

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?

May 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 D. 305-778-1571

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			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		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 Elena G. 786-271-3114* Gary 305-510-5150 Lara 786-444-5432
 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
 SW 120th St
 Pinecrest
 Suniland Park
 SW 27th Ave
 7275 SW 124th St, Miami

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