



A publication of the Miami-Dade & the Keys Intergroup

June 2023

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



STEP 6

Were entirely ready to have God remove all of these defects of character.

Principle: Willingness

TRADITION 6

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Principle: Solidarity

CONCEPT 6

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

Principle: Responsibility

“Pray to God, but continue to row to shore.”

-Russian Proverb

God is not my arms and legs. It is up to me to do the footwork. Ours is a program of action. The first two steps require reflection and contemplation; the rest call for direct action. Of course, I do not work a perfect program. When I feel rebellious, as I sometimes do, then I pray to be willing, putting myself and my stubbornness in God's hands.

Out of old programming I still need to be perfect before I can like myself. But God has infinite and unconditional love for me, and gives me everything I need, including the willingness to take action. I have but to ask.

For today: God does for me what I cannot do for myself, not what I can do.

-For Today, page 136

MDKIG CONTRIBUTIONS

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

If making a contribution online, please submit your donation for MDKIG to: treasurer@oamiami.org.

If mailing a check, please send to:
Miami-Dade & The Keys Intergroup
PO Box 530214
Miami Shores, FL 33153

Thank You 



"PUTTING THE PIECES TOGETHER"

A WORKSHOP USING OA CONCEPTS, TRADITIONS AND STEPS IN A PRACTICAL WAY.

FACILITATED BY A FORMER MEMBER OF THE BOARD OF TRUSTEES



Meeting ID: 3051960121

Passcode: 305305

7th Tradition Suggested: \$5.00

To: treasurer@oamiami.org

June 25th, 2023
@ 3:00 pm EDT

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.

6TH STEP PRAYER

God, I still cling to some things that I have admitted are objectionable. Help me to be willing to let them go.

-Alcoholics Anonymous, page 76

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.



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, July 9th, 2023 at 3PM (re-scheduled due to 4th of July Holiday).

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	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	Elena G.	(786) 271-3114
Jeanette	(305) 906-2302	Gary	(305) 510-5150
Lisa B.	(786) 314-1968	Lonna	(305) 338-0423
Lonna	(305) 338-0423	Marcia L.	(917) 693-4729
Sigrid	(561) 445-3387	Terri M.	(786) 253-4559
Terri M.	(786) 253-4559		

* Denotes a speaker able to share their experience, strength and hope in both English and Spanish.

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 will be 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. Please start collecting great stuff for our boutique. **Stay tuned for further announcements!**

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 7:00 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=VjFic0lzVGhMZlVhYk1MmtvNnhmdz09>

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”

FACE-TO-FACE MEETING

NEW meeting that started on May 9th.

Call Fela for details (305) 527-1942

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=UDJhZHlyTzV6NTBzYlNldTRydWNRdz09>

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=NGk1ZnVXTEREaWtYl0JLd1FFK2FTUT09>

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”

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>