



OVEREATERS ANONYMOUS®
Miami-Dade and the Keys Intergroup

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.

Thank You for my Abstinence

“To stand on one leg and prove the existence of God is a very different thing from going down on one’s knees and thanking Him.”

-Sören Kierkegaard

I was sure I would never believe in the existence of God unless someone could prove it. No one has proved it yet, but spiritual awakening in Overeaters Anonymous makes such proof unnecessary. Thanking God every day is as necessary for me as breathing. Though my understanding of God may change, it would make little difference to my practice of the twelve steps. Whatever my concept, I would still give everything to God: my worries, my fears, my shortcomings, my family, my friends, the state of the nation and the world.

Does this mean I can now lie back and do nothing? Far from it. Turning over my anxiety about the things that concern me allows me to take effective action where I can. I do what it is possible for me to do and let God handle the rest.

For today: I need no proof of God’s existence to say Thank you for my abstinence and my freedom from compulsive overeating.

For Today, page 78

STEP 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to

Principle: *Spiritual Awareness*

TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Principle: *Anonymity*

CONCEPT 11

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

Principle: *Humility*



OVEREATERS ANONYMOUS.
Miami-Dade and the Keys Intergroup

~ Sponsored by MDKIG ~



OA's 11th Step Workshop

"Mindful Meditation - Giving Thanks"

A Zoom Workshop Every Friday Morning for 5 Weeks ...

MDKIG is offering an 11th step practice for everyone. With compassion and gratitude, we will sit with what is and what arises, inviting acceptance, courage and wisdom.



Dates: October 30th - November 27th
Time: 10:30 A.M. - 11:30 A.M.
Contact: janejaneyom@gmail.com / (847) 721-6623
Meeting ID: 853 2269 4237
Password: 305305
Dial-in: +1 929 205 6099 US ET

A donation can be made through our [venmo](https://www.venmo.com/overeatersanonymous) account - treasurer@oamiami.org

Come and experience the power of group meditation!

LET'S ZOOM AND CELEBRATE I.D.E.A. DAY
OA's International Day of Experiencing Abstinence
Creating An "Attitude of Gratitude"

Date: Saturday, November 21, 2020

Time: 12-12:30 Fellowship "Bring Your Lunch"
12:30-TBD Gratitude Share-A-Thon

Zoom Info:

Meeting ID: 892 0996 7146
Passcode: 561954
Dial In: 1+ (929) 205 6099



~ Presented by ~

Miami-Dade and the Keys Intergroup of Overeaters Anonymous

The Annual Quaker House Thanksgiving Day Meeting



"Day of Gratitude"

Thursday, November 26, 2020

10:00 am - 11:30 a.m.

Meeting ID: 879 741 6426
Passcode: 305305
Dial in: +1 929 205 6099

Got Questions?

Contact Susanna at (305) 807-4386

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.

Archived Meetings 712-432-5203
Conference ID: 876148#
0# accesses most recent recordings
www.avision4you.info

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

THANK YOU

Miami-Dade and the Keys Intergroup would like to thank you for attending this year's Convention, "Zooming Into The Fourth Dimension."

The pandemic has thrust a new reality upon us and OA has been able to respond. The technology of a virtual convention was challenging and at the same time offered remarkable opportunities. We had speakers from all over the country, attendees from Europe, Central and South America along with our hometown, South Florida crowd. Prepared and practiced, we embraced the challenge of the technology and believe the convention worked smoothly.

We had tremendous fun putting the convention together for you and hope your spiritual life, and, thus, your recovery was enhanced by the experience, that some workshop, some speaker, some event moved you. Most importantly we hope you felt welcomed and at home, felt that special sense of belonging that comes with a meeting, a fellowship, a convention of Overeaters Anonymous.

If you'd like to offer some feedback, feel free to email us at conventionchair@oamiami.org and thank you again for attending!

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.

Board Members & Service Members

Chairperson

Andrea K.
(786) 210-7977

Vice-Chair

Teresita
(305) 508-6436

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 | Femi | (202) 531-9878 | 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 |
| 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 |
| 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.

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>.

MDKIG ELECTIONS ARE COMING SOON!!!

Hello Everyone,

Next month we will be receiving Consent to Serve forms for all of our Board positions. The need for OA service is perhaps greater than ever with the potential for isolation that this pandemic has necessitated. So many of you have risen to the occasion with creating and supporting Zoom meetings. The recent convention was an incredible example of the synergy of members in recovery creating a soul-satisfying weekend of transformational recovery potential.

This has also been a time when those of us who are a bit “long in the tooth” have seen younger members step up in brilliant ways. This has really been an answer to our prayers as we have hoped for many years to transition leadership and rotate service, as our program requires in order to thrive.

The new virtual environment has proven that geographical limitations do not apply. Therefore, I am reaching out to you and others you may know of, to apply for our Board positions. We are gratified to have played a role in recovery locally and within our Region. As Chair, I would love to see MDKIG continue to carry the message to the compulsive eater who suffers in and out of OA. There are many who suffer and have not even heard of OA and we have raised funds which need to be responsibly utilized to reach out to these people. Where would we be without OA?

Please consider giving service to MDKIG by serving on the Board and our subcommittees. Many committee chairs and the Secretary position do not have set length of abstinence requirements. The Chair, Vice Chair and Treasurer nominees should have attended 3 Intergroup meetings in the previous year and have one year of abstinence.

I’ve heard that service is gratitude in action. I hope to see you at the next IG meeting, next Saturday, November 7th and the following December 5th - ID 879 741 6426 password 305305.

Grateful for all of you!



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.

MDKIG Zoom Meetings List

Updated 11/7/20

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

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>

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>

~~Monday 7:00 PM Key Biscayne
Dial in: 1-301-715-8592
Meeting ID: 606 228 446
Password: 305305
Join Zoom Meeting ► <https://zoom.us/j/606228446>~~

TEMPORARILY SUSPENDED

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>

Wednesday 11:00 AM Palmetto Bay/Cutler Bay Triangle Room
Meeting ID: 304 937 619
Password: happy joy (*space between happy and joy*)
Join Zoom Meeting ► <https://zoom.us/j/304937619>

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>

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>

Friday 5:30 PM "Body Image, Relationships and Sexuality"
Dial in: +1 929 205 6099 US
Meeting ID: 832 0199 0691
Password: 305305
Join Zoom Meeting ► <https://zoom.us/j/83201990691>

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>

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>

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>

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 - NOVEMBER 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 | | | | | |
| 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 & 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 st 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 & 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)

As of November 7, 2020