



STEP 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

Principle: Spiritual Awareness

TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Principle: Anonymity

CONCEPT 11

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

Principle: Humility

Spiritual Awareness

“Inside myself is a place where I live all alone, and that’s where you renew your springs that never dry up.”

Pearl S. Buck

Discovering one’s own inner resources is a reward of abstinence. Newfound energies and a soaring spirit take up the time and space of what was once compulsive overeating. Abstinence brings other substitutions: I have courage in place of fear, challenging ideas in place of shallow thought, action instead of wishful thinking and an honest desire to share in place of selfish interests. The longer I am abstinent, the more experience I acquire in the art of living and the more I am able to give myself and others.

For today: Part of my new way of life is looking within for inspiration.





Annual Thanksgiving Day Meeting



"Day of Gratitude"

Thursday, November 23, 2023

10:00 a.m. ~ 11:30 a.m. EST

Join Zoom Meeting:

<https://us02web.zoom.us/j/3051960121?pwd=Y09JWG0zOG1nZGxBa21zRTVyRnI2UT09>

Meeting ID: 305 196 0121

Passcode: 305305

Dial in: +1 929 205 6099 US (New York)



Contact Susanna at (305) 807-4386

11th Step Prayer

Lord, make me a channel of thy peace
that where there is hatred, I may bring love
that where there is wrong, I may bring the spirit of forgiveness
that where there is discord, I may bring harmony
that where there is error, I may bring truth
that where there is doubt, I may bring faith
that where there is despair, I may bring hope
that where there are shadows, I may bring light
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted
to understand, than to be understood
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life.
Amen.

-Alcoholics Anonymous Twelve Steps & Twelve Traditions, page 99

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.

MDKIG CONTRIBUTIONS

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

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

Thank you!





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, November 12th, 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.*

Miami-Dade and The Keys (MDKIG) Meetings List



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

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 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=VjFlc0lzVGhMZFFVUk1MmtvNnhmdz09>

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"

NEW meeting that started on May 9th.

Call Fela for details (305) 527-1942

FACE-TO-FACE 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 "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=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>

Thursday 6:00 PM ET

South Miami Lutheran Church

7190 Sunset Drive

Miami, FL 33143

NEW FACE-TO-FACE MEETING

Friday 11:40 AM ET "Palmetto Bay"

AA Triangle Club

1736 Franjo Rd.

Palmetto Bay, FL 33157

FACE-TO-FACE MEETING

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=NGk1ZnVXTEREaWtYl0JldlFFK2FTUT09>

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>

Revised: 11/7/23