Sunsteps

March 2021

A publication of the Miami-Dade & the Keys Intergroup

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

OVEREATERS ANONYMOUS®

Miami-Dade and the Keys Intergroup

"It is indeed from the experience of beauty and happiness, from the occasional harmony between our nature and our environment that we draw our conception of the divine life."

-George Santayana

Nowhere in my life has my Higher Power been more evident than in relieving me of compulsive overeating, in giving me the OA program of recovery. If I was not a believer when I came to OA, I am a believer now. I was, and still am, powerless over food. I came to OA with just enough hope to try; there was nowhere else to go, nothing left to do. I gave up my will and was relieved of obsession. Today, I trust more than I did yesterday, and I will trust more tomorrow than I do today.

For today: How grateful I am for the concept of God as I understand God. Only with faith in a Power greater than myself am I not afraid to enjoy what is beautiful, and to be happy.

For Today, page 157

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Spiritual Principle: **Faith**

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Spiritual Principle: **Identity**

Concept 3

The right of decision, based on trust, makes effective leadership possible.

Spiritual Principle: **Trust**

Responsibility Pledge

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.

Third Step Prayer

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do thy will always.

–Alcoholics Anonymous, page 63

OA Love: The 12 Traditions

Begins Tuesday 1/19/2021 @ 5:30 PM for 12 weeks

Zoom Meeting ID: 818 2739 1595 PW: 305305

For more info: Contact Gary @ (305) 510-5150

Download flyer on our website @ oamiami.org

Every Tuesday until 4/6/21

THE ROAD OF HAPPY DESTINY

March 19th - 21st • Nashville, TN

SOAR8

RECOVERY CONVENTION

For more info, please visit OARegion8.org.

SOAR 8

Southeastern Overeaters Anonymous Region 8

Spring 2021 - Business Assembly

VIRTUAL via Zoom . . .

April 9th & 10th

For more info, please visit OARegion8.org.

BLOOM WHERE PLANTED

Keeping It Green :

How Long-Timers keep their program fresh.

Date: Sunday, March 28, 2021

Time: 2-4 pm EST

ID: 864 5736 7495 PW: 305305

Dial-in Number : 1 929-205-6099

Direct Zoom Link:

https://us02web.zoom.us/j/86457367495?pwd=NDhpcWxkY3FFbkt0RGx5eUIJZ3B5dz09

OVEREATERS ANONYMOUS®

Miami-Dade and the Keys Intergroup

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

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
Gary D.
(305) 510-5150

Vice-Chair
Trisha D.
(305) 298-5351

Treasurer
Lori H.
(305) 781-5076

Secretary
Cheryl E.
(305) 898-1715

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			contacts groups to encourage Intergroup participation
Hotline	Teresita	(305) 558-6436	ensures updated information is on the hotline message
Literature			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)			performs Public Information Professional Outreach efforts
Registration			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	Femi	(202) 531-9878	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.*

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 DONATIONS

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

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

Thank You

MDKIG Zoom Meetings List

Updated 2/6/21

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=a003YUpvQXRDQ1oyeE9IY1lhOFlEdz09

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