

Wisdom

is knowing the right path to take...

Integrity

is taking it



Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover new obstacles in our path. We have admitted certain defects...Now these are about to be cast out.

- *Big Book of AA, Into Action, p. 72 Third Edition*

Step five starts with our Higher Power. Most of find that without the help of Power greater than ourselves we are incapable of complete honesty about the mistakes we have made.

- *OA Twelve Steps and Twelve Traditions, pg 46*

There is a reason for each one of the twelve steps. I cannot pick and choose the ones I want to take and skip the rest. The thought of doing steps four, five and nine made many a brave soul quake, and I am not different. But my longing to change my life is stronger than my fear.

- *For Today, June 19 entry*

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

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

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

Reflect

Do I take advantage of opportunities to learn, even though I may know a good deal about a subject?

Am I taking advantage of all the help OA offers in trying to get at the root of my unhappiness?

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

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

Registration form available on
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						
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						
Key West	5:30 PM	New Freedom	Unity of the Keys (corner of Virginia & Watson)	Mary, 305-508-2098	Open meeting	19635
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	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						
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;	54106
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	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