

Welcome to the Unity Times



OVEREATERS ANONYMOUS BRISBANE INTERGROUP

The Unity Times

Meetings Notice Board:

Want to add more meetings to your recovery - Coorparoo and Ipswich would love your support.

NOTE THE TIME CHANGE!

Friday: 6.00pm - 7.00pm

COORPAROO (fmrly Wellngtn Pt)

Girl Guides Hut,

42 Jellicoe St, Coorparoo,

Steps / Tradition / Literature Meeting

Morag (04) 22 777 466

Wednesday: 6.30pm – 7.45pm or

Saturday: 9am to 10.30 am

IPSWICH

Room C5 (upstairs) Humanities Centre corner South & Nicholas Sts

ID/Step/Topic Meeting

Christine (07) 5464 6228 or Coral: 32883018

Cleveland OA Meeting:

The Cleveland OA Birthday meeting is full of gratitude to have had the support of others who attended our 3rd Birthday! We had a Guest Speaker via **SKYPE** which was great! Thank you to our guest speaker for sharing his experience, strength and hope. It was enjoyed by all who attended.



When is it your OA Meeting Birthday?

It can be a good excuse to hold a special meeting?

Let me know of any special events for Sept/Oct? Deadline: 20th September

Email: keeponkeepingon42@gmail.com

OA Brisbane Intergroup Corner:

**We invite you to our next Intergroup Meeting - First Saturday of the month
430 Ann Street, Brisbane
9am to 10.45 am**

Literature Hot Spot:



'To the Teen'

This is a brochure specially written for teenagers, and includes recovery stories written by teenage OA members, to share their experience strength and hope in OA. These stories cover a broad range of the different struggles that teenagers might have with food, including anorexia, bulimia and overeating. This is a great brochure to leave with your family doctor, or medical centres near your home meeting location. It includes a revised questionnaire to help teens decide if they have a problem with food.

Lisa R (Literature Co-ordinator) literature@oabrisbane.org or phone: 07 3701 7366 for literature orders.

Meet the Board:

Hi,

My name is Jill and I am the Secretary of Brisbane Intergroup. My obsession with food led me to my first OA meeting at Sunnybank four years ago. Early on, I decided that giving service was a way to keep me coming back. I had the bag, or the money, or the key, so I had to go!!

I first attended Brisbane Intergroup as a Group Rep for Chermside Thursday. When the Secretary position became available last year I knew it was a good fit for me. As I learned my new role the fellowship and support of my fellow Oa'ers have far outweighed any discomfort I have felt.

Giving service in this wonderful program has kept me coming back long enough to see the promise of a happy, joyous and free life being realised.

Yours in service
Jill Y..

IG Brisbane Secretary



Message from the Region 10 Rep:

WHAT MAKES AN IDEAL STRONG MEETING?

One that is filled with abstinent members, all service positions filled, active rotation of service, the meeting is growing, new comers stay and become abstinent, has sufficient sponsors, and operates in the spirit of all of the 12 Traditions.

Yes this does sound good. Our Board of Trustees has drawn up Goals, Objectives and Tasks to help us achieve strong meetings.

To read more go to www.aa.org and select Members and Groups, select Service Bodies and Support, click on to Board of Trustees and scroll down to Operations Plan 2012 which can be downloaded and taken to your group and Group Conscience for discussion. Region 10 Rep. Noela is hoping to do just this at Chermside Thursday meeting. We now have 3 to 4 active sponsors following 2 sponsorship workshops and hope to take further guidance from the Operations Plan 2012.

Region 10 Rep.
Noela

**2nd-4th November-
OA BRISBANE IG CONVENTION:
Alexandra Headlands**