



Step Seven: Humbly asked Him to remove our shortcomings.

Tradition Seven: Every OA group ought to be fully self-supporting, declining outside contributions.

Concept Seven: The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—everyone?

- *Big Book of AA, p. 76*

In OA we discovered that humility is simply an awareness of who we really are today and a willingness to become all that we can be. Genuine humility brings an end to the feelings of inadequacy, the self-absorption, and status-seeking.

- *OA Twelve Steps and Twelve Traditions, pg 60*

In the days before I came to Overeaters Anonymous, when I was responsible for running the world, it was unthinkable to admit I didn't have answers for everything. The three least used words in my vocabulary were "I don't know."..For today: May I have the wisdom to remain teachable.

- *For Today, Apr 4 entry*

I did not deliberately choose my faults, but neither do I have to be afraid of letting them go. I can establish what they are (I have many more faults than I am aware of) by taking steps four and five, and I can abandon them in steps six and seven.

- *For Today, Nov 3 entry*

Reflect

1. What are your fears about changing? Can you share these fears with anyone?
2. How have you already seen yourself changed? How much of this did you actually have to do? How much were you empowered to do?
3. Can you write a letter to your HP, and talk about what bothers you and what you would like to see changed about you?

July 2018

Overeaters Anonymous of Miami-Dade and the Keys
Hotline: (305) 791-7035 | <http://www.oamiami.org>



A publication of Miami-Dade and the Keys Intergroup

Miami-Dade and The Keys Intergroup (MDKIG World Service ID: 09386)

Mailing address (including donations) is P.O. Box 530248, Miami, FL 33153. For Seventh Tradition checks, please include the day and time of your meeting. Intergroup meets the 1st Saturday of each month at 10:00 AM at Trinity Episcopal Cathedral. The address is 464 NE 16th St, Miami, FL, 33132

Chairperson	Vice-Chair	Treasurer	Secretary
Lonna 305-338-0423	Andrea 786-210-7977	Nicolas 305-771-5678	Jennifer D. 305-778-1571
Auditing		audits the treasurer's books and report for the previous year	
Budget		proposes budget at Dec meeting for the following year	
FL St Convention	Emilie 786-207-4786	serve as delegates for the annual state convention	
Hotline	Teresita 305-558-6436	ensures updated information is on the hotline message	
Group Outreach	Lisa B. 786-314-1968	contacts groups to encourage Intergroup participation	
Literature	Ann 305-582-0375	buys OA-approved literature and makes it available	
Newsletter	Lara 786-444-5432	compiles and prepares the newsletter for publication	
PIPO		performs Public Information Professional Outreach efforts	
Registration	Andrea 786-210-7977	maintains a current, updated list of all member groups	
Special Events (TSW)		coordinates Intergroup events; contacts relapsed members	
Traveling Meetings	Mike	takes meetings to shut-ins or people who cannot attend	
Twelfth Step Within			
Unity with Diversity	Rocio 305-305-0088	organizes meetings for underrepresented people	
Ways and Means	Leslie/Amy 305-753-0666	initiates and coordinates fund raising activities	
Website	MJ	runs and maintains the website	

Available For Service

<i>Sponsors:</i>	Jeanette 305-906-2302 Sigrid 561-445-3387	Lara 786-444-5432	Lisa B. 786-314-1968	Mary 305-508-2098
<i>Speakers:</i>	Andrea 786-210-7977 Lonna 305-338-0423	Elena G. 786-271-3114* Marcia L. 917-693-4729	Gary 305-510-5150	Lara 786-444-5432

*Denotes a speaker able to share their experience, strength and hope in both English and Spanish

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.



*SOAR 8 Recovery Convention
and Business Assembly*
October 12-14, 2018

Register for the *SOAR Region 8 Convention and Business Assembly*

Presented by the
Central Arkansas Intergroup Overeaters Anonymous
SOAR8LR2018.eventbrite.com



SAVE THE DATE!

Miami-Dade and Key Intergroup
October 6, 2018 Annual Convention

Questions? Call Dawn 954-589-6839