



Welcome to the Unity Times

Meetings Notice Board:

Want to add more meetings to your recovery - City Tuesday would love your support.

12noon – 1.30pm
CITY Brisbane 36176
Church of Christ
430 Ann Street, Use side gate - enter from Ann St
Kath (07) 3277 6742 / Lucy (07) 3824 5180

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

Meet the Board:

Greetings everyone,

I have been asked to introduce myself as a member serving as Treasurer of the OA Brisbane Intergroup.

My name is Luci and have been involved in OA for only 16 months, having been a founding member of our group in Clifton.

At the first meeting of our group, I realised I have a problem, and with the support of OA have lost a little more than 25kg in the last seven months, and ac-knowledge I still have a long way to go. But at least now I know the steps to address my disorder of compulsive eating. The greatest help in my journey has been through service and support from my fellow members.

After the initial 2 months as Treasurer, I found I really enjoy the challenges of the job, and when an attack of insanity raises its head, I look to working on the monthly balance sheet or otherwise reading OA literature. I love the strength and love I feel from coming back each week and month, and I wish the same to everyone.

Kind regards

Luci H—Treasurer

Tradition 7. Every OA group ought to be fully self-supporting, declining outside contributions.



Bloom into Recovery By the Sea

****Registrations are now out****

**2nd Nov—4th Nov 2012
Alexandra Headlands**

**Check out the
www.oabrisbane.org
Or**

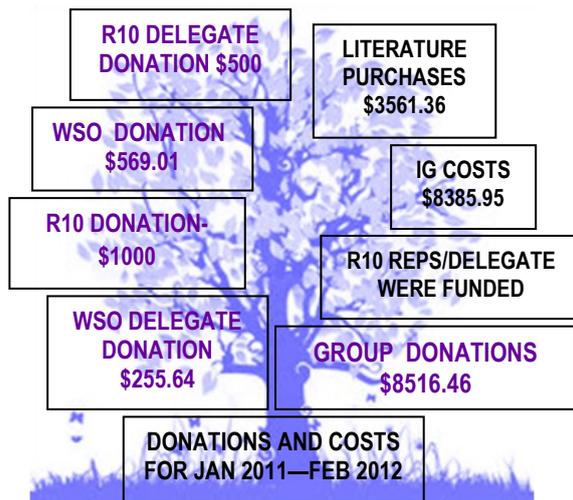
**Hard copy is in with your
Group Minutes.**

**HELP ME FILL THIS SPACE
WITH ANY SPECIAL MEETINGS/WORKSHOPS/
BIRTHDAY MEETINGS YOU MIGHT BE HAVING!
Let me know of any special events for Nov/Dec?
Deadline: 20th October**

Email: keeponkeepingon42@gmail.com

OA Brisbane Intergroup Corner:

I have mapped out an outline of what main donations IG had made for the last financial year, as the previous Treasurer to show what Group Donations were made and how some of the funds were distributed on to WSO (World Service Office) and R10 (Region 10) and the WSO Delegate Support Fund (which we were privileged to receive some to send our Delegate this year to Albuquerque). We also covered many costs for the year, including Public Information to help get the message out there to others still suffering with Bus advertising. We also had two Region 10 Reps attend the R10 Assembly/Convention representing our Intergroup. For more details and up to date figures your copy of the Treasurer's Report comes with your Group Minutes each month. **Thank you from OA Brisbane Intergroup for your Group Donations. Kim K**

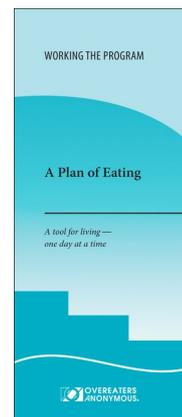


Literature Hot Spot:

'A Plan of Eating'

A plan of eating is the beginning of learning a new, healthier way of eating. It is a way of life, not a temporary solution'. Find out how to evaluate your eating history, deal with binge foods, and develop a plan of eating for you. There are tips of how to approach your food plan practically, and how to get the power to follow your plan. The solution to your food problems is here - 'you can, at this moment, begin a personal journey of recovery and transformation!'

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



Message from the Region 10 Rep:

LEARNING TO INTEGRATE OA INTO EVERY PART OF OUR LIVES.

It is a spiritual axiom that every time we are disrupted, no matter what the cause, there is something wrong with us. (AA 12x12, page 90/7)

If I am feeling unhappy about myself, I carefully look through the Principles in the OA Steps and ask myself which one of these Principles do I need to incorporate into my behaviour right now. Similarly, if the family harmony is disrupted, it is likely that there is a Principle in the OA Traditions I/we could be using right now to rectify the situation.

To have these Principles on a tiny card in one's wallet gives the opportunity to quickly look through this little "Life Line List" and correct thoughts and behaviour, or "To Act As If," all with the help of your HP.

The bright idea to put these 2 sets of principles on a card that will fit into a wallet or pocket comes from a fellow OA Member. Mention of the Spiritual Principles are in the latest Lifeline Magazine—August 2012.
Yours in loving service,
Noela M

12 STEP SPIRITUAL PRINCIPLES

- Step One: **Honesty**
- Step Two: **Hope**
- Step Three: **Faith**
- Step Four: **Courage**
- Step Five: **Integrity**
- Step Six: **Willingness**
- Step Seven: **Humility**
- Step Eight: **Self Discipline**
- Step Nine: **Love (for others and self)**
- Step Ten: **Perseverance**
- Step Eleven: **Spiritual Awareness**
- Step Twelve: **Service**

12 TRADITIONS SPIRITUAL PRINCIPLES

- Tradition One: **Unity**
- Tradition Two: **Trust**
- Tradition Three: **Identity**
- Tradition Four: **Autonomy**
- Tradition Five: **Purpose**
- Tradition Six: **Solidarity**
- Tradition Seven: **Responsibility**
- Tradition Eight: **Fellowship**
- Tradition Nine: **Structure**
- Tradition Ten: **Neutrality**
- Tradition Eleven: **Anonymity**
- Tradition Twelve: **Spirituality**

PI Challenge:

Tradition 5

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

Each group has a **Professional Pack** as a **master copy** that was sent in the mail by the PI Committee and they have made suggestions for you to use this to help get the message out there to the Professionals in your area.

"Together we can do what we could never do alone"

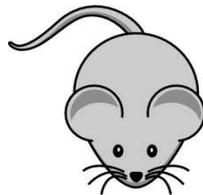
Email for PI Co-ordinator:
pi-coord@oabrisbane.org

*I would love to hear what PI your groups have done!
Sharing is how we learn and inspire others.
Send your ideas to the Newsletter Co-ordinator for
The Unity Times.*

Let Your Mouse Do the Walking:

Listen to the R10 Members stories or read stories of recovery in service on the Region 10 website:
<http://www.oaregion10.org/members/resources-for-members/>

If you need some workshop ideas check out this link:
<http://www.oasydney.org/groups.html>



Podcasts of OA Members Stories:
<http://www.oa.org/oapodcasts/>

Extra Meetings—phone and online:
<http://www.oaregion10.org/>

CHECK OUT THE OA BRISBANE WEBSITE:

<http://www.oabrisbane.org>
You'll find the Group Report Format
The Unity Times, meeting listing and much more.

Editor Email: keeponkeepingon42@gmail.com - Yours in service, Kim K

KEEP IT SIMPLE	KEEP COMING BACK
LIVE AND LET LIVE	ONE DAY AT A TIME
EASY DOES IT	
GOD GRANT ME THE SERENITY	H & L T
FIRST THINGS FIRST	
LET GO AND LET GOD	BUT FOR THE GRACE OF GOD