Sunsteps

A publication of the Miami-Dade & the Keys Intergroup

February 2022

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

OVEREATERS ANONYMOUS®

Miami-Dade and the Keys Intergroup

H O P E

STEP 2

Came to believe that a power greater than ourselves could restore us to sanity.

PRINCIPLE: Hope

TRADITION 2

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants they do not govern.

PRINCIPLE: Trust

CONCEPT 2

The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

PRINCIPLE: Conscience

"Hope is the risk that must be run."

-Georges Bernanos

Have I tried and failed? Try again. The Big Book says, "If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps."

Going to any length means taking twelve specific steps, one day at a time, and never being finished. In the process, sanity will be restored and abstinence will become a reality.

Hope and willingness are the springboards to recovery. The hope of being healed of my illness is a risk I'm willing to run today and every day.

For today: I have hope, or I wouldn't be in OA. Do I have the willingness to take that leap into the steps; into abstinence?

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MDKIG DONATIONS

The Miami-Dade & The Keys Intergroup (MDKIG) accepts donations using Venmo, PayPal, Zelle, or by check.

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

If sending a check, please send to:

Miami-Dade & The Keys Intergroup
PO Box 530214
Miami Shores, FL 33153

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,*

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.

OVEREATERS ANONYMOUS®
GREATER MEMPHIS INTERGROUP

SOAR 8 Business Assembly and Recovery Convention

Fri, Apr 1, 2022, 6:00 PM – Sun, Apr 3, 2022, 11:00 AM CDT

REGISTRATION IS NOW OPEN - CLICK HERE FOR FULL DETAILS OR VISIT OAREGION8.ORG

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

Mailing address (including donations) is P.O. Box 530214 Miami Shores, FL 33153. If sending 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

Board Members & Service Members

Chairperson	**Vice-Chair**	**Treasurer**	**Secretary**
Gary D.	Terri M.	Lori H.	Cheryl E.
(305) 510-5150	(786) 253-4559	(305) 781-5076	(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

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.

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.*

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=VjFlc0lzVGhMZFVuYkl1MmtvNnhmdz09

Tuesday 5:30 PM EST New Freedom
Dial in: 1-929-205-6099
Meeting ID: 362 158 277 **Password:** 406233
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=ZmxXbllSbUZNZHZnaXlLNkJvdHYvUT09

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=a003YUpvQXRDQ1oyeE9lY1lhOFlEdz09

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: 2/2/22