ID:** 825 6594 8873 **Passcode:** recover
OA #49784 <https://us02web.zoom.us/j/82565948873?pwd=YUROSkh5ZUlzaTFuV09OVXRWM21tQT09>
Phone in: 1-646-558-8656 **Passcode:** 4848917 **Contacts:** Mary Mc 727 808 4265
Michele 314 378 9391
- THURSDAY 7:00 PM** "New Freedom/Varied" **Meeting ID:** 874 1185 6223 **Passcode:** Willing
OA #46183 <https://us02web.zoom.us/j/87411856223?pwd=VWhlY2lpWWR3M3NtbTFjY09hQk5yUT09>
Phone in: 1-646-558-8656 **Passcode:** 4848917 **Contact:** Shirley Q. 727 916 2199
- FRIDAY 12:00 PM** "Literature Meeting" **Meeting ID:** 828 2766 5988 **Passcode:** oarocks
OA #52863 <https://us02web.zoom.us/j/82827665988?pwd=NjBOamRiRFovaEpGellPY3INVEVEZz09>
Phone in: +1 646 558 8656 **Passcode:** 3721175 **Contact:** John C. 727 289 9122
- SATURDAY 7:45-9AM** "11th Step & Spiritual Awakening" **Meeting ID:** 277 327 215 **Passcode:** 785835
OA #36776 <https://us02web.zoom.us/j/277327215?pwd=bU5WR1FsZUpwQWJvUjNzR04yM3pidz09>
Phone in: +1 929 436 2866 **Passcode:** 785835 **Contact:** Rita S. 727-310-5760
- SATURDAY 10:30 AM** Big Book Meeting **Meeting ID:** 842 6203 9443 **Passcode:** Bigbook
OA #27235 <https://us02web.zoom.us/j/84262039443?pwd=OUZuOVNmMVoyNlloUTFOdWtyMWFTQT09>
Phone in: +1 646 558 8656 **Passcode:** 6860727 **Contacts:** Maryhelen 508 942 9119
Cora 813 956 4642
- SATURDAY 12:30 PM** Men's Meeting **Meeting ID:** 812 0365 3253 **Passcode:** Gentlemen
OA #52497 <https://us02web.zoom.us/j/81203653253?pwd=R1Vhbm9mdkVaRWgwNFBSskNNMUITQT09>
Phone in: +1 646 558 8656 **Passcode:** 960923806 **Contact:** James M.

PTI Business Meeting – All visitors welcome!

- SATURDAY 12:00 PM** 3rd Saturday of Month **Meeting ID:** 859 3298 4082 **Passcode:** 259647
OA #09412 <https://us02web.zoom.us/j/85932984082?pwd=TjUrSzJjQTc3TEhIbWtQT09>
Contact: Linda H. 727 647 8280

Please send any Zoom meeting changes to chair@oapinellas.org with the following information:
Meeting ID, Password, Phone in (if new), Passcode (if new), and the **NEW website address**. Thank You!

Face-to-Face and/or 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
OA #49012
- MONDAY** **10:30 -11:00 AM** “Newcomers Meeting” followed by
OA #46182 **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
OA #54726 **Contact:** Cindy B. 813 454-7941 → Meeting is on the porch. Please bring a chair.
- TUESDAY** **5:30 PM** Step Meeting → Sabala Plaza, 14100 Walsingham Road, Ste 32, Largo
OA #57219 **Contact:** Kelly (727) 542-4525
- TUESDAY** **7:00 PM** Living in Today → Northwood Presbyterian Church, Rm. #4, 2875 SR 580, Clearwater
OA #54697
- THURSDAY** **7:00 PM** First Fellowship → Palm Harbor Presbyterian Church, 2021 Nebraska Ave., Palm Harbor
OA #46183 “Literature”
- FRIDAY** **6:45 AM** Fresh Start, Central Church of Christ, 1454 Belleair Rd., Clearwater
OA #54674
- FRIDAY** **6:00 PM** “Big Book” Gulfport Neighborhood Center 1617 49th St S, Gulfport → Bring a chair
OA #49602 **Contact:** Cindy B. 813 454-7941

NEW TIME AND LOCATION

- SATURDAY** **10:00 - 11:00 AM** → A Club, 5650 Missouri Ave., Port Richey
OA #17950 **Contact:** Sue D. Face coverings and social distancing are required.
- SATURDAY** **10:00 AM** First Fellowship → Palm Harbor Presbyterian Church, 2021 Nebraska Ave., Palm Harbor
OA# 45426 “Steps/Traditions”

**HAVE YOU SEEN THE NEW OA MEETINGS LISTS ON OUR WEBSITE YET?
PLEASE GO CHECK IT OUT AT [MEETINGS.OAPINELLAS.ORG](https://meetings.oapinellas.org)**