Sunsteps
A publication of Miami-Dade and the Keys Intergroup

September 2018

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

We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning **we would go to any lengths for victory over alcohol.**

- Big Book of AA, p. 76

We're not doing step Nine to make other people feel better or like us better, we're doing it for ourselves, so that we can recover from compulsive eating.

- OA Twelve Steps and Twelve Traditions, pg 69

If I am unable to accept the fact that people make mistakes, am I not rejecting them as human beings? Even more to the point: does my inability to accept my own failings cause me to see myself as not measuring up? For my own peace of mind, I need to forgive even the most damaging transgressions.

- For Today, pg 257

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition Nine: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept Nine: Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

Reflect

1. What does direct and amends mean to you and how does that apply to getting and keeping your side of the street clean?
2. What misgivings did/do you have about making some of your amends.
3. What fears do you have that make you want to procrastinate?
4. Are there instances in which you were not cautious with the way in which you made an amend? What did you learn?

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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	Jennifer D. 305-778-1571

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	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 Sigrid 561-445-3387	Lara 786-444-5432	Lisa B. 786-314-1968	Mary 305-508-2098
Speakers:	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.

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2018 Annual Convention presented by

OVEREATERS ANONYMOUS®
Miami-Dade and the Keys Intergroup

Sat Oct 6, 2018 | 8:30a-5p
Miami Shores Country Club
10000 Biscayne Blvd
Miami Shores, FL 33138

Join us at the Miami Shores Country Club for our Annual Convention—a day full of:

- Recovery speakers
- Fellowship
- Step work
- Guided meditation
- Drawings
- Spirituality
- Sharing
- Boutique shopping

Choose only one of the following if before Sep 22:

- Full-day registration & buffet lunch, $60
- Full-day registration no lunch, $35
- Half-day registration no lunch, $25

After Sep 22, 2018

Choose only one of the following:

- Full-day registration & buffet lunch, $65
- Full-day registration no lunch, $40
- Half-day registration no lunch, $25

Contact Dawn with questions or to volunteer for Convention service

954-589-6839
Convention@oamiami.org

https://www.eventbrite.com/e/annual-convention-by-mdkig-overeaters-anonymous-tickets-48982030572

Note that there is a small convenience fee when ordering tickets online.

SUNDAY						
Coral Gables	7:30 PM	Spiritual Connection	South Miami Luterhan 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
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) CLOSED	6:30 PM	Monday	Promises Room, 18901 SW 106 Ave, Miami, FL, 33157, Ste 109 CLOSED	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) CLOSED	12:00 PM	Promises	Promises Room, 110700 Caribbean Blvd, Miami, FL, 33157, Ste 202 CLOSED	Victoria, 305-926-8331	Step Meeting/ Open meeting	52667
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)	6:30PM	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
Little Havana new day and time	7:00 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	56449
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
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

as of 08/31/18