



## Steps To Readiness

### STEP 6

Were entirely ready to have God remove all of these defects of character.

**Principle:** Willingness

### TRADITION 6

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

**Principle:** Solidarity

### CONCEPT 6

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

**Principle:** Responsibility



When I get burned for practicing a character defect, I feel ready to have it removed. At that moment, while still smarting, I am close to being “entirely ready.” The problem is I get over that feeling and go back to my old ways. I’m not sure what entirely ready is, but I can make a concerted effort to work Step Six and become more ready.

To work Step Six, I take each defect and write about the pros and cons of practicing it. If it didn’t have real or perceived payoffs for me, I wouldn’t have held on to the defect this long, so I take a close look to see what I might gain.

Then I look at the negatives of practicing the defect. I list them in detail and write about the pain I cause others and myself each time I practice the defect. I compare the pros with the cons, and almost invariably the cons outweigh the pros.

When I do this, I can see the falsehood of hanging onto any defect and acknowledge that I felt it served a purpose at some point. When I can acknowledge this, I can begin to let the defect go. I am more ready to have it removed because I have dealt with the reality of it. This means that when my Higher Power presents me with situations in which I would have practiced the defect in the past, I hope that now I will try a new response. This is risky behavior, but isn’t risk what willingness and surrender are all about?

— Lifeline, June 2005

**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 Annual Convention that is scheduled for October 2019 will be having a Convention Planning Meeting in June (date/place TBD). If interested in being a part of this great annual event, contact Mike F. our Convention Chair @954-270-9169.**

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.

<b>Chairperson</b>	<b>Vice-Chair</b>	<b>Treasurer</b>	<b>Secretary</b>
Lonna (305) 338-0423	Emilie B. (603) 721-6431	Nicolas (305) 771-5678	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

<b>S P O N S O R S</b>	Jeanette	(305) 906-2302
	Lara	(786) 444-5432
	Lisa B.	(786) 314-1968
	Mary	(305) 508-2098
	Sigrd	(561) 445-3387

<b>S P E A K E R S</b>	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.*

## HELP WANTED: PIPO Chair

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](mailto:chair@oamiami.org)

*Most folks are as happy as they make up their minds to be.*

*-Abraham Lincoln*

What a novel idea! Did Honest Abe really mean to say I can will myself to be happy? Yes, exactly. I never tried it, so how could I know? I spent much of my life believing that my happiness depended on other people and what they did or did not do. The fact that I am sometimes unhappy today only shows that I am, consciously or unconsciously, clinging to old habits; that is, I'm not willing to be happy. Like everything else that's good in my life, *willingness* is the key to happiness.

**For today:** I choose to be happy — and I allow myself happiness.

*-For Today, page 33*

*Pray to God, but continue to row to shore.*

*-Russian proverb*

God is not my arms and legs. It is up to me to do the footwork. Ours is a program of action. The first two steps require reflection and contemplation; the rest call for direct action. Of course, I do not work a perfect program. When I feel rebellious, as I sometimes do, then I pray to be willing, putting myself and my stubbornness in God's hands. Out of old programming I still need to be perfect before I can like myself. But God has infinite and unconditional love for me, and gives me everything I need, including the *willingness* to take action. I have but to ask.

**For today:** God does for me what I cannot do for myself, not what I can do.

*-For Today, page 136*

## NEEDED: Literature Person

*Our Intergroup is in need of a "Literature Person" that is willing to purchase OA approved literature and make it available to our members and meeting groups of the Miami-Dade & The Keys area.*

*Please consider this very important service position and apply now!*

*Contact Lonna: [chair@oamiami.org](mailto:chair@oamiami.org)*

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

# OA MEETINGS LIST - JUNE 2019

<b>SUNDAY</b>					
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
<b>MONDAY</b>					
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	7:00 PM	Monday	Key Biscayne Community Church, 355 Glenridge Rd, Key Biscayne, FL 33149	Ann (305) 582-0375	Rotating Format/Speaker - OPEN
<b>TUESDAY</b>					
Key West OA #19635	5:30 PM	New Freedom	Unity of the Keys, 1011 Virginia St. Key West, FL <i>corner of Virginia &amp; Watson</i>	Mary (305) 508-2098	OPEN
<b>WEDNESDAY</b>					
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 &amp; 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
<b>THURSDAY</b>					
Hollywood OA #54106	7:00 PM	Pass It On	Sober Today, 1633 S 21 <sup>st</sup> Ave, Hollywood, FL 33020	Jessica (954) 806-4206 Andrea (786) 210-7977	Speaker/Discussion - OPEN
<b>FRIDAY</b>					
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
<b>SATURDAY</b>					
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
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