



A publication of the Miami-Dade & the Keys Intergroup

February 2023

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

"Hope is the only good thing that disillusion respects."

-Marquis de Vauvenargues

Disillusionment comes when illusions are shattered and there is nothing better with which to replace them. The illusions I had as a compulsive overeater were at the root of my illness. Chief among them was the belief that I could get through my days only with aid of excess food.

Overeaters Anonymous freed me of that illusion and many others. Hope that I could recover gave me the will and the energy to examine ideas that drove me to use food as a painkiller. When exposed to the bright light of reality these ideas—my old illusions—crumble into dust and blow away.

For today: There is so much hope in OA that it fills and replenishes me if I only go and listen.

-For Today, page 134



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

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





MORE INFORMATION ON REGISTRATION FLYER

Service = Recovery

March 17-19, 2023

Registration fee : \$25.00

Registration Deadline: March 11, 2023

Contact: vicechair@oaregion8.org

*Visitors are welcome to attend and participate
in the committee meetings.*



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 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

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 11:00 AM EST "Palmetto Bay"

FACE-TO-FACE MEETING

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

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=VjFic0lzVGhMZFFVYkI1MmtvNnhmdz09>

Tuesday 1:30 PM EST "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 EST New Freedom

Dial in: 1-929-205-6099

Meeting ID: 362 158 277 Password: 406233

Join Zoom Meeting ►

Wednesday 7:30 PM EST 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=UDJhZHIyTzV6NTBzYlNtdTRydWNRdz09>

Thursday 6:00 PM EST "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 EST "Tropical Freedom"

Dial-In: 1-929-205-6099

Meeting ID: 299 799 161 Password: 058569

Join Zoom Meeting ►

Saturday 10:00 AM EST "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=NGk1ZnVXTREaWYlOLdIFFK2FTUT09>

Saturday 11:15 AM EST 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 EST "Into Action, One Day At A Time"

FACE-TO-FACE MEETING

North Dade Regional Library
2455 NW 183rd Street
Miami Gardens, FL 33056

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>