

**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 Nilda at (305) 724-4951.



Miami-Dade and the Keys Intergroup

## Walls Keep Us Apart

*“Something there is that doesn’t love a wall - That wants it down.”*

Robert Frost

I try in all ways to be good, kind, helpful—to give people the benefit of my wisdom and advice. This is a wall? It is. True giving of myself requires not advice or helpfulness, but allowing others to be, without trying to change their opinions or protect them from making mistakes. Telling another what to do erects a wall between us. Walls keep us apart. When I am tempted to give advice, I need to practice the discipline of listening, instead. That is real closeness, without barriers.

**For today:** I freely give to others what this program has given me, remembering that the only authority here is God as each of us understands God.

For Today, page 217

## MDKIG DONATIONS



Miami-Dade and the Keys Intergroup has a Venmo account setup so you can make donations online.

## VENMO - Tradition 7



Please send donations to MDKIG to: [treasurer@oamiami.org](mailto:treasurer@oamiami.org).

## STEP 8

Made a list of all persons we had harmed and became willing to make amends to them all.

**Principle:** *Self-Discipline*

## TRADITION 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

**Principle:** *Fellowship*

## CONCEPT 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

**Principle:** *Delegation*

# Far from Normal, Close to Perfect

This is the slogan adopted by Key West to describe their quirky, beautiful island home. I feel the phrase also describes my journey in Overeaters Anonymous. I realized that I was far from normal and for many years I tried very hard to hide this realization, pursuing "normal" when liberation was to be found in the admission, to my core, that I was not normal, would never be and so be it. Once I really accepted this fact, I could begin the journey of recovery.

There is a saving grace in the OA program of recovery that not only restores me to sanity but restructures my life to be rewarding, meaningful and joyous. Even when sadness and tears wash over me and I feel vulnerable, I am grateful for the privilege of experiencing my feelings without anesthetizing by overeating. I appreciate the richness of my emotions, my connection to being human.

While eating had served as a coping mechanism for many years, as an addiction it had turned on me like a boomerang or a love gone terribly awry. Although it damaged and diminished my life, all I wanted was more and more of it. The little treat becoming a consuming monster, disguised, time and again as salvation. I continued to pay the high price for the fleeting comfort, sacrificing everything to it, absolutely unable to stop. Even when I recognized that the monster was going to kill me, all I could do was to keep going, getting comfortable with the inevitable, making sure that there was enough of my favorites to keep up with the constant craving.

Through the apprehension and admission of my truly fatal disease and powerlessness, I am humbled. Through this admission I begin to receive the grace of power from a higher source. Through this process I begin to feel restored, returned to the beautiful soul I once was like a baby grasping at life, turning away from the darkness, warmed by a new light. Through the crucible of my biggest flaws and acute suffering, I am delivered to a new life, filled with great capacities for love, forgiveness, compassion and connection. The force which led me to the gates of insanity and death can not flourish under the bright light of truth and solidarity with others of my kind and the path to recovery presented by Overeaters Anonymous. I have arrived at a safe harbor. I am home.

As I let go of normal and embrace truth, I can celebrate being close to perfect, warts and all. I have the hope of a useful life, lighting the path for the compulsive eater who still suffers. Keeping the lights on for those yet to find us and for me should I return to the darkness. I thank my higher power for leading me to OA and OA for leading me to my higher power. I am so grateful for the inspiration of our founders, the wisdom and path they laid before us.

For today I can extend my hand and my heart, linking the chain of recovery that was extended to me to the addict yet to come home. I am damaged and whole, ever being transformed and renewed. Put another way, I am far from normal, close to perfect. I like it that way.

-Andrea K.

# OAMiami.org

## Miami-Dade and The Keys Intergroup

Stay informed on what is happening in our area. For meeting updates on COVID-19, meeting changes, upcoming events, and read our monthly newsletter, please visit <https://oamiami.org>.

## SAVE THE DATE

Beginning Friday, September 4th  
New Weekly ZOOM Meetings  
Fridays, 5:30 - 6:30 PM  
"Body Image Relationships  
and Sexuality"  
Zoom info will be available soon!!!

Over the years, I've relapsed periodically, never thinking of it as a rejection of my Higher Power. But it was. I was telling my Higher Power that I had more faith in food than in Him. It was easier to drown my fears in food than to trust my Higher Power to carry me through them. It was easier to believe that God was too busy to care what I ate than to believe that He grieved over every extra bite I took. One day I realized my lack of faith when I looked down at my plate, feeling an overwhelming sense of fear and panic. There was enough food! My doubt in my Higher Power became obvious to me. How could I believe He would let me suffer hunger – hunger of the spirit, the mind, and the body? Since then I put my food and faith in God's hands and my old enemy, the disease, weakens on a daily basis.

-Voices of Recovery, p. 240

## WORKING THE STEPS: A LABOR OF LOVE

DATE: Monday September 7, 2020.  
TIME: 9:30am-11:30am Central (US and Canada)

HOSTED BY: MONDAY 8:30 AM VIRTUAL BIG BOOK MEETING  
SPONSORED BY: MILWAUKEE AREA INTERGROUP

A marathon featuring three recovering OA speakers sharing their experience, strength and hope. There will be ample time for pitching after each speaker. Free will donation.

JOIN us via Zoom: <http://zoom.us>

Meeting ID: 268 743 4384

Password: mai1212

Phone Number: US +1 312 626 6799

For Information: (414) 259-0640



## A Vision 4 You

**OA Big Book Study**  
**Live Meetings Call 712-432-5210**  
**Conference ID: 876148#**

Mon.-Fri. 7am-8am (recorded)  
9am (unrecorded)  
10am-11am (recorded)

**Sunday Special Edition Meeting 8:30am**  
Check the calendar online to view  
upcoming Special Editions.

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**Archived Meetings 712-432-5203**  
**Conference ID: 876148#**  
**0# accesses most recent recordings**  
**[www.avision4you.info](http://www.avision4you.info)**

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Listen and/or download podcasts of daily and  
Special Edition meetings and read  
AA's Big Book/12&12 online

**Exciting News** - This year **MDKIG's Annual Convention in October 2020** will be held virtually over a three day weekend! Specific dates and times are yet to be determined.

The theme is “**Zooming into the 4th Dimension!**” We have a great core committee. However, there is many service roles to be filled and we welcome your participation. Our next convention planning meeting will be held virtually **Tuesday, August 11th at 4PM. Zoom ID: 828 6777 5707 Password: 954954**

Would you like to be part of the planning for this great fall event? If so, contact Stephanie, our convention chair, at (913) 706-1553 and join us!

## Board Members & Service Members

**Chairperson**  
Andrea K.  
(786) 210-7977

**Vice-Chair**  
Ivette  
(786) 863-3320

**Treasurer**  
Nicolas  
(305) 771-5678

**Secretary**  
Terri M.  
(786) 253-4559

Assistant to Treasurer	Anne E.	(305) 582-0375	assists the treasurer as needed
Budget	Nicholas	(305) 771-5678	proposes budget at Dec meeting for the following year
FL State Convention	Vacant		serve as delegates for the annual state convention
Group Outreach	Cheryl	(305) 898-1715	contacts groups to encourage Intergroup participation
Hotline	Teresita	(305) 508-6436	ensures updated information is on the hotline message
Literature	Nilda	(305) 724-4951	buys OA-approved literature and makes it available
MDKIG Convention	Mike / Stephanie W.	(954) 270-9169 / (913) 706-1553	chairs and coordinates the Annual Intergroup Convention
PIPO (Social Media)	T (chair) / Ivette (social media)	(305) 439-0044 / (786) 863-3320	performs Public Information Professional Outreach efforts
Registration	Ivette	(786) 863-3320	maintains a current, updated list of all member groups
Special Events (TSW)	Lonna / Terri M.	(305) 338-0423 / (786) 253-4559	coordinates Intergroup events; contacts relapsed members
Traveling Meetings	Vacant		takes meetings to shut-ins or people who cannot attend
Unity With Diversity	Vacant		organizes meetings for underrepresented people
Ways and Means	Leslie	(305) 753-0666	initiates and coordinates fund raising activities
Website / Publications / Newsletter	Lonna	(305) 338-0423	Liaison to webmaster and newsletter editor

## Available for Service

### SPONSORS

Jeanette	(305) 906-2302
Lara	(786) 444-5432
Lisa B.	(786) 314-1968
Lonna	(305) 338-0423
Mary	(305) 508-2098
Sigrid	(561) 445-3387

### SPEAKERS

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.

### Miami-Dade and The Keys Intergroup (MDKIG World Service ID: 09386)

Mailing address (including donations) is P.O. Box 530248, Miami, FL 33153. For 7thTradition 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.

# MDKIG Zoom Meetings List

**\*Updated 7/15/20\***

You may dial in by phone. See instructions at the bottom of this page.

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**Sunday** 7:30 PM Miami Shores Solutions Group

Dial in: 1-253-215-8782

Meeting ID: 172 125 099

Password: 954954

Join Zoom Meeting ► <https://zoom.us/j/172125099>

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**Monday** 6:45 PM Paso a Paso *(Spanish meeting)*

Dial in: 1-301-715-8592

Meeting ID: 214 340 328

Password: 954954

Join Zoom Meeting ► <https://zoom.us/j/214340328>

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~~**Monday** 7:00 PM Key Biscayne~~

~~Dial in: 1-301-715-8592~~

~~Meeting ID: 696 228 446~~

~~Password: 305305~~

~~Join Zoom Meeting ► <https://zoom.us/j/696228446>~~

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**SUSPENDED FOR SUMMER**

**Tuesday** 5:30 PM Key West

Dial in: 1-929-436-2866

Meeting ID: 362 158 277

Password: 406233

Join Zoom Meeting ► <https://zoom.us/j/362158277>

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**Wednesday** 11:00 AM Palmetto Bay/Cutler Bay Triangle Room

Meeting ID: 304 937 619 **\*NEW\***

Password: happy joy *(space between happy and joy)*

Join Zoom Meeting ► <https://zoom.us/j/304937619>

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**Wednesday** 7:30 PM Miami Lakes Meeting

Dial-In #: 1-929-205-6099

Meeting ID: 877 359 183

Password: 305305

Join Zoom Meeting ► <https://zoom.us/j/877359183>

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**Thursday** 7:00 PM Sober Today

Dial-In #: 1-301-715-8592

Meeting ID: 608 264 524

Password: 954954

Join Zoom Meeting ► <https://zoom.us/j/608264524>

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**Saturday** 10:00 AM Attitude of Gratitude

Dial in: 1-646-558-8656

Meeting ID: 930 596 010

Password: 425627

Join Zoom Meeting ► <https://zoom.us/j/930596010>

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**Saturday** 10:00 AM Key West

Dial-in: 1-929-436-2866

Meeting ID: 299 799 161

Password: 058569

Join Zoom Meeting ► <https://zoom.us/j/299799161>

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**Saturday** 11:15 AM Miami Springs Tools and Topics Meeting

Dial in# 1-929-205-6099

Meeting ID# 553 862 041

Password: 305305

Join Zoom Meeting ► <https://zoom.us/j/644613105>

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**When joining a meeting by phone only:**

1. Dial the phone number.
2. Enter the meeting ID number.
3. You will be prompted to enter your unique participant ID. Just press # to skip.
4. Use \*6 to mute and unmute (you may be muted as you enter the meeting)

OR Connect via the Zoom Mobile App (download for free in your app store):

Join Zoom Meeting ► <https://zoom.us/j/MeetingIDNumber>

# OA MEETINGS LIST - AUGUST 2020

**DUE TO COVID-19 (CORONA VIRUS) - PLEASE CHECK MDKIG's ZOOM MEETINGS LIST**

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

SUNDAY					
Miami Shores OA #57054	7:30 PM	Twelve & Twelve	Miami Shores Community Church 9823 N.E. 4thAve. Miami Shores, FL 33138	Gary (305) 510-5150	Steps or Traditions 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
Hollywood OA#56526	6:45 PM	Paso a Paso	Rebels' Drop-In Center Memorial Outpatient Behavioral Health Center - 3400 N 29th Ave, Hollywood, FL	Doris (305) 332-5832	Spanish Meeting
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 <i>corner Virginia &amp; Watson</i>	Mary (305) 508-2098	OPEN
WEDNESDAY					
Palmetto Bay OA #56966	11:00 AM	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
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 21 <sup>st</sup> 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 <i>corner Virginia &amp; Watson</i>	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 <i>(parking in the back)</i>	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)