

SUNSTEPS

A PUBLICATION OF MIAMI-DADE INTERGROUP OF OVEREATERS ANONYMOUS

SEED MONEY IS AVAILABLE TO START GROUPS

Miami-Dade Intergroup of OA can help you start a new group by providing literature and beginning funds to get established. Please attend any Miami-Dade Intergroup meeting or contact Teresita B.



NEW HOMESTEAD MEETING NEEDS SUPPORT

It meets on Monday at 6:30 PM, Wednesday at 12 Noon, and Saturday at 6:00 PM. The address is Banyan Street Community Center 17400 SW 97 Ave #10 (Franjo Road), Miami, FL 33157 Amy: (786-863-4465)



AFTER RELAPSE MEETING

Andrea is starting a short relapse meeting after the Thursday night meeting at Back on Track



ANNOUNCEMENTS

World Service has voted to publish a new pamphlet of stories.

A new 12 & 12 Audio book is now available.

World Service is looking for people to serve on a committee to revise the 12 & 12.



COOKBOOKS

A few more sugar-free/gluten-free cookbooks are available (call Helen V. at 305-751-4079) These are a fund-raiser and OA does not endorse a particular food plan.



WEBSITE AND SUNSTEPS

Julie will need to rotate out of service in 2014. If you would like to learn Wordpress to do the website, please contact her at 786-280-6051.



SUBSCRIBE TO EMAIL ANNOUNCEMENTS

Go to OAmiami.org and subscribe. You will get information as it becomes available. You can unsubscribe anytime.

LIST SERVE

Subscribe and unsubscribe at 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

OA LITERATURE

Buy OA and AA literature from your meeting rep or from oamiami.org

WEBSITES

Miami-Dade – oamiami.org

World Service – oa.org; Includes directory of online and telephone meetings

En Espanol – 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 7th 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 – Azikwe

Vice Chairman – Teresita B.

Secretary – Andrea K.

Treasurer –

Region 8 Rep – Andrea K.

World Service Delegate – Andrea K.

COMMITTEES

Convention –

Hotline – Donny

Public Information – Judd

Special Events – Trish and Cynthia

Twelfth Steps Within – Andrea K.

Traveling Meetings – Mike G

Ways and Means –

Unity With Diversity -

Young People –

Broward Liaison – Raquel

Latin American Liaison - Carol

Sunsteps Editor/Website – Julie M. (need alternate)

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) Banyan 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) Banyan 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) Banyan 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)

8:15 PM **OA Newcomer** Sober Today Club 1622 South 21 Street, Hollywood, FL (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)



REGION 2 CONVENTION

June 28-30

Hilton Palm Springs

Plan a vacation—come early or stay late to shop and sightsee!

- \$89 Room Rate
- \$35 Registration until April 15
- Thursday Night Pre-Convention Activities
- Friday Night Grand Opening with Music & Comedy
- Original OA Play
- Bargain Boutique
- Silent Auction
- Panels & Workshops including: Big Book Boot Camp, Body Image & the Steps, Forgiveness Workshop, Letting Go of Perfectionism, 100-Pounders: Letting Go of the Weight
- Special Focus: OA-How, Young People, Atheists & Agnostics, Anorexics & Bulimics, Gay & Lesbian, and more

Register at oar2.org

Gold Coast Intergroup Symposium

A NEW PAIR OF GLASSES

See Life Differently Working the OA Program



Date: April 6, 2013

Time: 9:00 a.m. – 5:00 p.m.

Cost: \$18

Location: North Broward Medical Center - Conference Center

Limited Registration * Details to Come