



We invite you to our next Intergroup Meeting -

First Saturday of the month  
430 Ann Street, Brisbane  
9am to 10.45 am

## Welcome to the Unity Times

### Meeting Events Coming Up:

#### **\*NEW MEETING TIME AND LOCATION\***

#### **Cleveland Meeting is NOW**

**VICTORIA POINT**

**SATURDAY**

**9:30am - 10:45am**

Presbyterian Church

164 Colburn Ave

Step/Tradition/Chair's choice

**THURSDAY**

**12.30pm - 2:00pm**

**CHERMSIDE** Chermiside Library,

cnr Kittyhawk Dr & Hamilton Rd

(near Chermiside Shopping Centre)

Steps/Traditions / Blue Book Meeting

**(You are welcome to BYO Lunch before the meeting at 12pm)**

For further meeting times check out:  
<http://oabrisbane.org/meetings.html>

Or

**Each group will have a copy of meeting times with your OA Brisbane IG Minutes.**

**HELP ME FILL THIS SPACE WITH ANY SPECIAL MEETINGS/WORKSHOPS/ BIRTHDAY MEETINGS YOU MIGHT BE HAVING!**

**Let me know of any special events for Mar/Apr**

**Deadline: 20th February**

**Email: [keeponkeepingon42@gmail.com](mailto:keeponkeepingon42@gmail.com)**

### Meet the Board:

Hi Everyone

My name is Kim and I am the Newsletter Co-ordinator for The Unity Times. I am grateful to be of service to OA today and am glad I got involved. I came into OA over 10 years ago and heard getting into service was one of the tools to supporting my Recovery. My first sponsor was very encouraging and knew before I even knew that I was ready—it certainly did not come easily—I was riddled with FEAR (false evidence appearing real) and I could only look up to others who got involved and took on service positions at Intergroup level, but I learnt 1) You are never alone (someone is always there who can give a guiding hand if I ask) and 2) There are no stars or VIPs in OA—we are all compulsive eaters who are working on recovery! So began my journey of service in OA and so began my growth as a person! Thanks to OA—I have come to believe that I could contribute. I do what I can when I can. Being of service has helped me in so many ways—it provides me with purpose and helps me to find more of who I am. I am grateful overall for getting involved and truly believe that service has been one tool that has kept me coming back!

What I love most about doing service is I can be involved, meet new people, be with OA friends and be apart of something bigger than myself. Thank you OA!

Peace and Serenity to you,

Kim K

Newsletter Co-ordinator

### Important Dates:

January 19th—OAs 53rd Birthday (third Saturday of the month)

February—Lifeline Month

February 23rd—Unity Day

Unity Day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA's unity.

**CHECK OUT: [www.aa.org](http://www.aa.org) for more info.**

### Intergroup Corner:



**Get your recovery jumping**  
With opportunities of service,  
sharing on abstinence and  
fellowship

Come along and be apart of the process, see how OA Brisbane Intergroup work—get involved, have some fellowship, share and/or listen to others experience, strength and hope with the topic of abstinence in the afternoon meeting. We all have something to contribute.

#### **BRISBANE INTERGROUP WELCOMES YOU ALL:**

#### **Saturday March 2nd:**

**Intergroup Meeting: 9.00am-10.45am**  
**AGM: 11.00am-12.00pm**  
**Lunch: 12.00pm-12.45pm**  
**Focus on Abstinence: 1.00pm-2.30 pm**

**Church of Christ**  
**430 Ann Street, Brisbane City**  
**BYO Lunch**



## Let Your Mouse Do The Walking:

### Check out these links:



Here's the latest "Step Ahead" Newsletter—lots of interesting news from WSO

[http://www.oa.org/pdfs/asa\\_q1\\_2013.pdf](http://www.oa.org/pdfs/asa_q1_2013.pdf)

Here's the latest "Newsheet" from Region 10

<http://www.oaregion10.org/newsheets/>

Get the flyer for the Region Ten Assembly and Convention 2013:

<http://www.oaregion10.org/events/assemblyconvention/>

In general there is a lot of valuable information on all the OA websites—

WSO: [www.oa.org](http://www.oa.org)

REGION 10: [www.oaregion10.org](http://www.oaregion10.org)

BRISBANE: [www.oabrisbane.org](http://www.oabrisbane.org)

#### Hear ye! Hear ye!

2015 Region Ten Assembly and Convention Planning Committee would like to invite anyone who is interested in being involved in organising this major event in 2015 to attend the first meeting on the 2nd February 2013 immediately after the Intergroup (10.45 am).

## 2013 – The Year of Abstinence Awareness

The Board of Trustees at WSO have declared this be the year for **Abstinence Awareness—**

Here is the amended definition of Abstinence from 2011 WSBC-

*"Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviours while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program."*



## Lifeline Magazine:

Lifeline Magazine is a 30-page glossy magazine that comes out 10 times a year that is topic based sharing by other compulsive eaters. The March/April and September/October issues are a combined issue. It is like a meeting on the go or just another way to carry the message within the fellowship or to others.

Our group has a yearly subscription and we allow members to take home a copy to read (like a library system). We also use it as a topic for our meeting where each person reads a story and shares on it. However you use the Lifeline it is a worthy resource full of experience, strength and hope to help support your personal recovery in OA.

It can be ordered online for either 1 year/2 years or 3 years. You can also get the online e-Lifeline version if you prefer. Currently WSO is encouraging **RENEWALS** and offering a chance to win 1 of 3 prizes for your group or intergroup if you subscribe between 1st January—30th April.

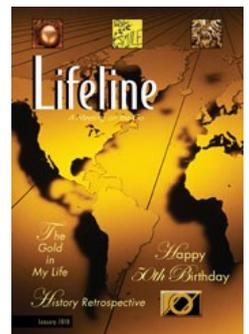
To subscribe online:

[www.oa.org/lifeline-magazine/](http://www.oa.org/lifeline-magazine/)

OR

To subscribe to e-Lifeline,

[lifelinemagazine/subscribe-e-lifeline.php](http://lifelinemagazine/subscribe-e-lifeline.php)



#### "LITERATURE:"

*"We read OA approved literature, pamphlets, and Lifeline magazine. Reading literature daily reinforces how to live the 12 Steps and 12 Traditions."*

*Taken from Abridged Tools of Recovery.*