



A publication of the Miami-Dade & the Keys Intergroup

May 2023

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



OVEREATERS
ANONYMOUS®

Miami-Dade and the Keys Intergroup

*One day
at a time!*

Integrity Matters

"Speech is a mirror of the soul: as a man speaks, so is he."

-Publilius Syrus

Does what I say spring from abstinence and sober thinking or does it come out of the self-pity and fault-finding that characterize my illness? People who are living in the recovery talk program. Though they freely share their misadventures and errors in judgment, they are quick to take responsibility for their actions.

In private conversations, as in group sharing, it is my speech that identifies me either as an OA who is actively working the program and learning to accept the truth, or as a member who is still suffering from compulsive overeater thinking.

For today: My talk reflects my progress in the program. Listening closely to what I say will show me what I need to do.

-For Today, page 144

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Principle: *Integrity*

Tradition 5

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

Principle: *Purpose*

Concept 5

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

Principle: *Consideration*

MDKIG CONTRIBUTIONS

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

Thank You



NAME THE REGION 8 NEWSLETTER CONTEST

The Region 8 newsletter, published spring and fall, does not have a name, so we are hosting a contest to name it. We need your input.

Submissions due by June 1, 2023

Full details available at <https://oaregion8.org>.

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.

MDKIG Meetings Update

For those of you who are craving in person fellowship, we are pleased to announce two new in person meetings:

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

Tuesday 5PM in Spanish. Starting May 9th. Call Fela for details (305) 527-1942.

Also, please don't forget our ongoing F2F meetings on **Saturday 11:30 AM** in the North Dade Regional Library, 2455 NW 183rd Street, Miami Gardens. Contact Jay B. (305) 708-1960. AND **Monday 11:40 AM** at the AA Triangle Club, 17636 Franjo Rd, Palmetto Bay.

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 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, June 4th, 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.

SAVE THE DATE

Please save the date for our 2023 Miami-Dade and the Keys OA Convention to be held on Saturday, November 5, 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 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=VjFlc0lzVGhMZlVhYk1MmtvNnhmdz09>

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 5:00 PM ET “Spanish”

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 “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 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>