



Sunsteps

A publication of the Miami-Dade & the Keys Intergroup

April 2019

Hotline: (305) 791-7035 | <https://oamiami.org>

Another Leap



“Act as if” was a concept I found hard to comprehend. Fake it until you make it? Wouldn’t that be lying to myself and being something I’m not? I just did not get it. I had always been encouraged to do things I wanted to do, but never felt that I could. My excuses varied: I was too fat. I didn’t make enough money. It took too much effort. Was I even worth it? Why act as if, if I didn’t really believe I deserved good things in my life? My low self-esteem and negative self-talk kept me trapped.

Before I came to OA, I was influenced by motivational speakers to act as if I did want good things. So I began making myself think that I could lose weight, hold a job, and be good at working with people. For a new sales job, I began making cold calls, and what a leap of faith that was for me. I had to put myself out there, and I found it worked; I was selling a product I believed in, and that gave me confidence to do other things.

But when I walked through the doors of Overeaters Anonymous, I came home. I found people who thought like me and talked like me. They had this disease too, but they didn’t let it stop them from living life: They were peaceful, happy, and losing weight. I wanted that! Did I deserve it? You bet I did. I had learned to recognize self-hating talk and negativity, and now I was given the gift of the Twelve Steps to turn my life around. I was encouraged to change the parts of myself I didn’t like. With our Twelve Step program, it was possible.

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**OVEREATERS
ANONYMOUS®**
Miami-Dade and the Keys Intergroup

STEP 4

Made a searching and fearless inventory of ourselves.

Spiritual Principle: *Courage*

TRADITION 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle: *Autonomy*

CONCEPTS 4

The right of participation ensures equality of opportunity for all in the decision-making process.

Spiritual Principle: *Equality*

**FOR
SALE**

MDKIG sells literature, coins, pamphlets, and more OA items at cost; NO shipping or handling fees to help make the price of literature a little more affordable.

To place an order, please call Lonna at (305) 338-0423.

MDKIG's monthly meeting will be held on May 4th in Islamorada during the Road Trip to the Keys event.

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

Annual ROAD Trip to The Keys!!!

Sponsored by Miami-Dade and the Keys Intergroup



WHEN: Saturday - May 4, 2019

TIME: 9:45 AM - 3:00 PM

LOCATION: Islamorada Library
81830 Overseas Highway
Islamorada, FL

THEME: "Progress NOT Perfection"

CONTACTS: Mary D. (305) 294-6931
or Andrea K. (786) 210-7977

More information or download flier at - <https://oamiami.org>

"Another Leap"

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I was scared because this meant making another leap of faith: to really believe I deserved good things in my life and could change. Now, I needed to believe and act as if—I had to let God into my life so he could run the show instead of my disease running it.

I was given hope in this program and the belief that I could do anything, one day at a time. I was worth it, and I could do it—I just needed to get started and take action. I had to let my Higher Power take me places I didn't always want to go—it was scary and seemed so beyond anything I could do on my own. I had to act as if everything was going to be okay with God in charge.

I have been shown over and over that it is okay. God has been doing for me what I could never do for myself.

Today, "acting as if" to me means to have courage, hope, and faith. I believe and I relax. I let God do what God does best in my life; I get out of the way and let God do his thing. Know what? It works!

Denise H., Iowa
-Lifeline, March 2017

Step Four: *"Made a searching and fearless moral inventory of ourselves."*

Those of us who have completed step four have found that taking this searching and fearless moral inventory was one of the most loving things we ever did for ourselves. As we took an honest look at the past, at who we'd been and what we'd done, we began to understand ourselves better. That understanding was the beginning of emotional healing. Many of us lived our lives up to this point with a secret feeling of shame. We carried deep in our hearts the feeling that we were worthless and insignificant. Often this shame stemmed from unresolved guilt over mistakes we'd never fully dealt with.

We had never faced our wrongs honestly and acknowledged them, so we were left feeling ashamed. Writing out step-four inventory enabled us to begin cleaning up the messes of the past so that we could start life over, afresh.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, page 29

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 first Saturday of each month at 10:00 AM at Trinity Episcopal Cathedral, 464 NE 16th St, Miami, FL, 33132.

Chairperson

Lonna
(305) 338-0423

Vice-Chair

Emilie B.
(603) 721-6431

Treasurer

Nicolas
(305) 771-5678

Secretary

Terrie M.
(786) 253-4559

Auditing			audits the treasurer's books and report for the previous year
Budget	Nicholas	(305) 771-5678	proposes budget at Dec meeting for the following year
FL State Convention	Emilie / Andrea		serve as delegates for the annual state convention
Group Outreach	Lisa B.	(786) 314-1968	contacts groups to encourage Intergroup participation
Hotline	Teresita	(305) 508-6436	ensures updated information is on the hotline message
Literature	Vacant		buys OA approved literature and makes it available
MDKIG Convention	Michael F.	(954) 270-9169	coordinates MDKIG spiritual retreat and convention
Newsletter	MJ		compiles and prepares the newsletter for publication
PIPO Committee Members	Ann E. / Andrea K.		performs Public Information Professional Outreach efforts
Registration	Emilie	(603) 721-6431	maintains a current, updated list of all member groups
Special Events / Twelfth Step Within	Andrea K.	(786) 210-7977	coordinates Intergroup events; contacts relapsed members
Traveling Meetings	Helen	(305) 751-4079	takes meetings to shut-ins or people who cannot attend
Unity With Diversity	Rocio	(305) 305-0088	organizes meetings for underrepresented people
Ways and Means	Ivette	(786) 863-3320	initiates and coordinates fund raising activities
Website	MJ		Runs and maintains the web site

Available for Service

S P E A K E R S	Jeanette	(305) 906-2302
	Lara	(786) 444-5432
	Lisa B.	(786) 314-1968
	Mary	(305) 508-2098
	Sigrid	(561) 445-3387

S P E A K E R S	Andrea	(786) 210-7977
	Elena G.	(786) 271-3114*
	Gary	(305) 510-5150
	Lara	(786) 444-5432
	Lonna	(305) 338-0423
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.

Miami-Dade and the Keys Intergroup of OA (MDKIG)

OA MEETINGS LIST - APRIL 2019

SUNDAY					
Coral Gables OA #17666	7:30 PM	Spiritual Connection	South Miami Lutheran Church 7190 Sunset Drive, Miami, FL 33143	Nicholas (305) 771-5678	Speaker - CLOSED
MONDAY					
Miami Shores OA #37140	6:00 PM	Never Give Up	St. Martha's Catholic Church (Room E) 9221 Biscayne Blvd., Miami Shores, FL 33138	Helen (305) 751-4079	Literature - OPEN
Key Biscayne OA #56627	6:30 PM	Monday	Key Biscayne Community Church, 355 Glenridge Rd, Key Biscayne, FL 33149	Ann (305) 582-0375	Rotating Format/Speaker - OPEN
TUESDAY					
Key West OA #19635	5:30 PM	New Freedom	Unity of the Keys, 1011 Virginia St. Key West, FL <i>corner of Virginia & Watson</i>	Mary (305) 508-2098	OPEN
WEDNESDAY					
Miami (S Dade) OA #52923	6:30 PM	Spanish	St. Paul's Lutheran Church, 10700 SW 56 Street, Rm. 6, Miami, FL 33165	Eva (786) 556-9755	Spanish/Discussion - OPEN
Coral Gables OA #31500	7:00 PM	Wednesday's Grace	Quaker House, 1185 Sunset Drive, Coral Gables, FL 33143 <i>corner SW 52nd Ave & 72nd Street - parking lot is unlit</i>	Judd (305) 283-7227	Big Book - CLOSED
Miami Lakes OA #49839	7:30 PM	Fourth Dimension	Church of the Epiphany, 15650 Miami Lakeway N, Miami Lakes, FL 33014	Teresita (305) 558-6436	OPEN
THURSDAY					
Hollywood OA #54106	7:00 PM	Pass It On	Sober Today, 1633 S 21 st Ave, Hollywood, FL 33020	Jessica (954) 806-4206 Andrea (786) 210-7977	Speaker/Discussion - OPEN
FRIDAY					
Miami OA #56649	7:00 PM	Viva y Deja Vivir	St. Raymond of Peñafort Catholic Church 3475 SW 17 Street, Sapiro Room, Miami, FL 33145	Rocio (305) 305-0088	Literature Study - OPEN
Miami (S Dade) OA #40858	7:30 PM	Don't Eat No Matter What	St Paul's Lutheran Church, 10700 SW 56 Street, Rm 8, Miami, FL 33165	Michael (305) 815-2733	Steps or Traditions - OPEN
SATURDAY					
Miami (S Dade) OA #45505	10:00 AM	Attitude of Gratitude	St. Paul's Lutheran Church, 10700 SW 56 Street, Rm. 6, Miami, FL 33165	Ann (305) 582-0375	OPEN
Key West OA #33149	10:00 AM	Tropical Freedom	Unity of the Keys, 1011 Virginia St. Key West, FL <i>corner of Virginia & Watson</i>	Mary (305) 508-2098	OPEN
Miami (S Dade) OA #56209	11:00 AM	Sabado Hora	St. Paul's Lutheran Church, 10700 SW 56 Street, Rm. 6, Miami, FL 33165	Eva (786) 556-9755	Spanish - OPEN
Airport Area OA #48389	11:15 AM	Tools & Topics	Poinciana Methodist Church, 300 N. Royal Poinciana Blvd, Miami Springs, FL 33166 <i>(parking in the back)</i>	Joy (305) 323-7057	"Tools Topic" - OPEN

OPEN = Open to public
CLOSED = Closed to public