



We invite you to our next Intergroup Meeting -

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

Meeting Updates:

Victoria Point Meeting has a new location -

Saturday 9.30am—10:45am
Victoria Point Library (opp Aldi)
—upstairs in board room
7-15 Bunker Road
Victoria Point
Kim or Les 07 382 09247
Come join us at the local cafe after.

Corooy has TWO meetings-
Thursday 1 pm and Saturday 10 am

Remember our new groups in:

Gympie—Thursday 5.30 pm
Gympie Community Place
Rm 2, 24 Laurence Street
and
Cairns-Tuesday 5.30 pm
10 Thomas Street

LOOK UP OABRISBANE WEBSITE FOR CONTACT DETAILS.

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.

2013 THE YEAR OF ABSTINENT AWARENESS

Further questions to discuss in your meetings to help promote Abstinence.

BODY IMAGE AND WEIGHT

- Do you determine your own "healthy body weight"?
- Do you find yourself obsessing about your weight and body image?
- How often do you weigh yourself?
- Are you dissatisfied with your body image?
- How do you stop these thoughts?

HIGHER POWER

- What if I haven't got a Higher Power?
- How can I make contact with a Higher Power?
- What does "as if" mean?
- Am I scared to let go of my old ideas?
- You can't have both faith and fear!
- Which one do you want?

ACTION PLAN - H A L T

- Why is it important not to get too Hungry, Angry, Lonely or Tired?
- How long does it take you to realise you are in this space and need to take action?
- What can you do to take care of yourself?
- In loving service, Noela M

Once we compulsive overeaters truly take step 3 we cannot fail to recover.

Twelve Steps and Twelve Traditions of Overeaters Anonymous Pg.27



For Today

Workbook

Literature Hot Spot:

For Today Workbook:

Gain new insights by using the tool of writing as you reflect on the daily readings in *For Today*. This accompanying workbook provides thought-provoking questions for each day in the book. Soft cover; 208 pages.

Also available as PDF (check out the bookstore.oa.org) or contact Noela M to order your the soft cover book version. Email: noelarm67@gmail.com OR Phone: 0410 037 561

Payments are to be made in full before literature is posted out.



REMINDER!

OA Brisbane Convention:
12th and 13th October 2013
Greenmount Beach Resort
Registration on:
www.oabrisbane.org
Book accommodation separately.

SATURDAY 7TH SEPTEMBER

INTERGROUP held at Holland Park

Where: Church of Christ,
55 Crown St. Holland Park.
Hall at the back, under the Church.
Ample parking at the rear

Intergroup: 9am to 10.45am
Abstinent Workshop: 11:15am to 12:45pm
WE LOOK FORWARD TO SEEING YOU THERE!

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 Oct 2013
Email: keeponkeepingon42@gmail.com

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