

Freedom from Obsession

Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Principle: Perverserence

"It is when we try to make our will conform with God's that we begin to use it rightly."

-Bill W.

It is easy to confuse certain desirable attributes with undesirable ones. To have humility, for example, does not mean to feel inferior. On the contrary, it means feeling equal—neither less nor more worthy than anyone.

The same is true of willfulness, which I have often confused with determination, perseverance and individualism. The latter are qualities belonging to people who think and act in a balanced, rational, adult manner. Self-will is an infantile expression of omnipotence, the delusion that I can force life to be exactly as I want it to be. That is the insanity of compulsive overeating.

Seeking to conform my will with God's is what restores me to sanity. It gives me abstinence, peace of mind and freedom from obsession.

For today: To know what God would have me do is my first priority, for that knowledge smooths my path and frees me to live with energy and love.

For Today, page 65

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Principle: Neutrality

Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Principle: Clarity

SPECIAL WORKSHOP

"How we work the Steps - An Introduction to the 12 Steps"

Saturday, October 14, 2023 at 10:15 am

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

For more information, contact Jay B. (305) 780-1960.



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.

Gathering Together

The Joy of Fellowship

Miami-Dade and the Keys Intergroup presents the first face to face convention in many years!!

4th of November 2023



Church of the Epiphany, Miami Lakes

Registration Open :
<https://www.eventbrite.com/e/gathering-together-the-joy-of-fellowship-face-to-face-convention-tickets-730358761717?aff=oddtcreator>

OVEREATERS ANONYMOUS®
Miami-Dade and the Keys Intergroup

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"**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=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>

Friday 11:40 AM ET "Palmetto Bay"**FACE-TO-FACE MEETING**

AA Triangle Club

1736 Franjo Rd.

Palmetto Bay, FL 33157

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=NGk1ZnVXTREaWtYl0JLdIFFk2FTUT09>

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>