



Faith

is not believing that God can,
it is knowing that God will.

When many hundreds of people are able to say that the consciousness of the Presence of God is today the most important fact of their lives, they present a powerful reason why one should have faith.

- *Big Book of AA*, p. 51

Suddenly we no longer thought much about food and eating. When mealtime came, we ate moderately, felt satisfied, and stopped eating.

- *OA Twelve Steps and Twelve Traditions*, pg 20

I never saw it, touched it, smelled it, swallowed it with water or had it injected into me with a hypodermic needle. But it brought about what no pill, no shot, no book, no lecture, no prayer had ever been able to do. It broke my compulsion. "It," of course, is faith.

March 16 entry

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.

Concept Three: The right of decision, based on trust, makes effective leadership possible.

Reflect

Do we have to be religious to take this step? How do we get a concept of God and what do many of us understand Him to be?

What are some of the things we could say to God when turning over our will and lives to him? What happens as a result of letting go and letting God?

What are the keys to taking step three?

March 2018

Overeaters Anonymous of Miami-Dade and the Keys
 Hotline: (305) 274-8800 | <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 1st Saturday of each month at 10:00 AM at Trinity Episcopal Cathedral. The address is 464 NE 16th St, Miami, FL, 33132

Chairperson	Vice-Chair	Treasurer	Secretary
Lonna 305-338-0423	Andrea 786-210-7977	Nicolas 305-771-5678	Jennifer 305-778-1571

Intergroup is in transition and looking for fellows to perform service in all Committee roles.
 Please contact Lonna to serve.

Auditing			audits the treasurer's books and report for the previous year
Budget			proposes budget at December 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	Jennifer	305-778-1571	coordinates events sponsored by the Intergroup
Traveling Meetings	Mike		takes meetings to shut-ins or people who cannot attend
Twelfth Step Within			reaches out to relapsed members
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	Barbara L.	856-449-8667	runs and maintains the website

Available For Service

Sponsors: Andrea 786-210-7977 Jeanette 305-906-2302 Lisa B. 786-314-1968 Mary 305-508-2098
 Sigrid 561-445-3387

Speakers: Andrea 786-210-7977 Barbara 908-625-3346 Elena G. 786-271-3114* 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.

Spirituality is the Key

Saturday April 7, 2018: 10a-3p

Monroe County Public Library
81830 Overseas Highway, Islamorada
{between mile marker 81 and 82}
Donation: \$7.00
(if you can't pay don't stay away)
Bring lunch. Eat in the park behind the library
Contact Mary A, (305) 508-2098 w/ questions



The **JOURNALING** Journey
Saturday, May 5 2018 from 1 pm - 4 pm
Trinity Episcopal Church
464 NE 16th Street **MIAMI**, FL 33132
DONATION: \$7.00
if you can't pay don't stay away
Contact **JENNIFER D.** (305) 778-1571



Motions to Change Bylaws

Move to change the qualifications of MDKIG Officers in the Bylaws under Article 4, Section 2 - Qualifications:

From:

B) To be eligible for the office of Chair, Vice Chair or Treasurer a member should:

- 1) Be a service oriented person with a broad perspective beyond the group level; and
- 2) Meet the current requirements of OA, Inc. Bylaws, Subpart B, Article X, Section 3c 1 and Region 8 regarding abstinence and recovery.

To:

B) To be eligible for the office of Chair, Vice Chair or Treasurer a member should:

- 1) Be a service oriented person with a broad perspective beyond the group level; and
- 2) Should have a minimum of 1 year of current continuous abstinence as defined by OA, while practicing the 12 Steps and 12 Traditions of OA.

Move to change the payment for the Newsletter in the Bylaws under Standing Rules V, Section D - Costs:

From:

D) Costs. The newsletter will be paid for by the groups taking them.

To:

D) Costs. The newsletter will be paid for by the Intergroup and dispersed free of charge to the group's taking them.

Move to eliminate the free distribution of the newsletter to new groups in the Bylaws under Standing Rules 2, Section B – New groups:

From:

- 2) New groups may receive up to ten copies of the newsletter free for three months.

To:

Eliminate Section 2 completely

SUNDAY						
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	17666
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	37140
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	54931
TUESDAY						
Miami (S Dade)	7:30 PM	CLOSED	St Paul's Lutheran Church, 10700 SW 56 St, Miami, FL, 33165, Room 6	Rachel, 786-514-5459	CLOSED	
Key West	5:30 PM	New Freedom	Unity of the Keys (corner of Virginia & Watson)	Mary, 305-508-2098	Open meeting	19635
WEDNESDAY						
Miami (Downtown)	12:00 PM	Primary Purpose	Trinity Episcopal Church, 464 North East 16 Street, Miami, FL, 33132	Sophie, 786-529-4246	Literature/ Open meeting	40860
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	52667
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	56120
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	52923
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	31500
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	49839
THURSDAY						
Miami (N Dade)	11:00 AM	CLOSED	Youth MOVE Center, 111 NW 183rd St, Miami Gardens, FL 33169, Ste 110	Rocio, 786-802-2448; Jessica, 954-806-4206 or Andrea, 786-210-7977	CLOSED	54230
Hollywood	7:00 PM	Pass It On	Sober Today, 1633 S 21st Ave, Hollywood, FL 33020		Open meeting; Speaker Discussion;	54106
FRIDAY						
Miami (N Dade)	11:00 AM	Recovery in the Gardens	Youth MOVE Center, 111 NW 183rd St, Miami Gardens, FL 33169, Ste 110	Rocio, 786-802-2448; 305-305-0088	Newcomer; Open meeting	54231
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	40858
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	45505
Key West	10:00 AM	Tropical Freedom	Unity of the Keys (corner of Virginia & Watson)	Mary, 305-508-2098	Open meeting	33149
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	48389