



We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God.

- *Big Book of AA, We Agnostics, p. 46*

He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults -- without any reservations whatever -- has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.

- *AA Twelve Steps and Twelve Traditions, pg 63*

In OA I have tapped a source of power greater than myself. All I need to start the action is willingness. Sometimes willingness comes easily, sometimes it is locked head-on with defiance...What is the willingness formula? Prayer.

- *For Today, January 20 entry*

**Step Six:** Were entirely ready to have God remove all these defects of character.

**Tradition Six:** An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

**Concept Six:** The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

## Reflect

Do I believe I can overcome and remove my character defects by myself? Why or why not?

Do I like certain of my character defects, find them useful or necessary? If so, which defects and why? What purpose do they serve?

Ask yourself: Do I trust the process? Do I trust that Higher Power can and will remove my character defects in a loving, healing way?

June 2018

New!

Overeaters Anonymous of Miami-Dade and the Keys  
Hotline: (305) 791-7035 | <http://www.oamiami.org>



**Miami-Dade and The Keys Intergroup (MDKIG World Service ID: 09386)**

Mailing address (including donations) is P.O. Box 530248, Miami, FL 33153. For Seventh Tradition checks, please include the day and time of your meeting. Intergroup meets the 1<sup>st</sup> Saturday of each month at 10:00 AM at Trinity Episcopal Cathedral. The address is 464 NE 16th St, Miami, FL, 33132

<b>Chairperson</b> Lonna 305-338-0423	<b>Vice-Chair</b> Andrea 786-210-7977	<b>Treasurer</b> Nicolas 305-771-5678	<b>Secretary</b> Jennifer D. 305-778-1571
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Auditing			audits the treasurer's books and report for the previous year
Budget			proposes budget at Dec meeting for the following year
FL St Convention	Emilie	786-207-4786	serve as delegates for the annual state convention
Hotline	Teresita	305-558-6436	ensures updated information is on the hotline message
Group Outreach	Lisa B.	786-314-1968	contacts groups to encourage Intergroup participation
Literature	Ann	305-582-0375	buys OA-approved literature and makes it available
Newsletter	Lara	786-444-5432	compiles and prepares the newsletter for publication
PIPO			performs Public Information Professional Outreach efforts
Registration	Andrea	786-210-7977	maintains a current, updated list of all member groups
Special Events (TSW)			coordinates Intergroup events; contacts relapsed members
Traveling Meetings	Mike		takes meetings to shut-ins or people who cannot attend
Twelfth Step Within			
Unity with Diversity	Rocio	305-305-0088	organizes meetings for underrepresented people
Ways and Means	Leslie/Amy	305-753-0666	initiates and coordinates fund raising activities
Website	MJ		runs and maintains the website

**Available For Service**

<i>Sponsors:</i>	Jeanette 305-906-2302 Sigrid 561-445-3387	Lara 786-444-5432	Lisa B. 786-314-1968	Mary 305-508-2098
<i>Speakers:</i>	Andrea 786-210-7977 Lonna 305-338-0423	Elena G. 786-271-3114* Marcia L. 917-693-4729	Gary 305-510-5150	Lara 786-444-5432

\*Denotes a speaker able to share their experience, strength and hope in both English and Spanish

*Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.*



**June 15-17, 2018**  
**Big Book Study & Spiritual Retreat**

- Reinvigorate your recovery
- Speaker/Leader with decades of Recovery
- Study the Steps as enumerated in the Big Book
- Fellowship and/or quiet time
- Morningstar Renewal Center
- Dormitory Style Rooms
- Registration Includes Five Abstinent Meals
- Learn how a hundred men and women (and millions following) have recovered.

Morningstar Renewal Center  
 7275 SW 124th Street  
 Pinecrest, FL 33156  
 (305)238-4367 [www.morningstarrenewal.org](http://www.morningstarrenewal.org)

**Register Early**  
**Space is Limited**

Contact: Gary (305)510-5150  
[www.oamiami.org](http://www.oamiami.org)

- Each room has 2 twin beds, sink, temperature control
- Linens and one pillow provided
- Bring your own toiletries
- Registration includes 5 prepared meals
- The meals will be abstinent for most food plans. If your food plan has unique requirements please bring what you need. Refrigerator and microwave will be available.
- MorningStar Renewal Center is owned by the Archdiocese of Miami.
- Please note there will be crosses and other Christian symbolism throughout center

**Limited Space - Register Early**

**Big Book Study & Spiritual Retreat**  
**Friday June 15, 2018**  
 4 p.m. - Check In/Room assignment  
 6 p.m. - Dinner  
 7:30 p.m. - Sessions Begin

**Sunday, June 17, 2018**  
 2 p.m. closing

Registration Closes June 9th  
 Registration form must be submitted by then.

Cancellation policy: Refunds available until June 9th. After that funds will be treated as 7th Tradition.

For more information contact:  
 Gary (305)510-5150  
[onegarydavis@gmail.com](mailto:onegarydavis@gmail.com)

Registration form available on  
[OAMiami.org](http://OAMiami.org)



**Retreat Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Choose one registration:  
 Double, \$225 (per person)  
 Need roommate  
 Have roommate

Roommate name: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Single Room, \$245  
 \_\_\_\_\_ Donation amount \$ \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_

Mail registration form with check/money order to: Miami-Dade and Keys Intergroup of Overeaters Anonymous  
 P.O. Box 530248  
 Miami, FL 33153-0248

SUNDAY					
Little Havana	4:30 PM	Vive y Deja Vivir	St. Raymond of Peñafort Catholic Church (Fatima Room) Miami, Florida. 3475 S.W. 17 Street - Miami, FL 33145	Rocio 305-305-0088 & Wilma 305-491-5142	Spanish/Discussion; Open Meeting
Coral Gables	7:30 PM	Spiritual Connection	Quaker House, 1185 Sunset Dr, Coral Gables, FL, 33143, (Corner of SW 52 Ave. & 72nd St. Parking lot is unlit)	Nicholas 305-771-5678	Speaker/ Closed meeting
MONDAY					
Miami Shores	6:00 PM	Never Give Up	St Martha's Catholic Church, 9221 Biscayne Blvd, Miami Shores FL 33138, Rm E	Helen 305-751-4079	Literature/ Open meeting
Miami (S Dade)	6:30 PM	Monday	Promises Room, 18901 SW 106 Ave, Miami, FL, 33157, Ste 109	Victoria, 305-926-8331	Topic/ Open meeting
TUESDAY					
Key West	5:30 PM	New Freedom	Unity of the Keys (corner of Virginia & Watson)	Mary, 305-508-2098	Open meeting
WEDNESDAY					
Miami (S Dade)	12:00 PM	Promises	Promises Room, 110700 Caribbean Blvd, Miami, FL, 33157, Ste 202	Victoria, 305-926-8331	Step Meeting/ Open meeting
Miami (east)	6:15 PM	New Beginnings	Aventura Hospital, 20900 Biscayne Blvd, Aventura, FL, 33180, Main Building, Classroom 1 (2nd floor)	T, 305-439-0044	Beginners Meeting/ Open meeting
Miami (S Dade)	6:30PM	Spanish	St Paul's Lutheran Church, 10700 SW 56 St, Miami, FL, 33165, Room 6	Eva, 786-556-9755	Spanish/Discussion; Open Meeting
Coral Gables	7:00 PM	Wednesday's Grace	Quaker House, 1185 Sunset Dr, Coral Gables, FL, 33143, (Corner of SW 52 Ave. & 72nd St. Parking lot is unlit)	Judd, 305-283-7277	Big Book; Closed meeting
Miami Lakes	7:30 PM	Fourth Dimension	Church Of The Epiphany, 15650 Miami Lakeway N, Miami Lakes, FL 33014	Teresita, 305-558-6436	open meeting
THURSDAY					
Hollywood	7:00 PM	Pass It On	Sober Today, 1633 S 21st Ave, Hollywood, FL 33020	Jessica, 954-806-4206 or Andrea, 786-210-7977	Open meeting; Speaker Discussion.
FRIDAY					
Miami (S Dade)	7:30 PM	Don't Eat No Matter What	St Paul's Lutheran Church, 10700 SW 56 St, Miami, FL, 33165, Room 8	Michael, 305-815-2733	OA Steps or Traditions Study/ Open meeting
SATURDAY					
Miami (S Dade)	9:00 AM	Sabado Hora	St Paul's Lutheran Church, 10700 SW 56 St, Miami, FL, 33165, Room 6	Eva, 786-556-9755	Spanish; Open meeting
Miami (S Dade)	10:00 AM	Attitude of Gratitude	St Paul's Lutheran Church, 10700 SW 56 St, Miami, FL, 33165, Room 6	Ann, 305-582-0375	Open meeting
Key West	10:00 AM	Tropical Freedom	Unity of the Keys (corner of Virginia & Watson)	Mary, 305-508-2098	Open meeting
Airport area	11:15 AM	Tools & Topics	Poinciana Methodist Church, 300 N Royal Poinciana Blvd, Miami Springs, FL 33166 (parking in the back)	Joy, 305-887-7736	"Tools, Topic"/Open meeting