



A publication of the Miami-Dade & the Keys Intergroup

**December 2023**

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



# Let Go & Let God

*"Love you. I bless you. I release you to your own indwelling presence of God."*

-Author unknown

It is nothing less than a complete turnabout that this program brings into being. It gives me the amazing ability to release the people I love; to detach myself from their pain and turmoil and suffering, and turn them over in love to that same Power within that is directing me.

This act of release, performed daily in a moment of quiet prayer, exerts incredible influence on those I would help. I say and do only what is necessary to attend to my everyday responsibilities, showing the love I feel and radiating the calmness and peace that come from giving up control.

**For Today:** I turn over responsibility for the lives of others to the same Higher Power within each of them that manages my own life.

-For Today, page 363

## STEP 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

**Principle: Service**

## TRADITION 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

**Principle: Spirituality**

## CONCEPT 12

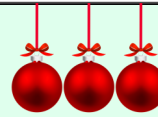
The spiritual foundation for OA service ensures that:

- a. No OA committee or service body shall ever become the seat of perilous wealth or power; Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
- b. No OA member shall ever be placed in a position of unqualified authority;
- c. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
- d. No service action shall ever be personally punitive or an incitement to public controversy; and
- e. No OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action.

**Principle: Guidelines**

(a) Selflessness, (b) Realism, (c) Representation  
(d) Dialogue, (e) Compassion, (f) Respect

# MDKIG CONTRIBUTIONS



HAPPY  
HOLIDAYS

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](mailto:treasurer@oamiami.org)

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

Thank you!

How can I recommit to my recovery?

Is there a difference between a slip and a relapse?

**Zoom Meeting ID: 939 2222 8735**  
**Password: Serenity**  
Questions?  
Call or Text Tom W.  
(310) 936-6694

## RECOVERY FROM RELAPSE WORKSHOP

### OVEREATERS ANONYMOUS

Middle Tennessee Intergroup

**SUNDAY DEC 17**  
**1-2:30 PM CENTRAL**

An Interactive Workshop

Let's Have Fun!

Greater ATL OA IG presents

# The Tool of Service

2023 5th Saturday Virtual Workshops

ID: 431 394 3661  
PW: serenity

Our interactive format allows for Q&A, and it's fun as well as informative! Ever wonder how to increase participation in your service body, or why you even need to be of service? Join us on Zoom-- and find out! <https://bit.ly/3e6jdtL>

5th Saturday Meeting Topics

04/29/2023	Structure & Increasing Participation
07/29/2023	Where do I Fit In?
09/30/2023	FAQs about Service
12/30/2023	ABC's & DEF's of Service

1030 AM to 12 PM ET

## 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](http://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 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 **fourth Saturday of each month at 1:00 PM** via Zoom.  
**Next Month's Meeting:** Sunday, January 27th, 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	Andrea K.	(786) 210-7977	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.*

## CALL TO SERVICE

Intergroup board elections will be taking place in January. The positions of Chair, Vice Chair, and Secretary are open. Our Intergroup has been very active and we ask you to give service by standing up for any one of these positions in order to carry forward the message of Recovery in 2024. If you are willing to serve, please contact Terri (786) 253-4559.

**Consent To Serve** forms are on our Website.

# Miami-Dade and The Keys (MDKIG) Meetings List

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

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**Sunday 12:00 PM ET "Sunday Serenity"**

Sober Today Clubhouse  
2035 Harding Street  
Hollywood, FL  
Call Ellie S. for more info (248) 348-8822

**NEW FACE-TO-FACE MEETING**

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**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**

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**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=VjFlc0lzVGhMZlVYUkl1MmtvNnhmdz09>

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**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 ►

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**Tuesday 5:30 PM ET "New Freedom"**

Dial in: 1-929-205-6099

Meeting ID: 362 158 277 Password: 406233

Join Zoom Meeting ►

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**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=UDJhZllyZzV6NTBzYlNtdTRydWNRdz09>

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**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>

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**Thursday 6:00 PM ET "Serenity N Sunset"**

South Miami Lutheran Church  
7190 Sunset Drive  
Miami, FL 33143

**NEW FACE-TO-FACE MEETING**

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**Friday 11:40 AM ET "Palmetto Bay"**

AA Triangle Club  
1736 Franjo Rd.  
Palmetto Bay, FL 33157

**FACE-TO-FACE MEETING**

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**Saturday 9:00 AM ET "Tropical Freedom"**

Dial-In: 1-929-205-6099

Meeting ID: 299 799 161 Password: 058569

Join Zoom Meeting ►

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**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=NGk1ZnVXTEREaWtYl0JLdIFFK2FTUT09>

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**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=a003YUpvQXRDRDQ1oyeE9lY1lhOFIEEdz09>

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**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**

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**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>