



Sunsteps

April 2024

A publication of the Miami-Dade & the Keys Intergroup

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

 **OVEREATERS
ANONYMOUS®**
Miami-Dade and the Keys Intergroup

COURAGE



STEP 4

Made a searching and fearless inventory of ourselves.

Spiritual Principle: *Courage*

TRADITION 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle: *Autonomy*

CONCEPTS 4

The right of participation ensures equality of opportunity for all in the decision-making process.

Spiritual Principle: *Equality*

“Either the human being must suffer and struggle as the price of a more searching vision, or his gaze must be shallow and without intellectual revelation.”

-Thomas de Quincey

From the pain of compulsive overeating came abstinence; from turmoil, serenity. When I am hurting, I need to hear the words, “This too shall pass.” I remember other struggles and the rewards that came out of them. As Bill W. writes, “Our better understanding is often rooted in the pains of our former follies...In God’s economy, nothing is wasted.”

Pain persists until I give up trying to do things my way. I am grateful for the suffering and struggling that brought me to this understanding. “Let Go and Let God” is an idea I could never have accepted had I not paid the price exacted by my illness.

For Today: I am thankful that the pain of compulsive overeating gave me the vision not to try to change the world or other people or situations or even myself, but to do the footwork and leave change up to my Higher Power.



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INTERGROUP HAPPENINGS

Hi All,

Intergroup now meets on the fourth Saturday of the month at 1:00 p.m. on Zoom.

At February’s meeting we welcomed our new IG Chair, Mary D. from Key West, and we are so pleased to have her. We also voted yay or nay on which changes will be up for discussion at the next World Service Business Conference.

Among the most significant proposals are changes that will make all OA literature gender neutral as well as more inclusive to all types of eating disorders.

At our next meeting we will be looking at ways to make 7th Tradition donations on our website easier by installing a major credit card button, which will enable our fellows to make automatic recurring donations thereby passing the virtual basket.

Also, look for specifics on the next annual ‘Road Trip to the Keys’ event. Our next IG meeting will take place on Saturday, April 27th at 1:00 p.m. Go to oamiami.org for a live link and, of course, everyone is invited to participate.

The Keys to Freedom

On The Road Again to The Keys!!!

WHEN: Saturday - April 20, 2024

TIME: 10:00 AM – 3:00 PM

LOCATION: Monroe County Public Library
81830 Overseas Highway
Islamorada, FL 33036

THEME: *"The Keys to Freedom"*



**OVEREATERS
ANONYMOUS®**
Region 8 Public Information & Professional
Outreach (PIPO) Committee

Using Social Media for Outreach

Virtual Workshop

April 20th / 1:00-2:30 pm EDT

<http://tinyurl.com/socialmediaoa>

Questions? pipochair@oaregion8.org



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

MDKIG CONTRIBUTIONS

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

Please send contributions 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!

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 lbs, etc.*)

A Vision 4 You: OA Big Book Study → www.avision4you.info

OAVirtualRegion.org: Virtual Intergroups

OAFootsteps.com/meetings

OARainbow.org — LGBTQ Community

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 **fourth Saturday of each month at 1:00 PM** via Zoom.
Next Month's Meeting: Saturday, April 27th, 2024 at 1PM

Board Members & Service Members

Chairperson Mary D. (305) 508-2098	Vice Chair Andrea K. (786) 210-7977	Treasurer Marlise (305) 431-2122	Secretary Cheryl E. (305) 898-1715
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Budget	Marlise	(305) 431-2122	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	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.*

SAVE THE DATE
SOAR 8 BUSINESS ASSEMBLY & RECOVERY CONVENTION
September 20-22, 2024
 DoubleTree by Hilton
 Deerfield Beach/Boca Raton, FL 33441

"Be Protected, Stay Connected"

Hosted By

 OVEREATERS ANONYMOUS
 GOLD COAST INTERGROUP
 PALM BEACH COUNTY INTERGROUP

Miami-Dade and The Keys (MDKIG) Meetings List

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

Sunday 11:30 PM ET “Sunday Serenity” (Big Book Discussion)
Sober Today Clubhouse
2035 Harding Street
Hollywood, FL
Call Ellie S. for more info (248) 348-8822

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=VjFlc0lzVGhMZlVUeYk1MmtvNnhmdz09>

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 2:00 PM ET “Serenity on Sunset” **NEW DAY & NEW TIME**
South Miami Lutheran Church
7190 Sunset Drive
Miami, FL 33143

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=UDJhZHIyTzV6NTBzYlNtdTRydwWNRdz09>

Friday 10:00 AM ET “Palmetto Bay”
NEW ADDRESS:
10775 SW 190th Street, Unit #1
Palmetto Bay, FL 33157

FACE-TO-FACE MEETING

Saturday 9:30 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” → (Writing Meeting)
Dial in: 1-929-205-6099
Meeting ID: 813 0966 8825 Password: 305305
Join Zoom Meeting ► <https://us02web.zoom.us/j/81309668825?pwd=NGk1ZnVXTEREaWtYl0JldiFFk2FTUT09>

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>