

# Welcome to the Unity Times

## Meeting Events Coming Up:

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 May

Email: [keepkeepingon42@gmail.com](mailto:keepkeepingon42@gmail.com)

## Meet the Board:

Hi my name is Lisa. I have been privileged to serve as the Literature Coordinator for a couple of terms. Before that I found myself on the sidelines of literature – helping at conventions and workshops. I didn't put my hand up when the position first became vacant because I didn't think I would be able to manage it, but as time went on and there was nobody serving in that position I realised that our fellowship was suffering. Surely I thought, whatever I am able to contribute would be better than nothing, even if I could only make up orders periodically. Not having room at home I was relieved that all the books could be stored in the city, and to my joy, Noela offered to help fill orders when she attended the City Tuesday meeting. Between us we have shared the role and I have had the opportunity to discover a beautiful friendship by working together with another member in service. When Conventions came around I found that I only had to ask for help and helpers came – members priced books, organised displays, sold books, and wrote receipts, and packed and unpacked my car! I am so glad that I took those tentative first steps to serve at the intergroup level!

Thanking You,  
Lisa R—Literature Coordinator



## A NEW GIFT FROM AN OLD PAMPHLET

I love my old pamphlets and I love the new look pamphlets too. So when the time came to update the old with the new I had a dilemma. When talking to our Region 10 Trustee Faith, she suggested this great idea and I have put it in to practice with much success, so I would like to share the idea here with you too.

Using the old "Before You Take The First Compulsive Bite, Remember..." pamphlet, I opened it out, pasted a white A4 sheet on to the outside of the pamphlet then cut the inside section in to the small pieces of information, ideas and suggestions that could stand alone as a single thought to ponder. Then I laminated them all at the local Post Office, and cut them up into their little single segments. I made sure there was a little surround of the transparent laminated edges showing so it will protect the single pieces from unravelling with use. I pasted the introduction to the pamphlet on to a coloured piece of cardboard, put it in to a small plastic envelope (the sort one gets from the bank) and popped the little laminated pieces of wisdom in behind the introduction and posted it off to an OA friend. I am going to do the same with other old pamphlets and look forward to the giving of these little gifts.

I hope you have as much fun making these little treasures of wisdom as I have.

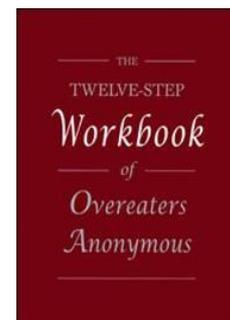
Yours in Loving Service Noela M (WSBC Delegate/Region 10 Rep)



## Literature Hot Spot:

### The Twelve Step Work Book of Overeaters Anonymous:

This workbook is designed to help your work through the steps. Deepen and strengthen your program by answering thought-provoking questions drawn from and page-referenced to The Twelve Steps and Twelve Traditions of Overeaters Anonymous. Journaling through the steps is a great way to process the questions, inspirations, concerns and highlights of recovery. It also provides a concrete reminder of how we are progressing on our journey towards freedom from food obsession and a healthier way of living.



You can also access this book on-line as a PDF download that gives you unlimited space to type your answers to the questions. 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 (Version 7.0 and later). Not compatible with iPads, mobile devices or e-readers).

Yours in service, Literature Co-ordinator [literature@oabrisbane.org](mailto:literature@oabrisbane.org) (for hard copy orders)



OVEREATERS ANONYMOUS BRISBANE INTERGROUP

# The Unity Times



We invite you to our next Intergroup Meeting -

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



## OA Brisbane Intergroup Corner:

### ATTENTION ALL GROUPS:

We extend an invitation to any group that may be interested in hosting Intergroup in either June or September this year.

Intergroup is looking forward to coming to you, so please discuss the option with your groups. For further information contact the Secretary on: [secretary@oabrisbane.org](mailto:secretary@oabrisbane.org)

### Tips for Strong Meetings:

Check out the Strong Meetings Checklist:  
<http://www.oa.org/pdfs/strongmtgchecklist.pdf>

As part of an OA Strategic Plan there has been 7 interrelated strands to help strengthen our meetings and can be useful to introduce to your home group. This is the first strand with suggestions to follow:

#### How do we fill our meetings with abstinent members?

- \* Promote abstinence material, books, pamphlets, Lifeline, the new Abstinence Book Addition 2.coming out this year.
- \* Share how abstinence affects the individual and the strength of the group
- \* Promote working the 12 Steps Program as the way to gain and keep one's abstinence
- \* Use of the 9 tools to help one work the steps
- \* Share how sponsors affect the individual and the strength of the group
- \* Have the abstinent sponsors identify themselves at all events and in the meeting book
- \* Read articles about positive sharing/pitches: focusing on the solutions instead of the problems only.

If you and your group can think of some other great or small ideas please forward them on to Noela at [noelarm67@gmail.com](mailto:noelarm67@gmail.com)

Yours in loving service, Noela M (WSBC Delegate)

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

#### "MEETINGS"

"Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings."

Taken from *Abridged Tools of Recovery*.

Editor Email: [keeponkeepingon42@gmail.com](mailto:keeponkeepingon42@gmail.com) - Yours in service, Kim K

### ATTENTION GROUP REPS:



Intergroup loves hearing how your groups are travelling- You can download a group report format from the Oa Brisbane website and e mail it to our secretary:

[secretary@oabrisbane.org](mailto:secretary@oabrisbane.org)  
or post it to:  
PO Box 15015  
City East QLD 4002

We look forward to knowing what is going on in your groups.  
xx

#### Tradition One:

"Our common welfare should come first; personal recovery depends on Unity"

