



Just For Today: Perseverence

“The path is smooth that leadeth on to danger.”

William Shakespeare

The road to compulsive overeating is built for comfort. It promises the satisfaction of every need and desire, and it stretches out invitingly from whatever spot on earth I may find myself. I am on another path now, but I am always aware of that old road. I can get back on it anytime, as, indeed, some do.

I do not choose to return to that road today. I may do it tomorrow, but, just for today, this road I'm traveling in OA is exactly where I want to be.

For today: The OA path is not always smooth and comfortable, but it is leading me to freedom.

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Step 10

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

Principle: **Perseverence**

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Principle: **Neutrality**

MDKIG DONATIONS

Miami-Dade and the Keys Intergroup has a Venmo account setup so you can make donations online.



Please send donations to MDKIG to: treasurer@oamiami.org.

Concept 10

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Principle: **Clarity**

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

Mailing address (including donations) is P.O. Box 530248, Miami, FL 33153. For 7thTradition 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.

Board Members & Service Members

Chairperson

Andrea K.
(786) 210-7977

Vice-Chair

Ivette
(786) 863-3320

Treasurer

Nicolas
(305) 771-5678

Secretary

Terri M.
(786) 253-4559

Assistant to Treasurer	Anne E.	(305) 582-0375	assists the treasurer as needed
Budget	Nicholas	(305) 771-5678	proposes budget at Dec meeting for the following year
FL State Convention	Vacant		serve as delegates for the annual state convention
Group Outreach	Cheryl	(305) 898-1715	contacts groups to encourage Intergroup participation
Hotline	Teresita	(305) 508-6436	ensures updated information is on the hotline message
Literature	Nilda	(305) 724-4951	buys OA-approved literature and makes it available
MDKIG Convention	Mike / Stephanie W.	(954) 270-9169 / (913) 706-1553	chairs and coordinates the Annual Intergroup Convention
PIPO (Social Media)	T (chair) / Ivette (social media)	(305) 439-0044 / (786) 863-3320	performs Public Information Professional Outreach efforts
Registration	Ivette	(786) 863-3320	maintains a current, updated list of all member groups
Special Events (TSW)	Lonna / Terri M.	(305) 338-0423 / (786) 253-4559	coordinates Intergroup events; contacts relapsed members
Traveling Meetings	Vacant		takes meetings to shut-ins or people who cannot attend
Unity With Diversity	Vacant		organizes meetings for underrepresented people
Ways and Means	Leslie	(305) 753-0666	initiates and coordinates fund raising activities
Website / Publications / Newsletter	Lonna	(305) 338-0423	Liaison to webmaster and newsletter editor

Available for Service

SPONSORS

Jeanette	(305) 906-2302
Lisa B.	(786) 314-1968
Lonna	(305) 338-0423
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.

OA's responsibility pledge states:

"Always to extend the hand and heart of OA to all who share my compulsion: for this I am responsible."

**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 Nilda at (305) 724-4951.

OAMiami.org
Miami-Dade and The Keys Intergroup

Stay informed on what is happening in our area. For meeting updates on COVID-19, meeting changes, upcoming events, and read our monthly newsletter, please visit <https://oamiami.org>.

REGISTRATION NOW OPEN !!!

Zooming into the 4th Dimension

Come enjoy workshops, discussions, and a featured Keynote speaker!

October 23, 24 & 25, 2020

Register using Eventbrite:

<https://www.eventbrite.com/e/115410368519>

\$15 Registration Fee

We never turn anyone away.

Please contact Trisha at
Trishad2@bellsouth.net



To get involved, call Stephanie, our convention chair, at (913) 706-1553 and join us!!!



OVEREATERS ANONYMOUS
Miami-Dade and the Keys Intergroup



~ Sponsored by MDKIG ~

OA's 11th Step Workshop

"Mindful Meditation - Giving Thanks"

A Zoom Workshop Every Friday Morning for 5 Weeks ...

MDKIG is offering an 11th step practice for everyone. With compassion and gratitude, we will sit with what is and what arises, inviting acceptance, courage and wisdom.



Dates: October 30th - November 27th

Time: 10:30 A.M. - 11:30 A.M.

Contact: janejaneyom@gmail.com / (847) 721-6623

A donation can be made through our venmo account - treasurer@oamiami.org

Come and experience the power of group meditation!

A Vision 4 You

**OA Big Book Study
Live Meetings Call 712-432-5210
Conference ID: 876148#**

Mon.-Fri. 7am-8am (recorded)
9am (unrecorded)
10am-11am (recorded)

Sunday Special Edition Meeting 8:30am

Check the calendar online to view
upcoming Special Editions.

**Archived Meetings 712-432-5203
Conference ID: 876148#
0# accesses most recent recordings
www.avision4you.info**

Listen and/or download podcasts of daily and
Special Edition meetings and read
AA's Big Book/12&12 online



SAVE THE DATE

LET'S ZOOM TOGETHER AND CELEBRATE

I.D.E.A. DAY

Overeaters Anonymous'

International Day of Experiencing Abstinence

Date: Saturday, November 21, 2020

Time: 12-12:30 Fellowship / "Bring Your Lunch"
Small breakout rooms for lunch break ...

12:30-tbd Gratitude Share-A-Thon



MDKIG Zoom Meetings List

Updated 8/8/20

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

Sunday 7:30 PM Miami Shores Solutions Group
Dial in: 1-253-215-8782
Meeting ID: 172 125 099
Password: 954954
Join Zoom Meeting ► <https://zoom.us/j/172125099>

Monday 6:45 PM Paso a Paso (*Spanish meeting*)
Dial in: 1-301-715-8592
Meeting ID: 214 340 328
Password: 954954
Join Zoom Meeting ► <https://zoom.us/j/214340328>

~~Monday 7:00 PM Key Biscayne~~
~~Dial in: 1-301-715-8592~~
~~Meeting ID: 696 228 446~~
~~Password: 305305~~
~~Join Zoom Meeting ► <https://zoom.us/j/696228446>~~

SUSPENDED FOR SUMMER

Tuesday 5:30 PM Key West
Dial in: 1-929-436-2866
Meeting ID: 362 158 277
Password: 406233
Join Zoom Meeting ► <https://zoom.us/j/362158277>

Wednesday 11:00 AM Palmetto Bay/Cutler Bay Triangle Room
Meeting ID: 304 937 619
Password: happy joy (*space between happy and joy*)
Join Zoom Meeting ► <https://zoom.us/j/304937619>

Wednesday 7:30 PM Miami Lakes Meeting
Dial-In #: 1-929-205-6099
Meeting ID: 877 359 183
Password: 305305
Join Zoom Meeting ► <https://zoom.us/j/877359183>

Thursday 7:00 PM "Sober Today"
Dial-In #: 1-301-715-8592
Meeting ID: 608 264 524
Password: 954954
Join Zoom Meeting ► <https://zoom.us/j/608264524>

Friday 5:30 PM "Body Image, Relationships and Sexuality"
Dial in: +1 929 205 6099 US
Meeting ID: 832 0199 0691
Password: 305305
Join Zoom Meeting ► <https://zoom.us/j/83201990691>

STARTED ON: September 4th, 2020

Saturday 10:00 AM "Attitude of Gratitude"
Dial in: 1-646-558-8656
Meeting ID: 930 596 010
Password: 425627
Join Zoom Meeting ► <https://zoom.us/j/930596010>

Saturday 10:00 AM "Attitude of Gratitude"
Dial in: 1-646-558-8656
Meeting ID: 930 596 010
Password: 425627
Join Zoom Meeting ► <https://zoom.us/j/930596010>

Saturday 10:00 AM Key West
Dial-in: 1-929-436-2866
Meeting ID: 299 799 161
Password: 058569
Join Zoom Meeting ► <https://zoom.us/j/299799161>

Saturday 11:15 AM Miami Springs Tools and Topics Meeting
Dial in# 1-929-205-6099
Meeting ID# 553 862 041
Password: 305305
Join Zoom Meeting ► <https://zoom.us/j/644613105>

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/j/MeetingIDNumber>

OA MEETINGS LIST - OCTOBER 2020

DUE TO COVID-19 (CORONA VIRUS) – PLEASE CHECK MDKIG’S ZOOM MEETINGS LIST

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

SUNDAY					
Miami Shores OA #57054	7:30 PM	Twelve & Twelve	Miami Shores Community Church 9823 N.E. 4th Ave. Miami Shores, FL 33138	Gary (305) 510-5150	Steps or Traditions OPEN
MONDAY					
Miami Shores OA #37140	6:00 PM	Never Give Up	St. Martha’s Catholic Church (Rm E) 9221 Biscayne Blvd. Miami Shores, FL 33138	Helen (305) 751-4079	Literature OPEN
Hollywood OA#56526	6:45 PM	Paso a Paso	Rebels’ Drop-In Center Memorial Outpatient Behavioral Health Center 3400 N 29th Ave, Hollywood, FL	Doris (305) 332-5832	Spanish Meeting
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 <i>corner Virginia & Watson</i>	Mary (305) 508-2098	OPEN
WEDNESDAY					
Palmetto Bay OA #56966	11:00 AM	OA Friends	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	Despertar	St. Paul’s Lutheran Church 10700 SW 56 Street, Rm. 6 Miami, FL 33165	Eva (786) 556-9755	Spanish / Discussion OPEN
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 21 st 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					
Key West OA #33149	10:00 AM	Tropical Freedom	Unity of the Keys 1011 Virginia Street Key West, FL <i>corner Virginia & Watson</i>	Mary (305) 508-2098	OPEN
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 <i>(parking in the back)</i>	Joy (305) 323-7057	“Tools Topic” OPEN

*CLOSED = Closed meetings are for OA members only (not open to the public)

OPEN = Open to the public (anyone is welcome to attend)