



We invite you to our next Intergroup Meeting -

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

## Meeting Event:

**City Tuesday Invites you ALL to their 30th Birthday!**

**WHEN:** 13th August 2013  
**WHERE:** Our usual venue at Ann Street Church of Christ, 430 Ann Street, Brisbane (enter off Ann Street - right side entrance to the church and follow the signs).

Phone either Kath 3277 6742 or Lucy 3824 5180 if you need directions or have any other queries.

**WHAT TIME:** 12 noon - 1.15pm.  
There will be a cuppa and fellowship after the meeting.  
Please come along and help us make this a fun, happy celebration.

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 May/June  
**Deadline: 20th August 2013**  
Email: [keeponkeepingon42@gmail.com](mailto:keeponkeepingon42@gmail.com)



**THANK YOU** to those that helped make Victoria Point's 4th Birthday special. Lots of great ideas and fellowship made it a great way to celebrate the day.

## Meet the Board:



My name is Leanne. I have been in OA for two years. I came into OA at 53 and at my rock bottom. Yo-yo dieting since I was 16 and suffering years of severe clinical depression.

I was desperate, and I embraced the program and trusted the members who told me, if I did what the program told me to do, I would be free of my compulsion. By the grace of God, and acting as if, I have been abstinent from day one. I started sponsoring after 8 months and am currently secretary and IG rep for our Chermside Thursday meeting.

I read, Beyond Our Wildest Dreams, a history of OA as seen by a cofounder, Rozanne S. Reading of the years of struggle, endless hours of work, dedication and sacrifice of a handful of our original members to develop this wonderful life changing program, motivated me to do what I could to give service outside our meeting.

I am currently the telephone co-ordination, and grateful to be able to give back some of what I have been so freely given, through giving service.

Yours in service,  
Leanne.

As OA's responsibility pledge states: Always to extend the hand and heart of OA to all who share my compulsion; for this, I am responsible."  
From Tools of Recovery (Service)

### Thrive and Survive a Party with Abstinence:

(these are ideas taken from members at the Victoria Point OA Birthday Meeting):

- Be flexible (have a Plan B)
- Think and plan ahead
- Be spiritually fit
- Stick to your plan when there
- Take a plate of food you like and can eat
- Focus on the company
- Find out as much as you can about the occasion
- Know your pitfalls and avoid them
- Enjoy yourself
- Txt or call an OA member if you need to
- Concentrate on the pleasure of being with friends, enjoying fun and fellowship with them, whilst avoiding the food table.
- Pray before you go.
- Don't go hungry. If you need to, eat your meal before you go.
- Dance and have Fun.

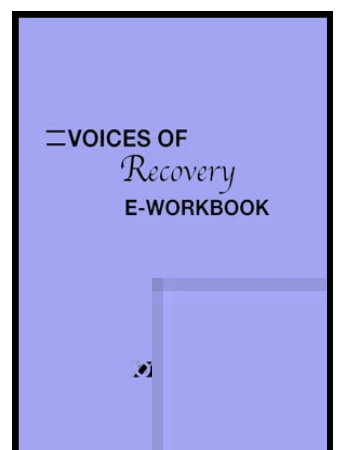
## Literature Hot Spot:

**New!** This e-workbook provides thought-provoking questions for each of the daily readings in *Voices of Recovery*. When answering these questions, it will be helpful to refer to either a printed copy or an e-reader copy of *Voices of Recovery*.

The e-workbook gives you unlimited space to type your answers. You can save your answers and reopen the file to make future additions or changes. Although this file cannot be printed, if you wish to print a hard copy of your answers, you can copy-and-paste your text into a word-processing program.

Works best on a PC or Mac computer with Adobe Reader. Not compatible with iPads, mobile devices or e-readers.

This book is purchased (downloaded) from the [www.oa.org](http://www.oa.org) website—Bookstore—Digital Products.





## 2013—The Year of Abstinence Awareness:

EACH ADDITION OF LIFELINE MAGAZINE THIS YEAR HAS AND WILL CONTINUE TO HAVE AN ARTICLE BY A TRUSTEE TO HIGHLIGHT THE IMPORTANCE OF ABSTINENT SPONSORS. THEY HAVE BEEN EXCELLENT ARTICLES AND WELL WORTH BRINGING TO YOUR MEETINGS ALONG WITH THESE QUESTIONS AND DISCUSSION POINTS TO ENCOURAGE ABSTINENCE. SOME POINTS TO PONDER AND SHARE IN MEETINGS TO HELP PROMOTE ABSTINENCE

### A Plan of Eating :

Who should decide what you should eat?

What works for you and why?

### Suggestions:

3 moderate meals a day, nothing in between

A weigh and measure plan

Following your doctor/ nutritionist's plan

Handing your plan over to HP each day

Making a plan for the day ahead of time

Others .....

### A plan of eating is more than just what you eat!

What time do you have your meals?

Have you got certain hour slots?

How much do you eat?

Who is the judge of "moderate"?

Do you sit or stand to eat?

How fast do you eat?

Are you enjoying the moment or do you read, listen to the radio, text or watch TV while you eat?

Do you eat in the car?

Do you eat on the way to or from ....?

**Once we compulsive overeaters truly take the third step, we cannot fail to recover.**

The Twelve Steps and Twelve Traditions of Overeaters Anonymous page 27

Yours in Loving service Noela M. WSB CD

## SKYPE MEETINGS:

Sunday evening - Singapore at 5pm (GMT + 8);  
Tuesday evening - Sydney at 8.30pm (GMT + 10);  
Saturday morning - Christchurch at 9.00am (GMT + 12).

A full list will be available on the June News Sheet 2013 and on the Region Ten website: [www.oaregion10.org](http://www.oaregion10.org)

### Let Your Mouse Do The Walking:

Listen or Read others  
Personal stories –take a look at  
these resources:



[www.oaregion10.org](http://www.oaregion10.org)  
Canterbury Intergroup Personal Stories  
and  
Resources for Members  
(recordings of personal stories)

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

A great way to hear other members share their  
experience, strength and hope.  
Download these to phone or i-pod and have  
them where ever go.



## Reminder:

**OA Brisbane Convention:**  
**12th and 13th October 2013**  
**Greenmount Beach Resort**  
**Registration on:**  
[www.oabrisbane.org.au](http://www.oabrisbane.org.au)  
**Book accommodation separately.**

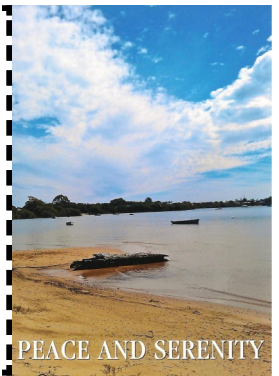
### Service Position Vacant:

**Literature Co-ordinator:**  
**Events Co-ordinator:**

Seeking keen OA person working the  
steps and traditions with 6 months of  
Abstinence—keen to learn and grow with  
service?

One of these roles could be yours!  
**You are not alone—there will  
always be help at hand.**

Contact: [secretary@oabrisbane.org](mailto:secretary@oabrisbane.org)



**DISCLAIMER:** Articles that are submitted from

OA members are from their experience, strength and hope and do not represent OA as a whole.