Sunsteps

A publication of the Miami-Dade & the Keys Intergroup

December 2019

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

OVEREATERS ANONYMOUS®
Miami-Dade and the Keys Intergroup

Happy Holidays!

Nominations for MDKIG's upcoming election will be held at the December 7th IG meeting. Election will be on January 4, 2020!

Holiday Survival Plan

Our rule is not to avoid a place where there is eating if we have a legitimate reason for being there. "Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it" (Alcoholics Anonymous, 4th ed., p. 102). Just for today, you can take the positive action that is needed to align yourself with your Higher Power and stay abstinent.

- Reach out and ask your Higher Power to keep binge foods from entering your body, to remove the obsession to compulsively eat, and to help you refrain from other behaviors. Just for today, this action can be done repeatedly while following the rest of this survival plan.
- Stay present and aware of your surroundings.
- Have a food plan that doesn't include binge foods. Allow it to be okay that your food choices do not include binge foods.
- Call abstinent people. Hopefully you have been collecting phone numbers and saving phone lists from meetings. If not, get some numbers now.
- Go to an OA meeting and share how you are doing. If you are going out of town, check out oa.org to find meetings in that area before you leave.
- Read OA literature. Just for today, you can learn more through our literature about the solution to all our problems.
- Use online meetings, phone meetings, and podcasts.
- Write a gratitude list.
- Write a harms prediction. If you take that first binge bite, who is going to get hurt? Take an honest appraisal and write your predictions of the harms that are likely to take place.
- Write a benefits list for not taking that first compulsive bite. Are you really ready to throw away your chances for peace through abstinence for a binge bite or behavior? Write down all the positive benefits of abstinence.
- Do an anonymous kindness. Lots of people, including those who are not a part of our wonderful program, have a harder time around the holidays.
- Ask your sponsor for support. Whether you are a newcomer or longtimer in our program, chances are your sponsor has some great support he or she can give you for surviving your disease during the holiday season. Take advantage of the fact that when you get to OA you are not alone anymore.

It is not only possible to survive our disease through the holidays, we can thrive in spite of our disease with help from our Higher Power, our fellows in OA, and our Twelve Steps for recovery. We can learn a new way of living and be truly happy, joyous, and free.

— Laura K.
Lifeline, Nov/Dec 2015, Page 12

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.

OAMiami.org
Miami-Dade and The Keys Intergroup
Stay informed on what is happening in our area. Please visit our web site at https://oamiami.org.

STEP 12

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.

Principle: Service

TRADITION 12

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

Principle: Spirituality

CONCEPT 12

The spiritual foundation for OA service ensures that:

a. No OA committee or service body shall ever become the seat of perilous wealth or power; Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
b. No OA member shall ever be placed in a position of unqualified authority;
c. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
d. No service action shall ever be personally punitive or an incitement to public controversy; and
e. No OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action.

Principle: Guidelines

(a) Selflessness, (b) Realism, (c) Representation
(d) Dialogue, (e) Compassion, (f) Respect

Celebrating 60 Years ~ Happy, Joyous, and Free!

The 2020 Miami-Dade and the Keys Convention Boutique

The Miami-Dade and the Keys Intergroup (MDKIG) of Overeaters Anonymous is accepting donations for the upcoming convention's boutique.

We are looking for clothing, jewelry, handbags, shoes, books, electronics, art objects or items you have enjoyed and think other people will want to own.

We need you to help insure the success of our boutique and convention.

Monies earned from the Miami Dade and the Keys Convention on January 18th helps us to continue carrying the message throughout the year.

PLEASE NOTE: No donations will be accepted the day of the convention!

For drop off information, please contact: Ivette (786) 863-3320

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	Vice-Chair	Treasurer	Secretary
Lonna	Emilie B.	Nicolas	Terrie M.
(305) 338-0423	(603) 721-6431	(305) 771-5678	(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

SPONSORS

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
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.*

SERVICE OPPORTUNITY: PIPO Chair

MDKIG Elections - 1/4/2020

WE have a committee that is ready to serve without a leader. The PIPO Chair will coordinate the efforts of OA groups within our Intergroup area to carry the message of recovery to the public and the professional community, which can include hospitals, institutions, professionals, and the military. The chair will also encourage and assist groups to make the public aware of Overeaters Anonymous through printed and broadcast media, participation in community health fairs, and any other public means. The only qualification is the willingness to serve and give back to the fellowship of OA. Please contact Lonna: chair@oamiami.org

Please Perform Service for Intergroup … January Elections are soon!

The officers of MDKIG are as follows and will be up for election in January 2020:

- **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.
- **Region 8 Rep:** Attends Region 8 Assemblies representing MDKIG. Six months abstinence requirement.
- **World Service Business Conference Delegate:** Attends WSBC conference representing MDKIG. 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: (Vice Chair is 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

Miami-Dade Intergroup Consent to Serve

Position Desired: _____

Name _____

Address: _____

Phone #: _____ **Email:** _____

OA Start Date: _____ **Abstinence Date:** _____

Brief account of your OA story.

Summary of OA service.

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

4.Why do you want this position?

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

OA MEETINGS LIST - DECEMBER 2019

If you are unable to reach a contact by phone, please call our Hotline at number at (305) 791-7035.

SUNDAY					
Coral Gables OA #17666	7:30 PM	Spiritual Connection	S Miami Lutheran Church 7190 Sunset Drive Miami, FL 33143	Nicholas (305) 771-5678	Speaker CLOSED*
Miami Shores OA #57054	7:30 PM	The Solutions Group	Miami Shores Community Church 9823 N.E. 4thAve. Miami Shores, FL 33138	Gary (305) 510-5150	OPEN
MONDAY					
Miami Shores OA #37140	6:00 PM	Never Give Up	St. Martha's Catholic Church (Rm E) 9221 Biscayne Blvd. Miami Shores, FL 33138	Helen (305) 751-4079	Literature OPEN
Key Biscayne OA #56627	7:00 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 *corner Virginia & Watson*	Mary (305) 508-2098	OPEN
WEDNESDAY					
Palmetto Bay OA #56966	12:00 PM	OA Friends	Triangle Room Clubhouse 17636 Franjo Rd. Palmetto Bay, FL 33157	Jeannie (305) 632-5367	Literature/Discussion OPEN
Miami (S Dade) OA #52923	7:00 PM	Despertar	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, FL33143 *parking lot is unlit*	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	CLOSED*
THURSDAY					
Hollywood OA #54106	7:00 PM	Pass It On	Sober Today 1633 S 21st Ave. Hollywood, FL 33020	Andrea (786) 210-7977 Jessica (954) 806-4206	Speaker/Discussion OPEN
FRIDAY					
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					
Key West OA #33149	10:00 AM	Tropical Freedom	Unity of the Keys 1011 Virginia Street Key West, FL *corner Virginia & Watson*	Mary (305) 508-2098	OPEN
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
Airport Area OA #48389	11:15 AM	Tools & Topics	Poinciana Methodist Church 300 N. Royal Poinciana Blvd. Miami Springs, FL 33166 *(parking in the back)*	Joy (305) 323-7057	"Tools Topic" OPEN

***CLOSED = Closed meetings are for OA members only (not open to the public)**

OPEN = Open to the public (anyone is welcome to attend)

As of December 1, 2019

REGISTRATION

Choose only one of the following:

- ☐ Full-Day Registration & Buffet Lunch: **$65**
- ☐ Full-Day Registration No Lunch: **$40**
- ☐ Half-Day Registration No Lunch: **$30**

Your name as it will appear on your badge:

_____

Cell Phone: _____

Email: _____

Which service can you volunteer for? Check all that apply:

- ☐ Greeter
- ☐ Room Monitor
- ☐ Registration Desk Attendant
- ☐ Boutique Worker

Registration $ _____
Donation $ _____
TOTAL $ _____

Please make checks payable to:
Miami Dade and The Keys Intergroup

Then send in an envelope addressed to:
MDKIG, PO Box 530248, Miami, FL 33153
<OR>
Register online by visiting **OAMiami.org** and using link provided to **Eventbrite**

Annual Convention

Saturday, January 18, 2020
8:30 a.m. - 6:30 p.m.

Miami Shores Country Club
10000 Biscayne Blvd.
Miami Shores, FL 33138

OVEREATERS ANONYMOUS®
Miami-Dade and The Keys Intergroup
P.O. Box 530248
Miami, FL 33153

Got Questions? Want to Volunteer?

Call Mike F. at (954) 270-9169 or send email to convention@oamiami.org

Visit our website at https://oamiami.org

Celebrating 60 Years

Happy ~ Joyous ~ Free

2020 CONVENTION

presented by ...

Miami-Dade and The Keys Intergroup

Saturday, January 18, 2020
8:30 a.m. - 6:30 p.m.

Miami Shores Country Club
10000 Biscayne Blvd.
Miami Shores, FL 33138

Join us at **Miami Shores Country Club** for **MDKIG's Annual Convention** on **Saturday, January 18th** for a day full of the following:

- Recovery Speakers
- Step Work
- Guided Meditation
- Fellowship
- Drawings
- Spirituality
- Sharing
- Entertainment
- Boutique ***(Shopping from 8:30 am - 5:30 pm)***

About OA

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.

Your participation in this event provides direct financial support to the operational expenses needed to carry the message of recovery to those who suffer from our compulsion inside and outside of OA.

"Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible."