



March 2023

A publication of the Miami-Dade & the Keys Intergroup

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



Miami-Dade and the Keys Intergroup

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Spiritual Principle: **Faith**

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Spiritual Principle: **Identity**

Concept 3

The right of decision, based on trust, makes effective leadership possible.

Spiritual Principle: **Trust**

“What loneliness is more lonely than distrust?”

-George Eliot

I didn't call it distrust, but what else kept me always on guard, saying only what others wanted to hear, often doing nothing for fear of displeasing? I walked on timid feet.

The door to trust opened when I took the first three steps: the minute I gave it to God, the compulsion was gone.

Today I am open to the wisdom, integrity and strength of others, inside and outside OA. Because I trust the OA program, my whole attitude and outlook has changed.

When I am disappointed in a meeting and wonder, “Is this all there is?” I accept it as part of living. Far from making me lose faith in the program, my restlessness reminds me of what life was like before OA. I may not always find what I want there, but my trust that OA meetings are where I need to be is as unshakable as my trust in the principles of the program and my trust in God.

For today: Trust is freedom from fear, which is one of the promises of the program. To become more trusting, I can devote part of this day to writing on my experiences in this area.

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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





A STEP 4 WORKSHOP

"Made a searching and fearless moral inventory of ourselves."



March 11, 2023 - April 22, 2023

Every Saturday at 1:30 PM (ET)

MORE INFO AVAILABLE ON OUR WEBSITE — OAMIAMI.ORG



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 will begin meeting on the first Sunday of each month at 3:00 PM on Zoom.
Next Meeting: Sunday, April 2, 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.



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:

Is-
lamorada Library

The Promises and Principles, Living the OA Life!

81830 Overseas Highway

Islamorada, FL

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=VjFlc0lzVGhMZFFVUkI1MmtvNnhmdz09>

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=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 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=NGk1ZnVXTEREaWtYl0JLdIFFFK2FTUT09>

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>