



A publication of the Miami-Dade & the Keys Intergroup

August 2023

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



Miami-Dade and the Keys Intergroup



Self-Discipline: Conform my will with God's

"It is when we try to make our will conform with God's that we begin to use it rightly."

-Bill W.

It is easy to confuse certain desirable attributes with undesirable ones. To have humility, for example, does not mean to feel inferior. On the contrary, it means feeling equal—neither less nor more worthy than anyone.

The same is true of willfulness, which I have often confused with determination, perseverance and individualism. The latter are qualities belonging to people who think and act in a balanced, rational, adult manner. Self-will is an infantile expression of omnipotence, the delusion that I can force life to be exactly as I want it to be. That is the insanity of compulsive overeating.

Seeking to conform my will with God's is what restores me to sanity. It gives me abstinence, peace of mind and freedom from obsession.

For today: To know what God would have me do is my first priority, for that knowledge smooths my path and frees me to live with energy and love.

-For Today, page 63

STEP 8

Made a list of all persons we had harmed and became willing to make amends to them all.

Principle: Self-Discipline

TRADITION 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Principle: Fellowship

CONCEPT 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

Principle: Delegation



"Count It All Joy"



The day finally arrived to head out to New Mexico. We had planned to visit a few national parks in the vicinity in a rental car. I climbed White Sands Park sand dunes and had fun. That Thursday evening, wanting to take pictures of the sunset, someone had the bright idea of climbing a construction little hill in our Airbnb neighborhood. That's where it all happened. We took breathtaking pictures then another lady and I were the last to climb down. As I got to the bottom, I felt the sand separate from under me and I twisted my ankle and crack!!! A call for the ambulance and I was taken to Mountain View Regional. There the x-rays showed 2 out of the 3 ankle bones broken: the tibia and fibula! My 5 friends brought my bags and had to depart. They felt so bad leaving me but they were always in constant contact. The surgeon was magnificent. On to the first surgery to stabilize with an exterior structure (like a torture device). Two days later, when the swelling had gone down, the final nuts and bolts surgery. Then the case manager at the hospital got me to a skilled nursing facility. It was magnificent! Las Cruces, New Mexico where all these accommodations are is so peaceful; the idyllic place for recovery!

Now, how does this happen? I don't know but looking back, I can't help seeing the "golden threads" of God's mercy and grace. Things to note:

1. Daily practice of step 11 through the years paid off. I continued my daily practice of prayer and meditation, and it worked like money in the bank when I needed to draw on it for strength.
2. The small community where this happened is the ideal place to have all the medical care needed in one place: medical attention, housing, physical therapy, transportation and meals and laundry.
3. The most peaceful, quiet, restful place conducive to spiritual development ever and I dug deep daily.
4. All my friends kept constant contact. This could be texts, calls, flower arrangement, comfort blanket, and cheerful cards from a whole lot of friends.
5. Daily inspirational readings &/or podcasts to fill my mind with positive, elevated thoughts.
6. 7-8 hours sleep. Good, healthy nutrition.
7. Recreation, games, drawing. Ex. Words with Friends, Dominoes, Bingo, puzzles...
8. Right to be happy. Enjoy the day. Gratitude list daily.
9. Meetings, service, sponsoring and being sponsored, carrying the message even in the hospital.
10. A new appreciation for the disabled struggles.
11. Love received from so many people everywhere. Love given freely as well.
12. A stronger, deeper relationship with God totally subject to His will. I am never alone.

In conclusion, I learned not to label things as good or bad, etc. What appears to us as a setback is often an open door. I have learned to accept quickly and how valuable the routines that we establish by living these steps are to our stability in all situations. Therefore, I am more than grateful to be a long time member of OA and the spiritual way of life we are fortunate to lead in our legacies.

Terri M.
MDKIG Chair
8/4/2023



Robert's Rules of Order
August 10th @ 7:30 PM EDT

For more details, visit OAMiami.org.



ONE DAY AT A TIME

SAVE THE DATE

Please save the date for our **2023 Miami-Dade and the Keys OA Convention** to be held on **Saturday, November 4, 2023** at the **Church of the Epiphany in Miami Lakes**. This will be our first face to face convention in many years. We are forming a **Convention Committee** with plenty of opportunities to participate in different aspects of the convention and to experience the joy of real connection with your fellows.

We invite you to join us.

Contact: Andrea K. (786) 210-7977

Please start collecting great stuff for our on site Boutique. More will be revealed ...

Stay tuned for further announcements!



SAVE THE DATE OCT 27-29, 2023

"Welcome Home, Y'all"

New Freedom Intergroup of OA (out of Jacksonville, FL) is hosting the **SOAR8 Fall Recovery Convention and Business Assembly**. It will be face-to-face in Tybee Island, GA during the weekend of October 27-29, 2023.



Please visit the **SOAR8 Assembly** web page for more information and registration details.

OA Virtual Resources



During the pandemic, the introduction of OA virtual meetings developed with the help of "Zoom" and spread quickly. In addition to MDKIG "Zoom" meetings, today there are many online 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.

MDKIG CONTRIBUTIONS

Miami-Dade & The Keys Intergroup has both **Venmo** and **Zelle** accounts setup for sending donations online. Please send online donations for MDKIG to: treasurer@oamiami.org

Mail checks to: MDKIG
PO Box 530214
Miami Shores, FL 33153



Thank you!



Miami-Dade and The Keys Intergroup

NEW HELPLINE: (305) 857-5627

Stay informed on what is happening in our area. For meeting updates and/or 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 Month's Meeting: Sunday, September 3rd, 2023 at 3PM

Board Members & Service Members

Chairperson

Terri M.
(786) 253-4559

Vice-Chair

Andrea K.
(786) 210-7977

Treasurer

Marlise
(305) 431-2122

Secretary

Cheryl E.
(305) 898-1715

Budget			proposes budget at Dec meeting for the following year
Group Outreach			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



Sunday 7:00 PM ET “Gazebo on Baptist Hospital Lake”
Bring a comfy folding chair and your OA 12 & 12.
Breezy, informal and wonderful.
Call Cristy for more info (786) 218-4002

FACE-TO-FACE MEETING

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=VjFlc0lzVGhMZfVuYk1lMmtvNnhmdz09>

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 7:00 PM ET “Una Libertad Nueva”
NEW meeting that started on May 9th.
Call Fela for details (305) 527-1942

FACE-TO-FACE 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 “Fourth Dimension”
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 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 9:00 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: 813 0966 8825 Password: 305305
Join Zoom Meeting ► <https://us02web.zoom.us/j/81309668825?pwd=NGk1ZnVXTEREaWtYLOJLdIffK2FTUT09>

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>