



March 2024

A publication of the Miami-Dade & the Keys Intergroup

Helpline: (305) 857-5627 | <https://oamiami.org>



## 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**

*“Nothing in life is more wonderful than faith—the one great moving force which we can neither weigh in the balance nor test in the crucible.”*

-Sir William Osler

I never saw it, touched it, smelled it, swallowed it with water or had it injected into me with a hypodermic needle. But it brought about what no pill, no shot, no book, no lecture, no prayer had ever been able to do. It broke my compulsion.

“It,” of course, is faith. From the moment I stepped in the door of my first meeting, OA gave me faith that this program would work for me. I believed, against all the odds, that it would work—and it did.

My faith in the power of the twelve-step program is stronger than ever. It has never failed me, and it will not fail anyone who can put aside doubt.

**For today:** Compulsive overeating is no match for the twelve steps. There are people who need to hear that, both in and out of OA.

-For Today, page 76

## MDKIG DONATIONS

The Miami-Dade & The Keys Intergroup (MDKIG) accepts donations using Venmo, PayPal, Zelle, or by check.

Please send donations for MDKIG to: [treasurer@oamiami.org](mailto:treasurer@oamiami.org).

If sending a check, please send to:

Miami-Dade & The Keys Intergroup  
PO Box 530214  
Miami Shores, FL 33153



# SAVE THE DATE!!!

## On The Road Again ... to The Keys!!!

**WHEN:** Saturday - April 13, 2024

**WHERE:** Monroe County Public Library  
81830 Overseas Highway  
Islamorada, FL 33036

**TIME:** 10:00 a.m. – 3:00 p.m. EDT

**THEME:** "The Keys to Freedom"



**OVEREATERS  
ANONYMOUS®**  
Region 8 Public Information & Professional  
Outreach (PIPO) Committee

### Using Social Media for Outreach

Virtual Workshop

April 20th / 1:00-2:30 pm EDT

<http://tinyurl.com/socialmediaoa>

Questions? [pipochair@oaregion8.org](mailto:pipochair@oaregion8.org)



Each group has but one primary purpose —  
to carry its message to the compulsive  
overeater who still suffers.



# OA Virtual Resources



During the pandemic, the introduction of OA virtual meetings developed with the help of "Zoom" and spread quickly. In addition to MDKIG "Zoom" meetings, today there are many online 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 lbs, etc.*)

**A Vision 4 You:** OA Big Book Study → [www.avision4you.info](http://www.avision4you.info)

**OAVirtualRegion.org:** Virtual Intergroups

**OAFootsteps.com/meetings**

**OARainbow.org** — LGBTQ Community

**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

**NEW HELPLINE: (305) 857-5627**

Stay informed on what is happening in our area. For meeting updates and/or meeting changes, upcoming events, TikTok (OA videos), and read our monthly newsletter, please visit <https://oamiami.org>.

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

Mailing address (including contributions) is P.O. Box 530214 Miami Shores, FL 33153. If sending 7th Tradition checks, please include the day and time of your meeting.

Miami-Dade & The Keys Intergroup began meeting on the **fourth Saturday of each month at 1:00 PM** via Zoom.  
**Next Month's Meeting:** Saturday, March 23rd, 2023 at 1PM

# Board Members & Service Members

#### Chairperson

Mary D.  
(305) 508-2098

#### Vice-Chair

Andrea K.  
(786) 210-7977

#### Treasurer

Marlise  
(305) 431-2122

#### Secretary

Cheryl E.  
(305) 898-1715

Budget	Marlise	(305) 431-2122	proposes budget at Dec meeting for the following year
Group Outreach	Lisa R.	(786) 385-4409	contacts groups to encourage Intergroup participation
Helpline	Rick B.	(305) 857-5627	ensures updated information is on the hotline message
MDKIG Convention	Andrea K.	(786) 210-7977	chairs and coordinates the Annual Intergroup Convention
PIPO (Social Media)	Andrea K.	(786) 210-7977	performs Public Information Professional Outreach efforts
Registration	Andrea K.	(786) 210-7977	maintains a current, updated list of all member groups
Special Events (TSW)	Terri M.	(786) 253-4559	coordinates Intergroup events; contacts relapsed members
Unity With Diversity			organizes meetings for underrepresented people
Ways and Means			initiates and coordinates fund raising activities
Website / Publications / Newsletter	Lonna	(305) 338-0423	Liaison to webmaster and newsletter editor

## Available for Service

### SPONSORS

Connie T.	(305) 304-8248
Jeanette	(305) 906-2302
Lisa B.	(786) 314-1968
Lonna	(305) 338-0423
Sigrid	(561) 445-3387
Terri M.	(786) 253-4559



### SPEAKERS

Elena G.	(786) 271-3114
Gary	(305) 510-5150
Lonna	(305) 338-0423
Marcia L.	(917) 693-4729
Terri M.	(786) 253-4559

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

# Miami-Dade and The Keys (MDKIG) Meetings List

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

---

## Sunday 12:00 PM ET "Sunday Serenity"

Sober Today Clubhouse  
2035 Harding Street  
Hollywood, FL  
Call Ellie S. for more info (248) 348-8822

**FACE-TO-FACE MEETING**

---

## Monday 6:45 PM ET 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/86403705939?pwd=VjFic0lzVGhMZfVUyKl1MmtvNnhmdz09>

---

## Tuesday 1:30 PM ET "Women Healing Together" (WOMEN ONLY)

Dial in: 1-929-205-6099  
Meeting ID: 821 2332 5174 Password: 305305  
Join Zoom Meeting ►

---

## Tuesday 2:00 PM ET "Serenity on Sunset" **NEW DAY & NEW TIME**

South Miami Lutheran Church  
7190 Sunset Drive  
Miami, FL 33143

**FACE-TO-FACE MEETING**

---

## Tuesday 5:30 PM ET "New Freedom"

Dial in: 1-929-205-6099  
Meeting ID: 362 158 277 Password: 406233  
Join Zoom Meeting ►

---

## Wednesday 7:30 PM ET "Fourth Dimension"

Dial-In: 1-929-205-6099  
Meeting ID: 864 0370 5939 Password: 305305  
Join Zoom Meeting ► <https://us02web.zoom.us/j/86403705939?pwd=UDJhZHIyTzV6NTBzYlNtdTRydWNRdz09>

---

## Thursday 6:00 PM ET "Pass It On"

Dial-In: 1-929-205-6099  
Meeting ID: 898 7001 7614 Password: 305305  
Join Zoom Meeting ► <https://us02web.zoom.us/j/89870017614?pwd=cjNUT3RJSs4dm1BendCWjhSalZadz09>

---

## Friday 10:00 AM ET "Palmetto Bay"

**NEW ADDRESS:**  
10775 SW 190th Street, Unit #1  
Palmetto Bay, FL 33157

**FACE-TO-FACE MEETING**

---

## Saturday 9:30 AM ET "Tropical Freedom" → (Writing Meeting)

Dial-In: 1-929-205-6099  
Meeting ID: 299 799 161 Password: 058569  
Join Zoom Meeting ►

---

## Saturday 10:00 AM ET "Attitude of Gratitude"

Dial in: 1-929-205-6099  
Meeting ID: 813 0966 8825 Password: 305305  
Join Zoom Meeting ► <https://us02web.zoom.us/j/81309668825?pwd=NGk1ZnVXTEREaWtYl0JLdIFFK2FTUT09>

---

## Saturday 11:15 AM ET "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=a003YUpvQXRdQ1oyeE9lY1lhOFIEdz09>

---

## Saturday 11:30 AM ET "Into Action, One Day At A Time"

North Dade Regional Library  
2455 NW 183rd Street  
Miami Gardens, FL 33056

**FACE-TO-FACE MEETING**

---

### 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>