Sunsteps

A publication of the Miami-Dade & the Keys Intergroup

August 2021

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

OVEREATERS ANONYMOUS®

Miami-Dade and the Keys Intergroup

But for the Grace of God

STEP 8

Made a list of all persons we had harmed and became willing to make amends to them all.

Principle: *Self-Discipline*

TRADITION 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Principle: *Fellowship*

CONCEPT 8

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

Principle: *Delegation*

"Outside show is a poor substitute for inner worth."

-Aesop

Appearance is not everything, but it does tell the world how I feel about myself. As my days of abstinence increase, my appearance improves.

Before OA, physical attractiveness presented problems I didn't want to deal with. As I practice the steps of the program, these problems diminish. I gain spiritual fitness, mental health and physical wellbeing. Giving one hundred percent of myself to the tasks before me each day, and applying the principles of the program in all my affairs drives out both the obsession with food and the preoccupation with my looks. I lose weight without making it my primary goal.

For today: OA promises me threefold recovery as a result of working the program to the best of my ability. This is the only way I know to attain both outer attractiveness and inner worth.

-For Today, page 214

SAVE THESE DATES!!!

Miami Dade and The Keys Intergroup is having a VIRTUAL CONVENTION on December 11th & 12th 2021

Help is needed. Please get involved. Planning is underway!

For more information, please contact Rick K. at (954)559-0900

"I TAKE IT TO HEART"

The old me always knew the answers, always had the good ideas, never listened or followed anyone's suggestions. It was self-will running riot. Now, when I read something in OA literature, hear something at a meeting, or my sponsor shares something with me, I take it to heart and search for a place to fit it into my life. I reflect on how I can make it work for me, how I can adapt it.

With this disease of compulsive overeating, I cannot afford to be selective. Whatever is presented to me is presented for a reason, and my job is to absorb it. My OA recovery cannot be stagnant nor can my progress be put on hold. I cannot control this progressive disease of compulsive eating.

Keeping myself open to other overeaters' perspectives and to God's will keeps me alive. Thank you, God, for the insight and experiences shared by others. The circle of life for me is Step work and abstinence from compulsive overeating.

I apply what I hear to my daily routine, thus becoming and staying spiritually sound, emotionally secure, and physically fit.

-Voices of Recovery, page 147

THE PROMISES

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them.

-Alcoholics Anonymous, pages 83-84

OA Virtual Resources

Due to COVID-19 (Coronavirus), the introduction of OA Zoom meetings developed and spread quickly. In addition to MDKIG zoom meetings, today there are many meetings all over the world. We are offering a sample list of Resources for Virtual Meetings to help in your search for a variety of available meetings.

- ⋆ **OA.org:** Find a Meeting, click Online
- ⋆ **OA.org:** Find a Meeting, click Online, click "additional search options", select special focus *(i.e. LGBT, BIPOC, 100 pounders, etc.)*
- ⋆ **A Vision 4 You:** OA Big Book Study → www.avision4you.info
- ⋆ **OAVirtualRegion.org:** Virtual Intergroups
- ⋆ **OAFootsteps.com/meetings**
- ⋆ **OAMen.org**
- ⋆ **OARegion1.org:** Resources, click Resources for specific populations (i.e. Anorexics and Bulimics in OA, American Sign Language & Closed Captioned Meetings, Young People, etc. Any OA member may attend any OA meeting, regardless of special focus.

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 1:00 PM on Zoom.
Meeting ID: 898 7142 4852 **Password:** 305305

Board Members & Service Members

Chairperson	Vice-Chair	Treasurer	Secretary
Gary D.	Trisha D.	Lori H.	Cheryl E.
(305) 510-5150	(305) 298-5351	(305) 781-5076	(305) 898-1715

Assistant to Treasurer	Anne E.	(305) 582-0375	assists the treasurer as needed
Budget	Lori H.	(305) 781-5076	proposes budget at Dec meeting for the following year
FL State Convention	Terri M.	(786) 253-4559	serve as delegates for the annual state convention
Group Outreach	Lisa R.	(305) 598-8580	contacts groups to encourage Intergroup participation
Hotline	Teresita	(305) 558-6436	ensures updated information is on the hotline message
MDKIG Convention	Rick K.	(954) 559-0900	chairs and coordinates the Annual Intergroup Convention
PIPO (Social Media)	Andrea K.	(786) 210-7977	performs Public Information Professional Outreach efforts
Registration	Trisha D.	(305) 298-5351	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
Unity With Diversity			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.*

MDKIG DONATIONS

Miami-Dade & The Keys Intergroup has both **Venmo** and **Zelle** accounts setup for sending donations online.

Please send donations for MDKIG to: treasurer@oamiami.org. *Thank you!*

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.

MDKIG Zoom Meetings List

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

Monday 6:45 PM EST Paso a Paso *(Spanish meeting)*
Dial in: 1-929-205-6099
Meeting ID: 883 7389 7663
Password: 305305
Join Zoom Meeting ► https://us02web.zoom.us/j/88373897663?pwd=VjFlc0IzVGhMZFVuYkI1MmtvNnhmdz09

Tuesday 5:30 PM EST New Freedom
Dial in: 1-929-205-6099
Meeting ID: 362 158 277
Password: 406233
Join Zoom Meeting ►

Wednesday 11:00 AM EST Triangle Room Clubhouse
Dial in: 1-929-205-6099
Meeting ID: 304 937 619
Password: happy joy *(space between happy and joy)*
Join Zoom Meeting ►

Wednesday 7:30 PM Miami Lakes Meeting
Dial-In #: 1-929-205-6099
Meeting ID: 864 0370 5939
Password: 305305
Join Zoom Meeting ► https://us02web.zoom.us/j/86403705939?pwd=UDJhZHlyTzV6NTBzYlNtdTRydWNRdz09

Thursday 7:00 PM "Sober Today"
Dial-In #: 1-929-205-6099
Meeting ID: 898 7001 7614
Password: 305305
Join Zoom Meeting ► https://us02web.zoom.us/j/89870017614?pwd=cjNUT3RJZSs4dm1BendCWjhSalZadz09

Friday 5:30 PM **"Body Image, Relationships and Sexuality"**
Dial-In #: 1-929-205-6099
Meeting ID: 853 3611 2800
Password: 305305
Join Zoom Meeting ► https://us02web.zoom.us/j/85336112800?pwd=ZmxXbllSbUZNZHZnaXlLNkJvdHYvUT09

Saturday 10:00 AM "Tropical Freedom"
Dial-In #: 1-929-205-6099
Meeting ID: 299 799 161
Password: 058569
Join Zoom Meeting ►

Saturday 10:00 AM "Attitude of Gratitude"
Dial in# 1-929-205-6099
Meeting ID: 930 596 010
Password: 058569425627
Join Zoom Meeting ► https://us02web.zoom.us/j/81309668825?pwd=NGk1ZnVXTEREaWtYL0JLdlFFK2FTUT09

Saturday 11:15 AM Miami Springs Tools and Topics Meeting
Dial in# 1-929-205-6099
Meeting ID# 812 6685 6979
Password: 305305
Join Zoom Meeting ► https://us02web.zoom.us/j/81266856979?pwd=a003YUpvQXRDQ1oyeE9IY1IhOFlEdz09

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

Revised: 2/6/21