



A publication of the Miami-Dade & the Keys Intergroup



April 2023

Helpline: (305) 857-5627 | <https://oamiami.org>



Courage

STEP 4

Made a searching and fearless inventory of ourselves.

Spiritual Principle: *Courage*

TRADITION 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle: *Autonomy*

CONCEPTS 4

The right of participation ensures equality of opportunity for all in the decision-making process.

Spiritual Principle: *Equality*

“People wish to learn to swim and at the same time to keep one foot on the ground.”

-Marcel Proust

Only by being willing to give up the safety of the old can I find out what the new has for me. Uncertainty, confusion and fear of leaving the safety of my old ways behind me are natural, but the need to save my life pushes me on. I move beyond my fears and prejudices and learn that I don't have to act on them; that, one day at a time, I can face whatever must be faced. I may think nostalgically of my old hiding place from time to time, but the truth is, nothing that could possibly happen today can make me go back.

For today: The direction God gives me is forward; I am not afraid to take it.

-For Today, page 243

MDKIG CONTRIBUTIONS

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

Please send contributions 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



Thank you!





On the ROAd Again to the Keys ... Finally, A Live and In-Person Reunion!!!

We invite you to come and enjoy a trip to the Keys. This day of recovery helps Miami-Dade and others to gather together to support our OA meetings in the beautiful Keys.

Our days program is filled with great speakers, interaction, fellowship, and FUN during lunch, as well as after the meetings.

We suggest people bring their own lunch to enjoy the outdoor area, which is a park and on the water!

WHEN: Saturday - April 22, 2023

TIME: 10:00 AM – 3:00 PM

LOCATION: Islamorada Library
81830 Overseas Highway
Islamorada, FL

THEME: *The Promises and Principles, Living the OA Life!*

CONTACT: Andrea K. (786)210-7977



Southeastern Overeaters Anonymous Region 8



NAME THE REGION 8 NEWSLETTER CONTEST

The Region 8 newsletter, published spring and fall, does not have a name, so we are hosting a contest to name it. We need your input.

Submissions due by June 1, 2023

Full details available at <https://oaregion8.org>.

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 Intergroup

NEW HELPLINE: (305) 857-5627

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

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

Mailing address (including contributions) is P.O. Box 530214 Miami Shores, FL 33153. If sending 7th Tradition checks, please include the day and time of your meeting.

Miami-Dade & The Keys Intergroup began meeting on the first Sunday of each month at 3:00 PM via [Zoom](#).
Next Meeting: Sunday, May 7th, 2023 at 3PM.

Board Members & Service Members

Chairperson

Terri M.
(786) 253-4559

Vice-Chair

Andrea K.
(786) 210-7977

Treasurer

Ann E.
(305) 582-0375

Secretary

Cheryl E.
(305) 898-1715

Budget			proposes budget at Dec meeting for the following year
Group Outreach	Lisa R.	(786) 385-4409	contacts groups to encourage Intergroup participation
Helpline	Rick B.	(305) 857-5627	ensures updated information is on the hotline message
MDKIG Convention			chairs and coordinates the Annual Intergroup Convention
PIPO (Social Media)	Andrea K.	(786) 210-7977	performs Public Information Professional Outreach efforts
Registration	Andrea K.	(786) 210-7977	maintains a current, updated list of all member groups
Special Events (TSW)	Terri M.	(786) 253-4559	coordinates Intergroup events; contacts relapsed members
Unity With Diversity			organizes meetings for underrepresented people
Ways and Means			initiates and coordinates fund raising activities
Website / Publications / Newsletter	Lonna	(305) 338-0423	Liaison to webmaster and newsletter editor

Available for Service

SPONSORS

Connie T.	(305) 304-8248
Jeanette	(305) 906-2302
Lisa B.	(786) 314-1968
Lonna	(305) 338-0423
Sigrid	(561) 445-3387
Terri M.	(786) 253-4559



SPEAKERS

Elena G.	(786) 271-3114*
Gary	(305) 510-5150
Lonna	(305) 338-0423
Marcia L.	(917) 693-4729
Terri M.	(786) 253-4559

** 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 11:40 AM ET "Palmetto Bay"

AA Triangle Club

1736 Franjo Rd.

Palmetto Bay, FL 33157

FACE-TO-FACE MEETING

Monday 6:45 PM ET 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=VjFlc0lzVGhMZlVhYk1MmtvNnhmdz09>

Tuesday 1:30 PM ET "Women Healing Together" (WOMEN ONLY)

Dial in: 1-929-205-6099

Meeting ID: 821 2332 5174 Password: 305305

Join Zoom Meeting ►

Tuesday 5:30 PM ET New Freedom

Dial in: 1-929-205-6099

Meeting ID: 362 158 277 Password: 406233

Join Zoom Meeting ►

Wednesday 7:30 PM ET 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=UDJhZllyTzV6NTBzYlNtdTRydWNRdz09>

Thursday 6:00 PM ET "Pass It On"

Dial-In: 1-929-205-6099

Meeting ID: 898 7001 7614 Password: 305305

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

Saturday 10:00 AM ET "Tropical Freedom"

Dial-In: 1-929-205-6099

Meeting ID: 299 799 161 Password: 058569

Join Zoom Meeting ►

Saturday 10:00 AM ET "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 ET 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>

Saturday 11:30 AM ET "Into Action, One Day At A Time"

North Dade Regional Library

2455 NW 183rd Street

Miami Gardens, FL 33056

FACE-TO-FACE MEETING

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>