



Got Integrity?

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Principle: *Integrity*

Tradition 5

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

Principle: *Purpose*

Concept 5

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

Principle: *Consideration*

“Lying to ourselves is more deeply ingrained than lying to others.”

-Fyodor Dostoyevski

I am with myself every minute of every day. I have no respite from my frailties, no leave of absence from myself. It’s hard to have to listen to that relentless inner voice forever pointing out my faults and mistakes. So I fall back on the familiar pattern of self-deception. In that never-never land, things are not what they really are; they are what I want them to be.

As I work this program of recovery, I find better ways of seeking relief. I call time out to express my feelings, either verbally or in writing. Funny, how much more bearable the truth becomes when I can look at it openly and honestly, without having to be defensive about it.

For today: To the extent that I take time to express my feelings, I can be comfortable with myself and learn something important at the same time.

-For Today, page 285

MDKIG CONTRIBUTIONS

The Miami-Dade & The Keys Intergroup (MDKIG) accepts contributions using Venmo, PayPal, Zelle, or by check. Please send contributions to: treasurer@oamiami.org.



If sending a check, please send to: Miami-Dade & The Keys Intergroup
PO Box 530214
Miami Shores, FL 33153

Letter from MDKIG Treasurer

Please read...

Hi Fellows:

Happy to announce that we have several new ways to make our 7th Tradition donations. Our webmaster added a **PayPal button** <https://oamiami.org/contributions/> so that you can make credit card payments and recurring monthly/ yearly contributions. We also have a **link** that you can copy and paste to texts, e-mails and Zoom chat boxes. https://www.paypal.com/donate/?hosted_button_id=F63T7HTJMZXFG and yes, a **QR code**.



OUR GOAL:

21 recurring monthly donations of \$20

(or whatever you can afford to contribute)

Meeting our goal will allow us to meet our expenses this year, and to pass on the much needed funds in our treasury to Region 8 and World Service. We currently receive donations to meet about only a quarter of our expenses.

This is important because our intergroup, Region 8 and World Service Office (WSO) have all been in a financial bind since the beginning of the pandemic when meetings went virtual. There is no longer a weekly basket being handed around and, as you can imagine, without that, it is easy to fall out of the habit of making the weekly donations that all service levels depend on.

Q: You may ask... "Why do I need to contribute if we don't have any meeting expenses because of Zoom meetings?"

A: Because we have a bottom-up service structure with individuals at the bottom. Contributions that are made filter all the way up from individual and group levels to service your group (if needed), and if not, to Intergroup for our expenses (see below), and from there to Region 8 and the World Service Office. If we don't contribute at the individual or group level, then there is no trickle up effect and we hamper the work of Region 8 and WSO who depend on us to carry the message.

Q: What happens to my contribution? (A copy of our budget is available upon request)

A: We receive it at Intergroup and we pay our expenses first:

- Zoom accounts servicing the meetings
- Website hosting
- Webmaster
- Our P.O. Box
- Seed money for new in-person groups
- Travel expenses to send our delegates to Region 8 and WSO conferences
- Special events (WE NEED A CHAIR FOR THIS COMMITTEE)
- Filing of our Annual Report
- Our annual convention
- Materials for the Public Information Committee to carry the message

Anything we receive above our expenses, we send to Region 8 and World Service.

**HELP US TO GET TO THOSE 21 DONATIONS OF \$20
SO THAT WE CAN PASS OUR TREASURY ON TO REGION 8 AND WORLD SERVICE TO CARRY
THE MESSAGE LOCALLY, REGIONALLY AND WORLDWIDE!**

SAVE THE DATE

SOAR 8 BUSINESS ASSEMBLY & RECOVERY CONVENTION

September 20-22, 2024

DoubleTree by Hilton

Deerfield Beach/Boca Raton, FL 33441



Hosted By



OVEREATERS
ANONYMOUS®

GOLD COAST INTERGROUP
PALM BEACH COUNTY INTERGROUP

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

OAVirtualRegion.org: Virtual Intergroups

OAFootsteps.com/meetings

ORainbow.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, May 25th, 2024 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 11:30 PM ET “Sunday Serenity” (Big Book Discussion)
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/88373897663?pwd=VjFlc0lzVGhMZFVuYkl1MmtvNnhmdz09>

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**

FACE-TO-FACE MEETING

South Miami Lutheran Church
7190 Sunset Drive
Miami, FL 33143

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=UDJhZHIyZzV6NTBzYlNtdTRydWNRdz09>

Friday 10:00 AM ET “Cutler Bay”

NEW ADDRESS:

10775 SW 190th Street, Unit #1
Cutler 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=NGk1ZnVXTEREaWtYl0JldlFFk2FTUT09>

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”

FACE-TO-FACE MEETING

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

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>