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# SUNSTEPS



A PUBLICATION OF MIAMI-DADE INTERGROUP OF OVEREATERS ANONYMOUS

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## OA'S 53<sup>RD</sup> BIRTHDAY CELEBRATION SATURDAY, JANUARY 19, 2013

5:00 PM – 10:00 PM (APPROX.) AT TRINITY EPISCOPAL CATHEDRAL, 464 NE 16 STREET, MIAMI, FL 33132

Potluck Dinner • Speaker • Entertainment • Music & Dancing

Suggested Donation: \$7 and/or bring abstinent dish for the dinner

Please contact Helen to let her know what you plan to bring so we have sufficient proteins, starches, fruits, and vegetables. Helen: 305-751-4079  
For more information contact either of the Special Events co-chairs: Cynthia: 954-826-8012 or Trish: 305-790-0534



## THE 23<sup>RD</sup> OA ANNUAL FLORIDA STATE CONVENTION FRIDAY, FEB. 22- SUNDAY, FEB. 24, 2013

Cocoa Beach Hilton Oceanfront, 1550 N. Atlantic Avenue, Cocoa Beach, FL 32931 1-800-580-7402  
(for room reservations; must register by 2/01/13 for special rates, use code FSCOA)

Early Registration (by 1/26/12) is \$20; Late Registration is \$30; Walk-In Registrations Welcome

You can register online at [www.flconvention2013.eventbrite.com](http://www.flconvention2013.eventbrite.com) (a surcharge is added at this site)  
or download and mail the flyer and registration form at [oamiami.org](http://oamiami.org)



## There Are 3 New Meetings In the Perrine Area!

On Mondays at 6:30 PM, Wednesdays at Noon, and Saturday at 6:00 PM. See the Meeting List for details.



Subscribe to Email Announcements

Go to [OAmiami.org](http://OAmiami.org) and subscribe. You will get information as it becomes available instead of waiting for the Sunsteps to come out.

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### LIST SERVE

Subscribe and unsubscribe at [oamiami.org](http://oamiami.org)

### MEETING CHANGES

Send meeting changes and updates to the Vice Chair and Sunsteps Editor

### SUNSTEPS ONLINE

Current and archived Sunsteps can be downloaded at [oamiami.org](http://oamiami.org)

### OA LITERATURE

Buy OA and AA literature from your meeting rep or from [oamiami.org](http://oamiami.org)

### WEBSITES

Miami-Dade – [oamiami.org](http://oamiami.org)

World Service – [oa.org](http://oa.org); Includes directory of online and telephone meetings

En Espanol – [espanol.oa.org](http://espanol.oa.org)

### MIAM-DADE INTERGROUP MEETING

The first Saturday of the month – 10:00 AM - Noon

Trinity Cathedral 464 NE 16 St, Miami, FL 33132 (all welcome)

### SUPPORT THE 7<sup>th</sup> TRADITION OF OA

Support Meetings - Be generous when the basket is passed

Contribute to Miami-Dade Intergroup – Your donations help carry the message

Make checks payable to "Miami-Dade Intergroup" PO Box 530248, Miami, FL 33153

### MDIG BOARD

Chairman – Gary D.

Vice Chairman – Teresita B.

Secretary - Azikwe

Treasurer – Anne E.

Region 8 Rep - Judd

World Service Delegate – Teresita B.

### COMMITTEES

Convention – Helen & Lucy

Hotline – Donnie

Public Information – Andrea k, Kathy B.

Special Events - Trish

Twelfth Steps Within – Andy B

Traveling Meetings – Mike G

Ways and Means – Lonna C.

Unity With Diversity - Azikwe

Young People – TBD

Sunsteps Editor/Website – Julie M. [sunstepseditor \(@\) gmail.com](mailto:sunstepseditor (@) gmail.com)

Please call contact person to verify the meeting time and place if you have not been there recently. BG= Beginner's BB= Big Book DC= Discussion LT=Literature SP= Speaker ST= Steps TR= Traditions Visit oa.org for information on meetings worldwide. Closed meetings are for those with a desire to stop eating compulsively

## MIAMI-DADE COUNTY OA MEETINGS

### MONDAY

- 10:30 AM **Morning Steps Group** (North, ST) Back on Track Club 20377 NE 15th Ct North Miami Beach, 33179 (sheet metal workers building) Esther (786-413-8648)
- 6:00 PM **Spanish Meeting** (North) 925 NE 205 Terrace, N Miami Beach, FL 33179 Fela (305-527-1942)
- 6:30 PM **Banyan Street Group** (South) Banyann Street Community Center 17400 SW 97 Ave #10 (Franjo Road), Miami, FL 33157 Amy: (786-863-4465)

### TUESDAY

- 8:00 PM **Spanish Telephone Meeting** (EST) 1-712-432-3900 Code: 629561# El número telefónico para conectarse a la reunion es 1-712-432-900 Codigo para participar: 629561#

### WEDNESDAY

- 12:00 PM **Primary Purpose Group** (North, LT) Trinity Episcopal Cathedral 464 NE 16 ST, Miami Sophie (305-206-8867)
- 12:00 PM **Banyan Street Group** (South) Banyann Street Community Center 17400 SW 97 Ave #10 (Franjo Road), Miami, FL 33157 Amy: (786-863-4465)
- 7:00 PM **Wednesday's Grace Group** (South, DC) Quaker Meeting House 1185 Sunset Drive Coral Gables, 33143 Josie (305-458-7149) \*closed meeting
- 7:30 PM **Fourth Dimension Group North** (SP, Spanish and English) St. Margaret's Church 15650 Miami Lakeway North, Miami Lakes, 33014 Teresita (305) 558-6436

### THURSDAY

- 7:00 PM **Pass It On Group** (South, BG, SP, DC) Back on Track Club 20377 NE 15th Ct North Miami Beach, 33179 (sheet metal workers union building) Jessica (954-806-4206)
- 7:30 PM **New Beginnings Group** (South, SP, BB) Quaker Meeting House 1185 Sunset Drive, Coral Gables, 33143 (NE corner of Sunset and 52 Ave) Susan (305-254-0801)

### FRIDAY

- 7:00 PM **Never Give Up Group** (North, ST, TR) 12399 West Dixie Highway, North Miami Helen (305-751-4079)
- 7:30 PM **Don't Eat No Matter What Group** (South, ST, TR) St. Paul's Lutheran Church 10700 SW 56 St, Miami, 33165, Room 9 Michael (305-815-2733)

### SATURDAY

- 10:00 AM **Attitude of Gratitude Group** (South) St. Paul's Lutheran Church 10700 SW 56 St, Miami 33165, Room 6 Lisa (305-598-8580) \*perfume and fragrance free
- 11:15 AM **Tools & Topics Group** (Central) Miami Springs Club 2 N. Poinciana, Miami Springs, 33166 Joy (305-867-7736)
- 11:15 AM **The Spanish Group** (South, SP) St. Paul's Lutheran Church 10700 SW 56 ST, Miami, 33165, Room 6 Alexandra (786-431-9943)
- 12:15 PM **Conscious Contact Group** (Central, 11 Step) (monthly after Intergroup) Trinity Episcopal Cathedral 464 NE 16 ST, Miami 33132 Andrea (786-210-7977)
- 6:00 PM **Banyan Street Group** (South) Banyann Street Community Center 17400 SW 97 Ave #10 (Franjo Road), Miami, FL 33157 Amy: (786-863-4465)

### SUNDAY

- 7:30 PM **Spiritual Connection Group** South Miami Hospital Education Building 7400 SW 62 Ave, South Miami, 33143 Cynthia (305-962-4455) \*closed meeting

## MONROE COUNTY OA MEETINGS

 For Monroe County meetings call 305-293-0070

### TUESDAY

- 6:00 PM **New Freedom Group** Unity of the Keys 1011 Virginia St., Key West, 33040 Angela (305-293-0070)

### THURSDAY

- 8:30 AM **Thursday in Key West** Unity of the Keys 1011 Virginia St., Key West, 33040 Angela (305-293-0070)

### SATURDAY

- 10:00 AM **Tropical Freedom** Unity of the Keys 1011 Virginia St., Key West, 33040 Angela (305-293-0070)

## BROWARD COUNTY OA MEETINGS

 For Broward County meetings call 954-938-9586

### MONDAY

- 10:00 AM **St. Benedict's Episcopal Church** 7801 NW 5th St., Plantation (954-726-6719)
- 7:15 PM **OA Newcomer** Temple Sinai 1400 North 46 Ave, Hollywood, FL 33021 (954- 270-6548)
- 7:15 PM **Coral Plaza Retirement Residence** 5850 Margate Blvd, Margate (954-563-5260)
- 7:30 PM **Come To Believe** 2780 N. University Drive, Sunrise, FL 33322

### TUESDAY

- 7:30 AM **First Christian Church** 201 SE 13 St, Ft. Lauderdale (954-682-2653)
- 10:00 AM **St. Nicholas Episcopal Church** 1111 E. Sample Rd, Pompano Beach (954-360-7478)
- 6:30 PM **Rebels Drop In Center** 3400 N 29 ST, Hollywood, 33019 Russ (954-658-8277)

### WEDNESDAY

- 10:00 AM **TY Park** Pavilion 2, 3300 N Park Rd, Hollywood (305- 682-1569)
- 6:30 PM **Unity Church** 261 SE 13 Ave, Pompano (954-971-3932)

### THURSDAY

- 7:30 AM **First Christian Church** 201 SE 13 St, Ft Lauderdale 2nd Floor (954-563-3453)
- 10:00 AM **Pines Baptist Church** 800 NW 102 Ave, Pembroke Pines (954-987-3892)
- 10:00 AM **St. Benedict's Episcopal Church** 7801 NW 5th St, Plantation (954-484-6242)
- 6:30 PM **Unity Church** 261 SE 13 Ave, Pompano (954-971-3932)

### FRIDAY

- 7:30 PM **Gay & Lesbian Community Center** 1717 N. Andrews Wilton Manors (954-426-8046)

### SATURDAY

- 10:00 AM **St. Benedict's Episcopal Church** 782 NW 5 St, Plantation (954-473-8828)
- 10:00 AM **Coral Springs Med. Center** 3000 Coral Hills Dr (954- 968-6131)
- 10:15 AM **Big Book Meeting** Sober Today Club 1622 South 21 St, Hollywood, FL 33021 (954- 962-4306)

### SUNDAY

- 12:15 PM **Gay & Lesbian Community Center** 1717 N. Andrews Ave, Wilton Manors (954-426-8046)

## PALM BEACH COUNTY OA MEETINGS

### TUESDAY

- 7:30 PM **Regent's Park Nursing Center** 6363 Verde Trail, Boca Raton (954- 360-7478)

### THURSDAY

- 7:30 PM **Patch Reef Park Community Building** Yamato Rd/Military Trail (561-496-7679)
- 6:30 PM **Men's Meeting** Regent's Park Nursing Center, 6363 Verde Trail, Boca Raton, Room D (954-957-9419)

### SATURDAY

- 9:30 AM **Good Sheppard Lutheran** 6301 SW 18 ST, Boca Raton (561-498-4704)