



Welcome to the Unity Times

Meetings Notice Board:

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

Friday: 7.00pm - 8.00pm
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

Come and celebrate Cleveland's Birthday:
16th June 2012—Guest Speaker and Cuppa at 3:30pm
Meeting Starts: 4:15pm - 5:30pm
CLEVELAND 50847 (fmrly Victoria Point)
Anglican Church
41 North St Cleveland (parking on Cross St)
Kim or Les (07) 3820 9247

Does your group have any special events for July/August? Deadline: 20th June
Email: keeponkeepingon42@gmail.com

OA Brisbane Intergroup Corner:



On the 14th April Clifton OA hosted the Brisbane Intergroup Meeting as well as shared their 1st Birthday with us afterwards. It was a very "entertaining" day, with much fun, laughter, and fellowship had by all. We would like to thank the Clifton Group for their great hospitality and the vast lengths they went to too make it such an eventful day.

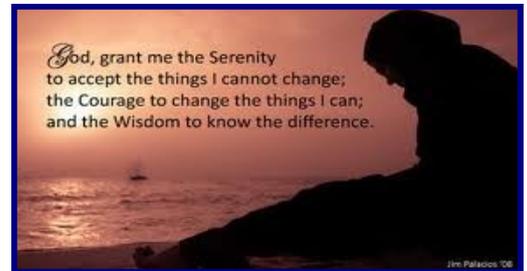
We invite you to an Intergroup

Meeting First Saturday of the Month:
430 Ann Street, Brisbane 9am—10:45 am

PI Challenge:

Tradition 5: Each group has but one primary purpose — to carry its message to the compulsive over-eater who still suffers.

"Is Food a Problem for You?" Flyers—
Ensure all noticeboards are up to date in your area to help get the message out there about OA
Email for PI Co-ordinator:
pi-coord@oabrisbane.org



Meet the Board:

Hello Everyone:
May I introduce myself, my name is Les and I have the privilege of being the **Chairperson** for the Brisbane Inter Group. I have been involved with OA for eight years. Walking through the doors of the OA meeting in Rotorua New Zealand, lacking in self confidence and my weight ballooning to 155kgs- I needed help!
Meeting like-minded people, listening to their stories and gaining strength from the fellowship. It was a natural progression from my local meeting to the Hamilton Inter Group as a Group Rep then being the Chairperson for the Hamilton Intergroup. Four years ago my family and I moved from New Zealand and settled in beautiful Queensland. I have been lucky to help with the OA Brisbane website for two years and now I have the opportunity to give back which has been so generously been given to me.

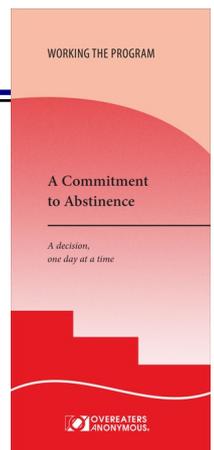
Yours in service, Les K
OA Brisbane IG Chairperson

Literature Hot Spot:

'A commitment to Abstinence' Brochure. A decision, one day at a time.

Commitment to abstinence reminds me of step 3, that I entrust myself and my program to my Higher power. Just for today, I truly pledge myself to this program of recovery. This little brochure gives concrete suggestions for helping us keep this commitment, as well as practical actions to help promote personal abstinence. This is a great tool for a newcomer, a sponsor, and any of us who are struggling with keeping to our plan of eating. Stick it on the fridge, and read a paragraph each time your feet find themselves wandering in that direction or write out each suggestion on a 'post it' to place on the mirror, on the computer or over the sink!

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



Important Dates:

19th May—
Region 10's 19th Birthday
2nd-4th November—
OA BRISBANE IG CONVENTION:
Alexandra Headlands

OVEREATERS ANONYMOUS BRISBANE INTERGROUP

The Unity Times