

Volume 5 / Issue 1

February / March 2016



OVEREATERS ANONYMOUS BRISBANE INTERGROUP

The Unity Times

We invite you to our next
Intergroup Meeting

First Saturday of the month
Church of Christ Hall,
55 Crown Street,
Holland Park
9:00am - 11:00am

Please also join us for fellowship afterwards at the Holland Park Hotel for lunch.

Overeaters Anonymous Brisbane Intergroup
warmly invites all members to attend the

Annual General Meeting

Please note
new date!

Saturday 12 March 2016, 11am - 12noon

at Church of Christ Hall, 55 Crown Street, Holland Park

All positions will be declared vacant and we encourage you to consider taking your service commitments to the next level. The positions highlighted with a star (★) are those which may be suitable for a member who is new to intergroup service. The committee is friendly and supportive and it is another way to add another dimension to your recovery as well as extend your fellowship network. It also allows members who have held positions for a number of years the opportunity to have a break or do service for Region Ten. The Brisbane Intergroup service positions are:

Chairperson	Webmaster ★	New Group Support Coordinator
Vice Chairperson	Literature Coordinator ★	Events Coordinator
Secretary	Meetings List Coordinator ★	Public Information Coordinator
Treasurer	Phone Coordinator ★	Region 10 Rep
	Newsletter Coordinator ★	WSBC Delegate

So what does Intergroup actually do?

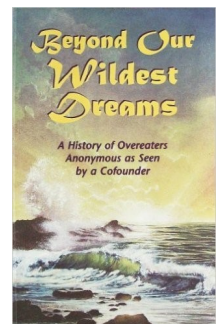
The aim of Brisbane Intergroup is to support your meeting and to help carry the message of recovery through the Twelve Steps to the compulsive overeater.

- ◆ Ensures the meetings lists are updated and circulated
- ◆ Organises workshops, events and conventions
- ◆ Maintains and updates the Brisbane Intergroup website (vital to connect with newcomers!)
- ◆ Organises public information campaigns
- ◆ Responds to public enquiries (website/mail)
- ◆ Sends donations to Region Ten and WSO
- ◆ Purchases literature from the WSO and distributes to groups (helps save on postage)
- ◆ Maintains financial records and bank accounts
- ◆ Offers support to new groups
- ◆ Maintains Public Liability Insurance
- ◆ Publicises group events in The Unity Times
- ◆ Offers a link between meetings and Region Ten and the WSO
- ◆ Grows our fellowship by keeping fostering connections between members and groups

EVEN IF YOU DON'T WISH TO NOMINATE FOR A POSITION, WE'D LOVE YOU TO JOIN US FOR THIS SPECIAL MEETING AND SEE WHAT IT'S ALL ABOUT !

Why I decided to do Service at the Intergroup level...

Shortly after our founder died I decided to read 'Beyond Our Wildest Dream' and in doing so I gained an immense sense of gratitude for the hard work done by many members in the early years as our fellowship grew. Alongside working and raising young families, these members gave their time and finances in order to start the fellowship. And all without the aid of our modern technology— no computers, no printers, no group emails — it was handwritten notes, manual typewriters, mimeographs and old fashioned stamped mail. Having grown up with technology, this seemed like a miracle in itself! Thus, I knew that in order to show my appreciation, I knew that I could do service. After all, we now have the luxury of computers and the internet! - *Personal reflections of a committee member.*



Literature Hot Spot



Lifeline - Our Magazine!

We are all unique, so why not share our story.

Have you noticed that the articles in Lifeline are sometimes reprinted from earlier and other publications. They are always good, but why do they need to reprint them? Because we are decreasing in number and not sending our stories to Lifeline so much these days.

Tell us your OA story. See the list of Lifeline story topics for 2016 at www.oa.org/lifeline-magazine/monthly-topics/. Share your experiences, strength, hope, recovery, abstinence, and more. For all the help and information you could possibly need when writing your story for Lifeline go to www.oa.org/lifeline-magazine/writers-guidelines/

It would be good to see some of those stories coming from Queensland.

Support your own recovery by subscribing to Lifeline. To subscribe go to www.oa.org then click on Lifeline and there you will have all the help you need, or turn to the second last page of any Lifeline Magazine and there find detailed information.

Yours in Loving Service,
Noela M. — Literature Coordinator

MEETING NEWS

Bundaberg meeting has closed.

Palm Beach Friday now meets 5:30pm–6:30pm.

Chermside Thursday meets 10am–12pm.

Bundaberg, Tuesday Banyo Thursday and Grange Friday have recently closed.

Stay up to date by checking the meetings list or visit www.oabrisbane.com

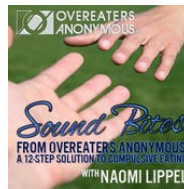
Support your meetings so they can support you!



Don't Forget: When making direct deposits into the OA bank account, groups are reminded to use their group number when making a 7th Tradition donation and their postcode when buying literature.

Podcasts

Check out these podcasts and audio links to find OA members from around the world share their experience, strength and hope!



Ideal for newcomers, this series offers education about the disease of compulsive eating so you can recognise the symptoms and find the support you need and a program that works! Available here at: www.new.oa.org/podcasts



Developed by OA's WSO, this series of 13 podcasts highlights the importance of working all twelve steps with members sharing working **all** the Steps changed their lives physically, emotionally, and spiritually. Find it here at: www.new.oa.org/podcasts



Well known for their podcasts, the LA Intergroup offers the Virtual Speakers Bureau and Long-Timers Virtual Speakers' Bureau. To sort speakers by characteristics (e.g. Anorexic/Bulimic, 100lbs, etc.) visit the website www.oalaig.org/speakers-podcasts/



Hear how almost 400 OA members have recovered from the deadly disease of compulsive eating, many of whom have achieved significant physical recovery. Regularly updated and available at: www.millcreekmeeting.libsyn.com



NOVA IG offers a number of podcast series, including Twelfth Step Within (Relapse), Promises Celebrations, IDEA Day, Abstinence Workshop, Assembly. See: www.oanova.org/Download-NOVA-Speakers.html



[Region 1](#) - 2009 Convention Audio (22 files)
[Region 2](#) - Conventions Audio Library (10 conventions, with multiple files)
[Region 5](#) - Topic Speakers (100 files)
[Region 7](#) - Region Chair Speakers & Step Speakers (half-way down page)



[Central Colorado IG](#)
[Central Jersey IG](#)
[Central Ontario IG](#)
[Greater Omaha IG](#)
[Inland Empire IG](#)
[Los Angeles IG](#)
[Metro West IG](#)
[Sacramento Valley IG](#)
[San Francisco Valley IG](#)
[St. Louis Bi-State IG](#)

Some of these podcasts are available on iTunes or via Google Play.

DISCLAIMER: Articles that are submitted from OA members are from their experience, strength and hope and do not represent OA as a whole.

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Yours in service, Libby P.