

Change Is The Key



"Rather, we came to understand that the basis for stopping our compulsive eating behaviors – and staying stopped - is personal inner change."

-A Plan of Eating, page 1

Change is the key word for me in the above quote. I went into the program looking for another diet club. I kept coming back because I couldn't understand how Overeaters Anonymous worked. I kept looking and listening for the solution, and finally I found it. I would have to change the way I was eating, behaving, and thinking. The changes would happen inside myself, so the outside could change. The directions for how to change were in the Twelve Steps. Somehow, I knew that if I followed the Steps, I would achieve physical, emotional, and spiritual health. I am grateful to a program of recovery that has allowed me to understand that recovery from compulsive eating is possible if I choose to change.

-Voices of Recovery, page 298

 **OVEREATERS
ANONYMOUS®**
Miami-Dade and the Keys Intergruop

Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Principle: **Perserverence**

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Principle: **Neutrality**



Miami Dade and The Keys Intergruop is presenting ...

"Welcome Home, Welcome Back"

a two day Virtual Convention on

December 11th & 12th 2021

Help is needed. Please get involved. Planning is underway!
For more info, please contact Rick K. at (954)559-0900.



Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Principle: **clarity**

Board Members & Service Members

Chairperson

Gary D.
(305) 510-5150

Vice-Chair

Trisha D.
(305) 298-5351

Treasurer

Lori H.
(305) 781-5076

Secretary

Cheryl E.
(305) 898-1715

Assistant to Treasurer	Anne E.	(305) 582-0375	assists the treasurer as needed
Budget	Lori H.	(305) 781-5076	proposes budget at Dec meeting for the following year
FL State Convention	Terri M.	(786) 253-4559	serve as delegates for the annual state convention
Group Outreach	Lisa R.	(305) 598-8580	contacts groups to encourage Intergroup participation
Hotline	Teresita	(305) 558-6436	ensures updated information is on the hotline message
MDKIG Convention	Rick K.	(954) 559-0900	chairs and coordinates the Annual Intergroup Convention
PIPO (Social Media)	Andrea K.	(786) 210-7977	performs Public Information Professional Outreach efforts
Registration	Trisha D.	(305) 298-5351	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
Unity With Diversity	Randy	(954) 261-9963	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

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 1:00 PM on **Zoom**.
Meeting ID: 898 7142 4852 **Password:** 305305

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 DONATIONS

Miami-Dade & The Keys Intergroup has both **Venmo** and **Zelle** accounts setup for sending donations online.

Please send donations for MDKIG to:
treasurer@oamiami.org.

Thank You

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.



Presented by
**OVEREATERS
 ANONYMOUS®**
 Miami-Dade and The Keys Intergroup



Annual Thanksgiving Day Meeting



Day of Gratitude



Thursday, November 25, 2021
10:00 - 11:30 a.m. EST

Join Zoom Meeting:

<https://us02web.zoom.us/j/88422545517?pwd=aUcrNWM0VnE4MGJqYWpCQTBPQ2VLdz09>

Meeting ID: 884 2254 5517

Passcode: 305305

Dial in: +1 646 558 8656



Got Questions?



Contact Susanna at (305) 807-4386

Sponsored by the ...
**OVEREATERS
 ANONYMOUS®**
 Greater Atlanta OA Intergroup

REGION 8 FALL CONVENTION AND ASSEMBLY

**OCT
 15-17**
 All Virtual!



**UNITY WITH
 DIVERSITY
 IN RECOVERY**

bit.ly/oa8con

\$25
 Scholarships available!

Register and more information at bit.ly/oa8con
 Questions? Contact Bonita D. at 404-923-0042
 or email gaoaig.convention@gmail.com

OA Virtual Resources

Due to COVID-19 (Coronavirus), the introduction of OA Zoom meetings developed and spread quickly. In addition to MDKIG zoom meetings, today there are many meetings all over the world. We are offering a sample list of Resources for Virtual Meetings to help in your search for a variety of available meetings.



OA.org: Find a Meeting, click Online

OA.org: Find a Meeting, click Online, click "additional search options", select special focus (i.e. LGBT, BIPOC, 100 pounders, etc.)

A Vision 4 You: OA Big Book Study → www.avision4you.info

OAVirtualRegion.org: Virtual Intergroups

OAFootsteps.com/meetings

OAMen.org

OARegion1.org: Resources, click Resources for specific populations (i.e. Anorexics and Bulimics in OA, American Sign Language & Closed Captioned Meetings, Young People, etc. Any OA member may attend any OA meeting, regardless of special focus.

Miami-Dade and The Keys (MDKIG) Meetings List



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

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

Dial in: 1-929-205-6099

Meeting ID: 883 7389 7663 Password: 305305

Join Zoom Meeting ► <https://us02web.zoom.us/j/88373897663?pwd=VjFlc0lzVGhMZlVYkl1MmtvNnhmdz09>

Tuesday 5:30 PM EST New Freedom

Dial in: 1-929-205-6099

Meeting ID: 362 158 277 Password: 406233

Join Zoom Meeting ►

Wednesday 11:00 AM EST Triangle Room Clubhouse

Dial in: 1-929-205-6099

Meeting ID: 304 937 619 Password: happy joy (*space between happy and joy*)

Join Zoom Meeting ►

Wednesday 1:30 PM EST "Just For Today" Homestead OA **FACE-TO-FACE MEETING**

Homestead Alano Club room

11 SE 2nd Drive

Homestead, FL 33030

Wednesday 7:30 PM Miami Lakes Meeting

Dial-In: 1-929-205-6099

Meeting ID: 864 0370 5939 Password: 305305

Join Zoom Meeting ► <https://us02web.zoom.us/j/86403705939?pwd=UDJhZHlyTzV6NTBzYlNtdTRydWNRdz09>

Thursday 7:00 PM "Sober Today"

Dial-In: 1-929-205-6099

Meeting ID: 898 7001 7614 Password: 305305

Join Zoom Meeting ► <https://us02web.zoom.us/j/89870017614?pwd=cjNUT3RJZSs4dm1BendCWjhSalZadz09>

Friday 5:30 PM "Body Image, Relationships and Sexuality"

Dial-In: 1-929-205-6099

Meeting ID: 853 3611 2800 Password: 305305

Join Zoom Meeting ► <https://us02web.zoom.us/j/85336112800?pwd=ZmxXbllSbUZNZHNaXlNkjdHYvUT09>

Saturday 10:00 AM "Tropical Freedom"

Dial-In: 1-929-205-6099

Meeting ID: 299 799 161 Password: 058569

Join Zoom Meeting ►

Saturday 10:00 AM "Attitude of Gratitude"

Dial in: 1-929-205-6099

Meeting ID: 930 596 010 Password: 058569425627

Join Zoom Meeting ► <https://us02web.zoom.us/j/81309668825?pwd=NGk1ZnVXTEREaWtYl0JldlFFK2FTUT09>

Saturday 11:15 AM Miami Springs Tools and Topics Meeting

Dial in: 1-929-205-6099

Meeting ID: 812 6685 6979 Password: 305305

Join Zoom Meeting ► <https://us02web.zoom.us/j/81266856979?pwd=a003YUpvQXRdQ1oyeE9lY1lhOFIEdz09>

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>

Revised: 8/31/21