



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.

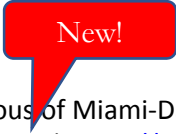
Reflect

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



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

A publication of Miami-Dade and the Keys Intergroup

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 1st Saturday of each month at 10:00 AM at Trinity Episcopal Cathedral. The address is 464 NE 16th St, Miami, FL, 33132

| | | | |
|--|--|--|--|
| Chairperson Lonna 305-338-0423 | Vice-Chair Andrea 786-210-7977 | Treasurer Nicolas 305-771-5678 | Secretary 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

Sponsors: Jeanette 305-906-2302 Lara 786-444-5432 Lisa B. 786-314-1968 Mary 305-508-2098
 Sigrid 561-445-3387

Speakers: Andrea 786-210-7977 Elena G. 786-271-3114* Gary 305-510-5150 Lara 786-444-5432
 Lonna 305-338-0423 Marcia L. 917-693-4729

*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

**Register Early
 Space is Limited**

Contact: Gary (305)510-5150
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

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| <p style="text-align: center;">Limited Space - Register Early</p> <p style="text-align: center;">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</p> <p style="text-align: center;">Sunday, June 17, 2018 2 p.m. closing</p> <p style="text-align: center;">Registration Closes June 9th Registration form must be submitted by then.</p> <p style="text-align: center;">Cancellation policy: Refunds available until June 9th. After that funds will be treated as 7th Tradition.</p> <p style="text-align: center;">For more information contact: Gary (305)510-5150 onegarydavis@gmail.com</p> <p style="text-align: center;">Registration form available on OAMiami.org</p> <div style="text-align: center;"> <p>OVEREATERS ANONYMOUS Miami-Dade and the Keys Intergroup</p> </div> | <p style="text-align: center;">Retreat Registration Form</p> <p>Name: _____</p> <p>Address: _____ _____</p> <p>Phone: _____</p> <p>Email: _____</p> <p>Choose one registration: <input type="checkbox"/> Double, \$225 (per person) <input type="checkbox"/> Need roommate <input type="checkbox"/> Have roommate</p> <p>Roommate name: _____</p> <p>_____</p> <p><input type="checkbox"/> Single Room, \$245 <input type="checkbox"/> Donation amount \$ _____</p> <p>Total Amount Enclosed: _____</p> <p>Mail registration form with check/money order to: Miami-Dade and Keys Intergroup of Overeaters Anonymous P.O. Box 530248 Miami, FL 33153-0248</p> |
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| 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 |