

## Steps 7

A recovering compulsive overeater is like a turtle on a fence post; you know it had help. The principle behind Step Seven is **Humility**. It states, “Humbly asked Him to remove our shortcomings.” Alone, I can no more rid myself of my character defects than a turtle can climb a fence post, but God can and does for me what I cannot do for myself. AA’s Twelve Steps and Twelve Traditions states, “The chief activator of our defects has been self-centered fear – primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands.”

True humility brings with it acceptance. Self-centered fear is neutralized in my life by realizing who my Higher Power is and how He works in my life. If I fail to get something I demand, God did not want me to have it. If I lose something I already possessed, it must be for the best or I would not have lost it. If I insist on having things my way, there is a lack of humility. It is arrogance deluding me into thinking I know better than God Himself. I can look back at countless times where I thank God I did not get what I wanted - where I can honestly say, “Whew, I dodged a bullet on that one.” I find peace when I remind myself God has the big picture. He is the source of our highest good and He is working behind the scenes. I can throw my child-like tantrum, but in the final analysis the will of God is always something better than I could have imagined for myself. The sooner I can muster the necessary willingness and humility to allow the will of God to come about in whatever way divine wisdom considers best, (rather than in any particular way I may have outlined for myself), the sooner I find serenity.

I have heard it said that belief is watching a man push a wheelbarrow across the Grand Canyon on a high wire and saying, “I believe he can do that.” Trust, on the other hand, is getting in the wheelbarrow. (Continued on page 3)

### Calendar of Upcoming Events

- Saturday, July 22, 9:30 am-1 pm, Steps 6, 7, 8, and 9 Marathon, Quaker House
- Saturday, August 19, 1pm-4pm – Craft Making For Intergroup Conv. – Trinity Cathedral



July 2006

### The Responsibility Pledge

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

### Contact Numbers & Addresses

Miami-Dade Intergroup (MDIG)  
(including donations)  
c/o Sue Larimore  
4141 Nautilus Drive, #4F  
Miami Beach, FL 33140  
phone: 305-534-5290  
MDIG World Service ID: 09386

Sunsteps info:  
Angie, 954-444-2156  
[sunstepseditor@yahoo.com](mailto:sunstepseditor@yahoo.com)

OA World Service Office  
PO Box 44020  
Rio Rancho, NM 87174-4020  
phone: 505-891-2664  
fax: 505-891-4320  
[www.oa.org](http://www.oa.org)

### Intergroup Info

The Miami-Dade Intergroup meets the 1<sup>st</sup> Saturday of each month at 10:00 AM at North Shore Medical Center. The address is 1100 NW 95 Street, Miami, FL 33150. Directions: Exit I-95 at NW 95 Street. Go west four blocks.

### Intergroup Officers

#### Chairperson:

Sue, 305-534-5290

#### Vice-Chair:

Rick, 305-446-7163

#### Treasurer:

Vacant

#### Recording Secretary:

Vacant

#### Corresponding Secretary:

Lonna, 305-338-0423

### Speakers & Sponsors

Below are OA members who are in physical, emotional and spiritual recovery.

#### Speakers

Gary, 305-758-3050  
Lillian, 305-558-1977  
Lisa, 305-598-8580  
Marc, 305-527-6080  
Marlise, 305-256-3737  
Mike, 305-665-8919  
Sue, 305-534-5290

#### Sponsors (or Temporary Sponsors)

Marc, 305-527-6080  
Mike, 305-665-8919

### About Overeaters Anonymous (OA)

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

### About this publication

Miami-Dade Intergroup publishes Sunsteps monthly. Content printed in Sunsteps reflect the opinion of the author and not that of OA as a whole, or the Miami-Dade Intergroup. Other Twelve Step Fellowships may reproduce material printed here. We ask that you credit the source.



July 2006

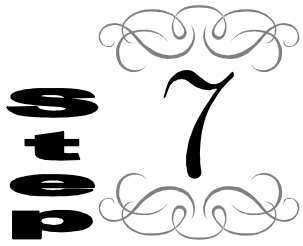
Step  
7



(Continued from page 1) I can say I believe God can remove my shortcomings, but it is when I act on that belief and put down my fork, choose to forgive, don't send that e-mail to "set the record straight," etc., that I am exhibiting trust. It is when you act on Faith that you actually have it. The Big Book states, "When we became **compulsive overeaters**, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn't. What was our choice to be?"

Most of us share the same alma-mater - we graduated from the School of Hard Knocks. In fact, from time to time I even go back and take a class or two, but with the principle of humility as my guide I need not be shocked, deflated, or discouraged when I do. Step Seven offers hope of a better way – an alternative to hitting a humiliating bottom with every single defect, as I did with my compulsive eating. AA's Twelve Steps and Twelve Traditions states, "We saw we needn't always be bludgeoned and beaten into humility. It could come quite as much from our voluntarily reaching for it as it could from unremitting suffering. A great turning point in our lives came when we sought for humility as something we really wanted, rather than as something we **must** have."

God answers the prayers of the heart, not of the lips. If you "turn it over" but do not "let go," you end up upside down. Step Seven says we "asked." It does not say we begged or pleaded. I believe it is God's good pleasure to remove our shortcomings. God does not need me to grovel. He simply wants me to cooperate sincerely. God can change me if it is what I truly want. When I take one step towards God, He takes two towards me. There were hundreds, perhaps even thousands, of times that I would beg and plead for God to stop me as I sped towards the supermarket or the all-you-can-eat buffet planning a binge. My prayers were empty. They were merely lip service. I had to get out of the driver's seat. God knows me better than I know myself. During those times I did not reach out and make an OA call nor go to a meeting, because deep down I wanted to eat. It is truly easier to act your way into a new way of thinking than to think your way into a new way of acting. As Ghandi said, "We must become the change we want to see." Humility also deals with character building. I cannot live a spiritual life doing unspiritual things. For many years I heard the phrase "Do the next right thing." Problem is, I can rationalize and delude myself into thinking some of the most insane things are the next right thing. I remember a time when I heard on the radio that it takes 21 days to develop a habit. So, I figured I could go ahead and overeat but as long as I stop before the end of 21 days it would not become a habit. Yeah, right! In short order I was completely out of control. I ended up gaining over 100 pounds. When you dance with a gorilla, it is the gorilla that decides when to stop. (Continued on page 4)



**(Continued from page 3)** By the grace of God, after a few years I found my way back into recovery. Now I believe there is a better standard – “Do the next character-building thing.” Humbly asking God to remove my shortcomings has transformed my life from suicidal depression to seeing my life-long dreams and aspirations coming true. My existence was tortured by denial, despair, fear, self-reliance, ego, cowardice, self-deception, shame, guilt, self-seeking, apathy, pride, envy, arrogance, self-indulgence, resistance, irresponsibility, indifference, perfectionism, procrastination, impatience, confusion, selfishness, self-centeredness, ego, and isolation. Today, for the most part, my life is characterized by acceptance, open-mindedness, serenity, God-reliance, trust, strength, self-awareness, surrender, self-acceptance, freedom, responsibility, determination, tolerance, vigilance, efficiency, consistency, wisdom, inspiration, enlightenment, fellowship, gratitude, magnanimity, and charity. Words cannot adequately express all that God has done for me. I know for a fact I am not God’s gift to OA. OA is God’s gift to me. Thank you. Thank you. Thank-you!

Imagine God coming into the office and checking his messages for South Florida. His assistant reports there are over a million people praying to win the lottery, several hundred thousand praying for relationships, tens of thousands praying for loved ones, and then there is this one man in Miami saying “Thank you.” all day long. And God says, “Give that guy whatever he wants.” Sometimes, I feel like I am that guy. I do believe God’s favorite prayer is “Thank you.” Two simple words that say so much: that God is the source, that God knows best, and that a successful outcome is not in doubt. It is a given. But perhaps most importantly, it acknowledges the greatest of all riches – contentment.

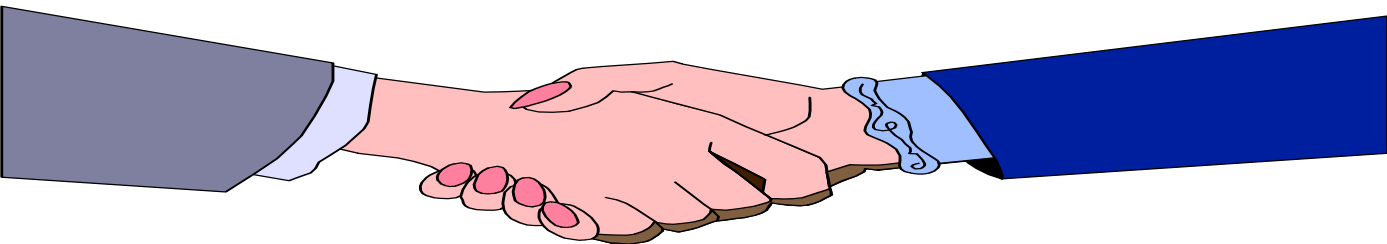
Happiness is where we find it, rarely where we seek it. I chased happiness down so many dead ends: overeating, drugs and alcohol, gambling, sex, relationships, education, work, co-dependency, money, and possessions, only to find it was fleeting at best. Today, to my shock and amazement, I find happiness to be the by-product of right living. I made so many false starts but I don’t regret the past nor wish to shut the door on it. My past has not only laid the foundation for my recovery; it makes me uniquely qualified to reach those who can relate to my story and for that I am grateful. It is indeed true that experience is not what happens to you. It is what you do with what happens to you.

The Big Book has only a single paragraph dedicated to Step Seven. It states, “When ready, we say something like this: ‘My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.’ We have then completed Step Seven.” It does go on to say, “Now we need more action, without which we find that ‘Faith without works is dead.’ This leads us to Steps Eight and Nine.”

Michael☀

# Reach Out!

Enhance Your Recovery  
Through the



## Twelfth Step Within Committee

Remember that we deal with food--  
Cunning, Baffling, Powerful!

The 12 Step Within Committee Reaches Out to members who are struggling, to friends and members we seem to have lost. You can reach out, be of service in two direct ways:

- 1) Chair or ask a member of your group to chair a 12 step within committee for your group and to work in conjunction with Mike G., chair of Miami-Dade Intergroup's 12 Step Within Committee.
- 2) Gather the names, numbers, addresses of members you haven't seen in a while and pass these on to Mike. He'll see to it that welcome back material is mailed to them.

Please contact Mike G. at (305) 665-8919  
Lawgoldfox2@AOL.COM

Meetings

BG=Beginner's; BB=Big Book; BRB=Brown Book DC=Discussion; LIT=Literature; SN=Spanish; SP=Speaker; ST=Step; TR=Traditions; YP=Young People \*For meetings held at Sinai Plaza (formerly St Francis Barry Nursing) you must be buzzed in, but you do not need to sign in.

**Miami-Dade County**

Monday

- 10:30 AM, **We Care**, Quaker Meeting House, 1185 Sunset Dr, Coral Gables, 33143, Marlise, 305-256-3737, #30119, ST, DC
- 12:00 PM, **Big Book @ Noon** Trinity Episcopal Cathedral, 464 NE 16<sup>th</sup> Street, Miami, 33138, Julia, 305-534-3217, LIT
- 6:00 PM, **Keep Coming Back**, Coral Gables Baptist, 5501 Granada Blvd (on U.S. 1), Coral Gables, 33146, Peter, 305-794-2774, #34614, DC

Tuesday

- 5:45 PM, **Common Bond**, Sober In South Beach, SOBE RM, 1718 Bay Rd, Miami Beach, 33139, Greta, 305-532-2206, #38017
- 7:30 PM, **Renewed Hope**, St Paul's Lutheran, Rm 6, 10700 SW 56th St, Miami, 33165, Maylin, 786-499-8555 Relapse and Recovery, #45812
- 7:00 PM, **The Fourth Dimension**, AA Friendship Club, 7680 NW 186<sup>th</sup> Street, Miami, Aggie 954-871-7111

Report meeting changes to Sue, 305-534-5290 or ndsuelari@aol.com

Wednesday

- 12:00 PM, **Primary Purpose**, Trinity Episcopal Cathedral, 464 NE 16 Street, Miami, 33132, Sophie, 305-206-8867, #40800, LIT
- 7:00 PM, **Wednesday's Grace**, Quaker Meeting House, 1185 Sunset Drive, Coral Gables, 33143, Josie, 305-458-7149, #31500, DC

Thursday

- 7:15 PM, **Pass It On**, Back On Track Clubhouse, 20377 NE 15<sup>th</sup> Court, North Miami Beach (sheet metal union building), Dawn, 305-527-7118 or Marc, 305-527-6080, #48674, BG, SP, DC
- 7:30 PM, **New Beginnings**, Riviera Presbyterian, 5275 Sunset Drive, Coral Gables, 33143, Susan, 305-254-0801, #00772, BG, SP

Friday

- 7:00 PM, **Never Give Up**, Miami Shores Community Ctr, 9617 Park Drive, Miami Shores, 33138, Helen, 305-751-4079, #37140, ST, TR
- 7:00 PM, **Salvation Group**, Triangle Club, 17636 Franjo Rd, Palmetto Bay, 33157, Al, 305-255-7606, #48819, TBD
- 7:30 PM, **Don't Eat No Matter What**, St Paul's Lutheran, Rm 6, 10700 SW 56th St, Miami, 33165, Michael, 305-815-2733, #40858, ST, TR

Saturday

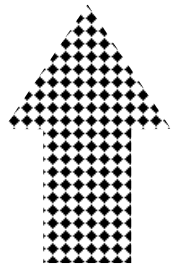
- 10:00 AM, **Attitude of Gratitude**, St Paul's Lutheran, Rm 10, 10700 SW 56th St, Miami, 33165, Virginia, 305-221-3592, #45505, DC
- 11:00 AM, **Tools & Topics**, Miami Springs Club, 2 N. Royal Poinciana, Miami Springs, 33166, Joy, 305-887-7736, or Jean, 305-528-8522, # 8389

Sunday

- 11:00 AM, **Sunday Brunch**, Sinai Plaza\*, 201 NE 112th St, N. Miami, 33161, Marie, 305-576-3506, #27011, BB
- 7:00 PM, **Sundays Steps**, Sober In South Beach, 1718 Bay Rd, Miami Beach, 33139, Valerie, 305-298-8734, #47718, ST
- 7:15 PM, **Teen and Younger**, South Miami Hospital, Educational Bldg, 7400 SW 62 Avenue, Room E, S. Miami, 33143, Marcia 305-774-1333, #48722, YP \* 1<sup>st</sup> and 3<sup>rd</sup> Sundays only.\*
- 7:30 PM, **Spiritual Connection**, South Miami Hospital, Educational Bldg, 7400 SW 62 Avenue, S. Miami, 33143, Melinda, 305-256-1920, #17666, SP
- 7:30 PM, **Inner Peace**, Kendall Presbyterian Church, 8485 SW 112 St, Room 13, Miami, 33156, Bill W., 305-596-1933, #25367, DC ("Brown Book" – Overeaters Anonymous)
- 7:30 PM, **Renacer Paso a Paso**, South Miami Hospital, Educational Bldg, 7400 SW 62 Avenue, S. Miami, 33143, Hilda R, 786-566-1797.

**\*\*TRAVELING MEETINGS\*\***

Shut in or hospitalized? Don't worry! We'll bring the meeting to you! Contact Barbara, 305-595-1845



Meetings (cont'd)

**BG=Beginner's; BB=Big Book; BRB=Brown Book DC=Discussion; LIT=Literature; SN=Spanish; SP=Speaker; ST=Step; TR=Traditions; YP=Young People**  
 \*For meetings held at Sinai Plaza (formerly St Francis Barry Nursing) you must be buzzed in, but you do not need to sign in.

**Monroe County Meetings**

Tuesday

- 6:00 PM, New Freedom, United Methodist Church, 600 Eaton Street, Key West, 33040, Mary A., 305-294-6931, Isabel L., 305-294-7682, #19635, ST

Saturday

- 10:00 AM, Tropical Freedom, United Methodist Church, 600 Eaton Street, Key West, 33040, Mary A., 305-294-6931, Isabel L., 305-294-7682, #33149, DC, SP

**Broward County Meetings (call before you go to verify information)**

Monday

- 10:00 AM, Pines Baptist Church, 800 NW 102 Ave, Pembroke Pines, 33026, Lois, 954-987-3892, #30725, SP
- 10:00 AM, All Saints Catholic Church, Rm 7, Oakland & Hiatus, 10990 W Oakland Pk Blvd, Sunrise, 33351, Judy, 954-726-6719, #21830, BG
- 7:00 PM, Christ United Methodist, 4825 NW 25 Ave, Hall #4, Wendy, 954-568-4825, ST
- 7:30 PM, St Maurice Church, 2851 Stirling Rd, Hollywood, 33020, Richard, 954-270-4818, #40323, BG/SP
- 7:30 PM, Coral Plaza Nursing Home, 5850 Margate Blvd., Margate, Art, 954-957-9419, BG

Tuesday

- 7:30 AM, First Christian Church, enter on SE 2 Ave, 2nd floor, 201 SE 13 St, Ft Lauderdale, 33312, Charles, 954-563-3453, #45236, ST
- 10:00 AM, Saint Nicholas Episcopal Church, 1111 E Sample Rd, Pompano Bch, 33064, Stanley, 954-426-8046, #02797, ST
- 7:30 PM, Regents Park Nursing & Rehab Center, 6363 Verde Trail, Eileen, 954-360-7478, #38270, BG, SP

Wednesday

- 10:00 AM, TY Park, Pavilion O, Sheridan & N Park Rd, 3300 N Park Rd, Hollywood, 33021, Ellen, 305-682-1569, #27545, BB
- 6:30 PM, Unity Church, 261 SE 13<sup>th</sup> Ave, Pompano Bch, 33060, Martha, 954-971-3932, #30266, BG, DC
- 7:00 PM, Flamingo Road Church, 12401 Stirling Road, Cooper City, Rm 102, Jayne, 954-583-7851, 12&12
- 7:30 PM, All Saints Catholic, Rm 7, Oakland Pk & Hiatus, 10990 W Oakland Pk Blvd, Sunrise, 33351, Judy, 954-726-6719, #22903, ST, BB

Thursday

- 7:30 AM, First Christian Church, enter on SE 2 Ave, 2nd floor, 201 SE 13 St, Ft Lauderdale, 33316, Charles, 954-563-3453, #37097, ST
- 10:00 AM, Pines Baptist Church, 800 NW 102 Ave, Pembroke Pines, 33026, Lois, 954-987-3892, #31812, LIT
- 10:00 AM, Beach, S. Inlet Park, 1298 S. Ocean Blvd., Boca Raton, Kasey, 954-426-4338
- 10:00 AM, Beth Israel Synagogue, 7100 W. Oakland Park Blvd, Leila, 954-484-6242, ST
- 6:30 PM, Unity Church, 261 SE 13<sup>th</sup> Ave, Pompano, Martha, 954-971-3932, ST
- 7:15 PM, Christ Lutheran Church, 1955 E Oakland Park Blvd, Ft Lauderdale, 33306, Art, 954-957-9419, #35883, BB
- 7:30 PM, Patch Reef Park, Community Bldg, Yamato Rd/Military Trail, Joyce, 561-496-7679, #35883, BG, SP

Friday

- 10:00 AM, Unity Church, 261 SE 13<sup>th</sup> Ave, Pompano, Martha, 954-971-3932, # 20803, V
- 7:30 PM, Gay & Lesbian Comm. Ctr, 1717 N Andrews Ave, Wilton Manors, 33311, Norman, 954-677-9956, BB

Saturday

- 9:30 AM, Good Shepard Lutheran, 6301 SW 18 St. Anne H., 561-498-4704, #39822, BG, SP
- 9:45 AM, University Pavilion, 7201 N. University Dr, Tamarac, Ina, 954-730-3491, ST/TR
- 10:00 AM, St Benedicts Episcopal, 782 NW 5 St, Plantation, Leila, 954-484-6242, #41217, BB
- 10:00 AM, Coral Springs Medical Center, 3000 Coral Hills Dr, Helen GK 954-968-6131, #48428, BB, DC
- 10:15 AM, Hollywood Medical Ctr, , 3600 Washington St, Hollywood, 33021, Sande, 954-962-4306, #20653, BB

Sunday

- 12:15 PM, Gay & Lesbian Community Center, 1717 N Andrews Ave, Wilton Manors, 33311, Norman, 954-677-9956



## Intergroup Meeting Minutes

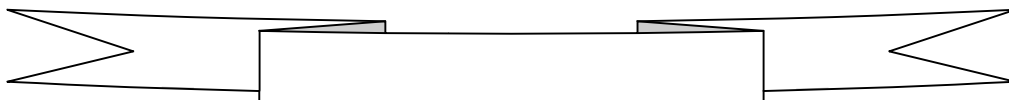
Check this space in the August Sunsteps for the June Intergroup meeting minutes and Treasurers Report. Minutes from each monthly Intergroup meeting will be published following their approval at the next Intergroup meeting.

Special Note:

The **September intergroup meeting has been moved to the second Saturday to avoid the Labor Day weekend.**

Miami-Dade Intergroup meets, generally, the first Saturday of each month  
(check page 2 and the bottom of most pages of each month's *Sunsteps*)

At 10:00 AM at North Shore Medical Center, 1100 NW 95<sup>th</sup> St. Just four blocks West of I-95.



## Miami-Dade Intergroup Presents a Recovery Marathon Steps 6-9: The *Growing Steps*



Saturday, July 22, 9:30-12:30

Quaker Meeting House 1185 Sunset Drive

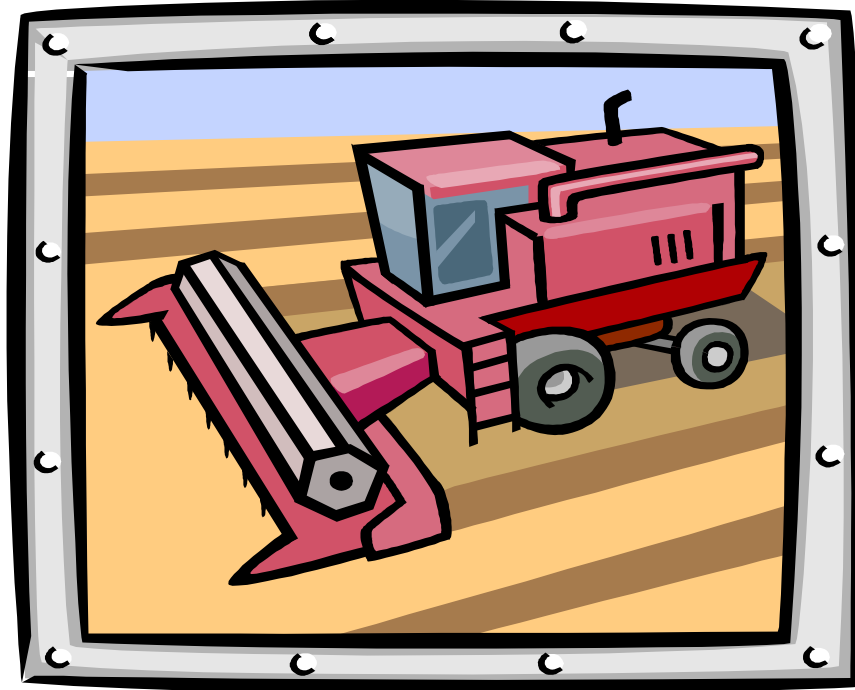
\$5 donation, (if you can't pay, don't stay away!).

Purchase plants to support OA and to symbolize your growth through the steps in recovery.

Questions? Contact Helen, 305-751-4079

Need a creative outlet?  
Feel like building something? Then...

*Join your fellows in making crafts for Miami-Dade Intergroup's Annual Convention*



All materials will be supplied, just bring your creative willingness....

Saturday, August 19 at Trinity  
Cathedral, 1545 N. Bayshore Dr.,  
1pm - 4pm &

**Saturday, September 16, site to be announced,  
1pm-4pm**

Questions? Contact Helen at 305-751-4079, or Lucy 305-448-2257

## Standing Committees....Help carry the message by serving on or chairing a committee.

Committee	Chairperson	Phone Number	Description
12 <sup>th</sup> Step Within	Mike	305-665-8919	Reaches out to troubled members, in relapse, not at meetings
Convention	Teresita	305-558-6436 305-826-8711	Oversees a number of committees and events which create and run the annual convention
Hotline	Bill W.	305-596-1933	Runs the Intergroup Hotline
Intergroup Contact	Vacant	CALL SUE 305-534-5290	Notifies registered Intergroup representatives of Intergroup meetings and events
Lifeline	Susan W.	305-254-0801	Arranges for Lifeline representatives at meetings & special events for subscriptions, helps place Lifeline gifts
Newsletter	Angie	954-444-2156	Responsible for producing and delivering Intergroup's monthly newsletter, Sunsteps
Public Information	Marlise	305-256-3737	Brings awareness of OA to the public through the media, hosting public information events.
Special Events	Helen	305-751-4079	Helps organize and support special events and marathons.
Subscriptions	VACANT	CALL SUE 305-534-5290	Offers and mails Sunsteps subscriptions
Traveling Meeting	Barbara	305-595-1845	Brings meetings to those shut-in or hospitalized
Ways and Means	Lucy	305-448-2257	Raises funds for Intergroup in a creative and fun manner
Website	Rick	305-733-3049	Maintains <a href="http://www.oamiami.org">www.oamiami.org</a> website information including new events and meeting updates
Young People	Marcia	305-774-1333	Reaches out to young people, runs youth meeting, visits schools



Please send all Intergroup money and correspondence to our new Chair, Sue, at 4141 Nautilus Drive, #4F, Miami Beach, FL 33140. Thanks!

Fellowship Subscriptions

**Sunsteps**

MDIG Newsletter  
sunstepseditor@yahoo.com

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Please make check payable to  
*Overeaters Anonymous*

**Your name and address**


c/o Sue  
4141 Nautilus Drive, #4F  
Miami Beach, FL 33140  
Phone: 305-534-5290  
E: sunstepseditor@yahoo.com

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||| When you are done with this issue of the Sunsteps, please consider passing it on to someone else, |||  
          providing it to your doctor, therapist or local hospital waiting room.  
L=====J

