



# Sunsteps

A publication of the Miami-Dade & the Keys Intergroup

May 2020

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



## Don't quit before the miracle happens!

*“To me every hour of the light and dark is a miracle, Every cubic inch of space is a miracle.”*

Walt Whitman

There are many miracles in Overeaters Anonymous. It is a miracle that I am abstinent today, that I have the courage and faith to turn over the running of my life to God. It is a miracle that others who suffer from my illness have provided a place for me to go where I am accepted just as I am. And it is a miracle to have a path to follow that restores me to sanity. Perhaps now is the time to express my gratitude by offering what talents I have in service to OA. Organizational skills are needed at all service levels. A gift for speaking can attract many who still suffer to the program. Gentleness and understanding are qualities everyone wants in a fellow member.

**For today:** The central miracle of my life is that I have been restored to sanity and usefulness. I may not have been asked, but if I look, I can find some service for which I can volunteer.

-For Today, page 146

## STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**Principle:** *Integrity*

## TRADITION 5

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

**Principle:** *Purpose*

## CONCEPT 5

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

**Principle:** *Consideration*

**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.

## VENMO - Tradition 7

We pray and trust all of you are well and staying safe. Many of us have continued to stay in contact with one another through Zoom meetings and we encourage you to do the same. At such meetings the question of "passing the hat" for the seventh tradition comes up frequently, as we are aware that OA needs to continue to function.

Several groups have established their own Venmo accounts. These allow members to make regular contributions to the group. These are particularly important for those groups planning to continue to pay rent during this corona event. These contributions enable the group to continue to meet expenses. The treasurer of the group then treats the Venmo account as a virtual passed basket, paying expenses, sending 60% of funds beyond prudent reserve to Miami-Dade and the Keys Intergroup, 30% to World Service, and 10% to Region Eight.

More information on how to honor OA's seventh tradition is on our website. [OAMiami.org/venmo](https://OAMiami.org/venmo)

## 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**

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[www.avision4you.info](http://www.avision4you.info)

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

# Virtual 4th Step Workshop

(Monday Evenings for 6 Weeks)

**Start Date:** May 11th

**End Date:** June 15th

**Time:** 7:00 - 8:30 P.M.



### Criteria for Participation:

1. Have to be Abstinent (no time period).
2. Have completed Steps 1-2-3.
3. Have a sponsor.
4. Commit to the full 6 weeks.
5. If you wish to participate, contact [Lillianmonterrey@Juno.com](mailto:Lillianmonterrey@Juno.com) for paper work and Zoom information (this meeting will be open to participants only).

**7th Tradition:** Any donation is acceptable, suggested donation is \$25.00 for all 6 sessions via venmo. Email: [treasurer@oamiami.org](mailto:treasurer@oamiami.org)

**This is an interactive workshop ...**

**Contact:** Lillian M. / [lillianmonterrey@juno.com](mailto:lillianmonterrey@juno.com) / (305) 970-0577

**OAMiami.org**  
Miami-Dade and The Keys Intergroup

Stay informed on what is happening in our area. For meeting updates on COVID-19, please visit <https://oamiami.org>.

# MDKIG's ANNUAL CONVENTION CALL FOR VOLUNTEERS

MDKIG's Annual Convention for 2020 is scheduled this year for October (date/place TBD). We are currently organizing the Convention Committees. If interested in being part of or doing service for this great annual event, please contact Stephanie W. our Convention Chair @ (913) 706-1553 for more information.

## MDKIG Board & Service Members

<b>Chairperson</b> Andrea K. (786) 210-7977	<b>Vice-Chair</b> Ivette (786) 863-3320	<b>Treasurer</b> Nicolas (305) 771-5678	<b>Secretary</b> Terri M. (786) 253-4559
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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

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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**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: 587 284 547

Password: happyjoy

Join Zoom Meeting ► <https://zoom.us/j/587284547>

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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>

**Miami-Dade and the Keys Intergroup of OA (MDKIG)**  
**OA MEETINGS LIST - MAY 2020**

**DUE TO COVID-19 CORONA VIRUS - PLEASE CHECK OAMIAMI.ORG FOR VIRTUAL ZOOM MEETINGS**

*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)