

Spiritual Awareness



Step Eleven: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Step Twelve: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Tradition Twelve: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.



November/December 2018

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 7th 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	
Auditing		audits the treasurer's books and report for the previous year	
Budget	Nicolas	305-771-5678	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			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	305-302-8005	takes meetings to shut-ins or people who cannot attend
Twelfth Step Within			promotes member retention and relapse prevention
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.

Please Perform Service for Intergroup! January Elections soon...

The officers of MDKIG are as follows and will be up for election in January 2019:

- **Chair:** Presides over Intergroup and Board meetings, sets the agendas, appoints standing and special committees, serves as World Service Delegate and Regional Representative, and other duties. One year abstinence requirement.
- **Vice-Chair:** Assumes responsibilities of Chair in case of absence or vacancy, Chairs registration, assuring all local groups are registered and that registration information is updated with the World Service Office, and other duties. One year abstinence requirement.
- **Treasurer:** Pays Intergroup bills as authorized, mails contributions to Region 8 and World Service, maintains MDIG's books, prepares written reports of contributions and expenditures, reports on MDIG's financial standing, and other duties. One year abstinence requirement.
- **Secretary:** Keeps minutes and updated documents, duplicates copies of and emails minutes, sends notices, maintains the roll, conducts MDIG's correspondence and other duties. One year abstinence requirement.

Board Officer Qualifications: To be eligible for office, a member should ...

- Have good judgement, experience, stability, willingness, and a faithful adherence to the Twelve Steps and Twelve Traditions of OA;
- Have been a regular attendee and active member of a registered group for at least one year
- Have served in Intergroup sometime during the year prior to election;
- Have attended at least four Intergroup meetings within the year prior to election;
- Submit a written consent to serve form to the chair or recording secretary prior to the election;
- Meet any specific MDKIG, World Service and Region 8 guidelines for recovery; and
- Generally one year of abstinence/recovery

Note On Abstinence Guidelines: If you have any interest in running for any of these officer position but do not meet the suggested abstinence requirements, please talk to the current Chair about possibly serving in an interim or adjunct capacity.

Committees: Committee Chairs are appointed by the Intergroup Chair – if you are interested, let the acting Chair know. Terms begin at the end of the January meeting. There are no abstinence requirements in the bylaws to chair a committee. Some Committee Chair positions may require special skills or experience. You do not need to be abstinent or have specific experience to be work on a committee – just a willingness to serve! Working on a committee is a great way to become involved in recovery and get to know other OA members.

- **Audit Committee:** audits our financial books
- **Budget Committee (Treasurer is Chair)** develops proposed annual budget
- **Convention Committee:** plans and coordinates the annual MDIG OA convention
- **Group Outreach Committee:** reminds voting members about MDIG meetings
- **Hotline Committee:** make sure update information is on our hotline
- **Publications:** compiles, prints and delivers the newsletter to MDIG meeting and maintains the website
- **Public Information Committee:** makes public aware of OA through the media, participation in health fairs
- **Registration Committee (chair by the Vice Chair):** maintains up to date meeting lists and contacts
- **Special Events Committee:** plans and coordinates recovery workshops and special functions
- **Traveling Committee:** takes meetings to shut-ins
- **Twelfth Step Within Committee:** reaches out to members in relapse or not attending meetings
- **Ways and Means Committee:** responsible for fundraising activities
- **Young People's Committee:** organizes meetings and activities for young people



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Sunsteps

A publication of Miami-Dade and the Keys Intergroup



Miami Beach OA member would like to start an OA meeting on Miami Beach if there is sufficient interest in having a meeting there. If you would like to attend a meeting on Miami beach, please contact Michael M. at (954) 326-2710

Save the Weekend for the
Big Book Spiritual Retreat
Fri Apr 26-Sun Apr 28, 2019

Morningstar Renewal Center
7275 SW 124th St, Miami, FL 33156
Questions? Contact Gary 305-510-5150

Miami-Dade Intergroup Consent to Serve

Position Desired:

Name

Address: Phone #:

Email:

OA Start Date:

Abstinence Date:

1. Brief account of your OA story.

2. Summary of OA service.

3. Business, professional skills or other experience and skills related to this position

4. Why do you want this position?

Running on Grace (reprinted from Nov 2007)

My life is hectic at the moment. I am working full-time, going to school full-time and in the process of moving/buying a property all at once. Plus, I have a OA service position for the convention. In one week: I had three exams; we were short-staffed at work by two people (in my already small department) so I was under a lot of pressure at work. Additionally, I was trying to fill out a loan application for a mortgage, gather all the paperwork and finalize my taxes for a real estate deal I'm working on. Oh, and that same week I had some moving to do.

One friend asked me, "How are you doing all of that?" I responded, "By the grace of God." My sponsor said, "Boy, am I glad I don't have your life!" I responded, "You know, I'm really grateful because what I am doing would be impossible if I wasn't in recovery, and everything I'm doing I'm doing on God's grace; that's a lot of grace and a lot of grace = a lot of blessings." I'm literally running on grace. In the morning when I look at my day, I have no idea how I'm going to get it all done – that's not entirely true because I do. I know I'm going to get it done with God's grace, and there's no better way to do it. At times I am very tired and I rest at every opportunity I get, but for right now, my life requires that I keep going.

The miracle is that I'm getting everything done and getting it done well. I know my capabilities, which are many, but I realize that I'm getting extra help at the moment and it's spiritual. I told my sponsor, "If I wasn't in recovery, when I woke up in the morning and looked at what I had to do, I would say, 'Hell, no!' and get right back under the covers. Today, what a life I have. I'm not doing things crazy. I'm staying very connected to my Higher Power and going to as many meetings as I can. I'm making phone calls. I'm forgiving myself for being human. I am a recovering person living life on life's terms with a lot of respect for myself and gratitude to my Higher Power, God, and all those angels in my life who support me and listen to my trials and tribulations as I continue to trudge the road of Happy Destiny.

Grace is a wonderful thing and the more of it you need, the more of it you get and I have a wagonload of it at the moment. It's far preferable to running on extra food and all of the insanity and misery that accompanies that. Thank God for recovery and thanks to OA for getting me on this path and to all of the people who keep me on it one day at a time! - *Anonymous*



Miami-Dade and the Keys Intergroup presents...

OA's 59th Birthday

Sat, Jan 19, 2019

Trinity Episcopal

5 PM—10 PM

COME

AS YOU ARE

CelebrateRecovery

59th Birthday of Overeaters Anonymous

Trinity Episcopal | 464 NE 16th St, Miami, FL 33132

Potluck dinner | Recovery speakers | Dancing | Drawings

Call Helen V. 305-751-4079 to list your dish. \$7 at the door.

SUNDAY						
Coral Gables	7:30 PM	Spiritual Connection	South Miami Lutheran Church, 7190 Sunset Dr, Miami, FL, 33143, (Corner of SW 52 Ave. & 72nd St. Parking lot is unlit)	Nicholas 305-771-5678	Speaker/ Closed meeting	17666
Miami	7:00 PM	Viva y deja vivii	St. Raymond of Peñafort Catholic Church 3475 SW 17 Street, Sempio Room, Miami, FL 33145	Rocio 305-305-0088	Literature Study - OPEN	56649
MONDAY						
Key Biscayne	6:30 PM	Monday	Key Biscayne Community Church, 355 Glenridge Rd, Key Biscayne, FL 33149	Ann, 305-582-0375	Rotating Format/Speaker	56627
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
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 (east)	6:30 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)	6:30 PM	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
Miami	7:00 PM	Viva y deja vivii	St. Raymond of Peñafort Catholic Church 3475 SW 17 Street, Sempio Room, Miami, FL 33145	Rocio 305-305-0088	Literature Study - OPEN	56649
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	
Key West	10:00 AM	Tropical Freedom	Unity of the Keys (corner of Virginia & Watson)	Mary, 305-508-2098	Open meeting	33149
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
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