Sunsteps

A publication of the Miami-Dade & the Keys Intergroup

October 2019

Hotline: (305) 791-7035 | https://oamiami.org

OVEREATERS ANONYMOUS®
Miami-Dade and the Keys Intergroup

Step 10

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

Principle: **Perserverence**

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**

Make It An Affirmation

Promises Power - I have been in recovery a little over a year and I am 45 pounds (20 kg) lighter. This change in weight brought me a healthy body for the first time in my life and a complete change in how I live. Daily affirmations are a huge part of my recovery, and they're one of the best ways I've found to connect to my Higher Power. A special favorite is a rewording of the promises (Alcoholics Anonymous, 4th ed., pp. 83–84) as an affirmation:

I am happy to be painstaking about this phase of my development, and I am amazed before I am half way through. I am knowing a new freedom and a new happiness. I do not regret the past nor wish to shut the door on it. I am comprehending the word "serenity" and I am knowing peace. No matter how far down the scale I have gone, I see how my experience can benefit others. That feeling of uselessness and self-pity is disappearing. I am losing interest in selfish things and gaining interest in my fellows. Self-seeking is slipping away. My whole attitude and outlook upon life is changing. Fear of people and of economic insecurity is leaving me. I am intuitively knowing how to handle situations which used to baffle me. I am suddenly realizing that God is doing for me what I cannot do for myself. These promises are materializing as I work for them!

These words have such power. They give me strength to carry on with my Step work, be of service, and learn a new way of living. I'm so grateful to Overeaters Anonymous for the opportunity to live in the promises, one day at a time!

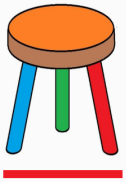
-Lori, Ventura, California, USA
Lifeline, October 2016, page 15

OVEREATERS ANONYMOUS®
Palm Beach County Intergroup

Join Palm Beach County OA Intergroup's

SPECIAL EVENT

"Recovery: A Three-Legged Stool"



Topic: Physical, Emotional & Spiritual Recovery
When: Sunday, October 20th, 2019
Time: 2:00 - 5:00 PM
Where: The Hagen Public Library
14350 Hagen Ranch Road, Delray Beach, FL
(Between Lake Ida Rd & W. Atlantic Ave.)

Suggested Donation - $7.00

OVEREATERS ANONYMOUS®
GOLD COAST INTERGROUP

invites you to

I.D.E.A. Day Buffet

International Day of Experiencing Abstinence
(formerly Gratitude Luncheon)

Saturday Nov. 23, 2019 | 12:00 PM-3:00 PM

For more details, please contact:
Sande K. (954) 610-6205 or Cathy M. (561) 756-2907

SAVE THE DATE

Miami-Dade Convention

Saturday, January 18, 2020

"Celebrate OA's 60 Years of Happy, Joyous, and Free!"

Be a part of this celebration.
Join a committee.

For more information, please
contact Mike F. at (954) 270-9169

Thanksgiving Day Meeting

Thursday, November 28, 2019
10:00 am - 11:30 a.m.

Where?
Quaker House
1185 Sunset Drive
Miami, FL 33143

Got Questions?
Contact Susanna at (305) 807-4386

OAMiami.org

Miami-Dade and The Keys Intergroup

Stay informed on what is happening in our area.
Please visit our web site at https://oamiami.org.

FOR SALE

MDKIG sells literature, coins, pamphlets, and more OA items at cost; NO shipping or handling fees to help make the price of literature a little more affordable. To place an order, please call Lonna at (305) 338-0423.

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

Mailing address (including donations) is P.O. Box 530248, Miami, FL 33153. For 7th Tradition checks, please include the day and time of your meeting. Intergroup meets the first Saturday of each month at 10:00 AM at Trinity Episcopal Cathedral, 464 NE 16th St, Miami, FL, 33132.

Chairperson	Vice-Chair	Treasurer	Secretary
Lonna	Emilie B.	Nicolas	Terrie M.
(305) 338-0423	(603) 721-6431	(305) 771-5678	(786) 253-4559

Auditing			audits the treasurer's books and report for the previous year
Budget	Nicholas	(305) 771-5678	proposes budget at Dec meeting for the following year
FL State Convention	Emilie / Andrea		serve as delegates for the annual state convention
Group Outreach	Lisa B.	(786) 314-1968	contacts groups to encourage Intergroup participation
Hotline	Teresita	(305) 508-6436	ensures updated information is on the hotline message
Literature	Vacant		buys OA approved literature and makes it available
MDKIG Convention	Michael F.	(954) 270-9169	coordinates MDKIG spiritual retreat and convention
Newsletter	MJ		compiles and prepares the newsletter for publication
PIPO Committee Members	Ann E. / Andrea K.		performs Public Information Professional Outreach efforts
Registration	Emilie	(603) 721-6431	maintains a current, updated list of all member groups
Special Events / Twelfth Step Within	Andrea K.	(786) 210-7977	coordinates Intergroup events; contacts relapsed members
Traveling Meetings	Helen	(305) 751-4079	takes meetings to shut-ins or people who cannot attend
Unity With Diversity	Rocio	(305) 305-0088	organizes meetings for underrepresented people
Ways and Means	Ivette	(786) 863-3320	initiates and coordinates fund raising activities
Website	MJ		Runs and maintains the web site

Available for Service

SPONSORS

Jeanette	(305) 906-2302
Lisa B.	(786) 314-1968
Mary	(305) 508-2098
Sigrid	(561) 445-3387

SPEAKERS

Andrea	(786) 210-7977
Elena G.	(786) 271-3114*
Gary	(305) 510-5150
Lonna	(305) 338-0423
Marcia L.	(917) 693-4729

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

ANNOUNCEMENT: MDKIG is searching for a new PIPO Chair

WE have a committee that is ready to serve without a leader. The PIPO Chair will coordinate the efforts of OA groups within our Intergroup area to carry the message of recovery to the public and the professional community, which can include hospitals, institutions, professionals, and the military. The chair will also encourage and assist groups to make the public aware of Overeaters Anonymous through printed and broadcast media, participation in community health fairs, and any other public means. The only qualification is the willingness to serve and give back to the fellowship of OA. **Please contact Lonna: chair@oamiami.org**

Miami-Dade and the Keys Intergroup of OA (MDKIG)

OA MEETINGS LIST - OCTOBER 2019

If you are unable to reach a contact by phone, please call our Hotline number at (305) 791-7035

SUNDAY					
Coral Gables OA #17666	7:30 PM	Spiritual Connection	South Miami Lutheran Church 7190 Sunset Drive, Miami, FL 33143	Nicholas (305) 771-5678	Speaker - CLOSED
MONDAY					
Miami Shores OA #37140	6:00 PM	Never Give Up	St. Martha's Catholic Church (Room E) 9221 Biscayne Blvd., Miami Shores, FL 33138	Helen (305) 751-4079	Literature - OPEN
Key Biscayne OA #56627	7:00 PM	Monday	Key Biscayne Community Church, 355 Glenridge Rd, Key Biscayne, FL 33149	Ann (305) 582-0375	Rotating Format/Speaker - OPEN
TUESDAY					
Key West OA #19635	5:30 PM	New Freedom	Unity of the Keys,1011 Virginia St. Key West, FL *corner of Virginia & Watson*	Mary (305) 508-2098	OPEN
WEDNESDAY					
Palmetto Bay OA #56966	12:00 PM	OA Friends	**NEW MEETING -** *Resurrected* Triangle Room Clubhouse, 17636 Franjo Rd., Palmetto Bay, FL 33157	Jeannie (305) 632-5367	Literature/Discussion - OPEN
Miami (S Dade) OA #52923	7:00 PM	Spanish	St. Paul's Lutheran Church, 10700 SW 56 Street, Rm. 6, Miami, FL 33165	Eva (786) 556-9755	Spanish/Discussion- OPEN
Coral Gables OA #31500	7:00 PM	Wednesday's Grace	Quaker House, 1185 Sunset Drive, Coral Gables, FL33143 *corner SW 52nd Ave & 72nd Street - parking lot is unlit*	Judd (305) 283-7227	Big Book - CLOSED
Miami Lakes OA #49839	7:30 PM	Fourth Dimension	Church of the Epiphany, 15650 Miami Lakeway N, Miami Lakes, FL 33014	Teresita (305) 558-6436	CLOSED
THURSDAY					
Hollywood OA #54106	7:00 PM	Pass It On	Sober Today, 1633 S 21st Ave, Hollywood, FL 33020	Andrea (786) 210-7977 Jessica (954) 806-4206	Speaker/Discussion - OPEN
FRIDAY					
Miami (S Dade) OA #40858	7:30 PM	Don't Eat No Matter What	St Paul's Lutheran Church, 10700 SW 56 Street, Rm 8, Miami, FL 33165	Michael (305) 815-2733	Steps or Traditions - OPEN
SATURDAY					
Miami (S Dade) OA #45505	10:00 AM	Attitude of Gratitude	St. Paul's Lutheran Church, 10700 SW 56 Street, Rm. 6, Miami, FL 33165	Ann (305) 582-0375	OPEN
Airport Area OA #48389	11:15 AM	Tools & Topics	Poinciana Methodist Church, 300 N. Royal Poinciana Blvd, Miami Springs, FL 33166 *(parking in the back)*	Joy (305) 323-7057	"Tools Topic" - OPEN

OPEN = Open to public
CLOSED = Closed to public

As of October 1, 2019