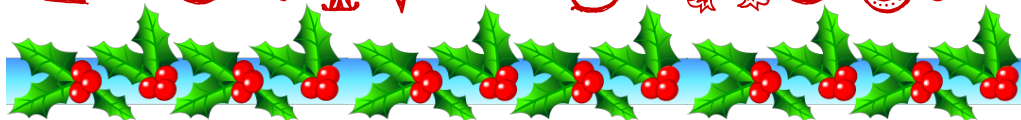




We invite you to our next
Intergroup Meeting -

First Saturday of the month
430 Ann Street, Brisbane
9AM to 11AM

FESTIVE SEASON



Hard to believe, but the festive season is almost upon us! While the Intergroup Committee are still finalising details of our end of year celebration, we encourage you to save the date of **Saturday 6th December** for a gathering with your OA fellows. In the meantime, here are a 10 ways to stay focused and have enough strength to stay abstinent throughout the holidays.

1. **Plan Ahead.** It is unrealistic to assume that your food will be available at holiday celebrations. Take your food with you or call ahead to make sure that what is being served is something you can eat. Make sure that your meals are 4 to 6 hours apart and do not go too long between meals and totally lose control. Your disease does not take time off because it is a holiday.
2. **Start and End Each Day in Prayer.** If you do not connect to the power and strength of your higher power, you will connect with food and misery. Take time to pray and meditate throughout the day.
3. **Use the Tools.** Make your phone calls before you go, while you are there, and when you get home. Our sponsors will keep us accountable and give us suggestions that we will not think of alone. Remember that you are not alone and that you can stay abstinent and sane no matter what—one day at a time.
4. **Take a Reality Check.** Let yourself feel and do not minimize your feelings. The holiday brings up all kinds of memories, resentments new and old, and often grief over those we have lost. Get out your journal and write about how you are feeling. Do not stuff the feelings with food, get them out on paper and share them with an OA friend.
5. **Watch What You are Focusing On.** Is it the food? Or is it the gratitude you have for your family and friends and the beauty of the season and its true meaning?
6. **Increase Your Meeting Attendance.** It is important to attend as many meetings as possible during the holiday season to ground yourself through all the stresses of the holidays.
7. **Reward Yourself with Gifts to the Soul.** Write a love note to yourself each day and say to yourself, “I like you as you are” or “You are a good person”, and find other non food ways to nurture yourself.
8. **Pay Attention to Your Patterns.** Examples: Do not stay in the kitchen around the food before dinner when you are hungry. Do not stay around the table after dinner if that is a trigger to continue nibbling after the meal is over. If being in the kitchen is an issue for you before a meal, be the cleanup crew. Get away and stay away from areas where there is food.
9. **Remember H.A.L.T.** Do not let yourself get too hungry, eat planned meals at the appropriate times. Do not let anger take over your thoughts and sit and feed resentments. Program tells us what to do when we are angry. Do not let yourself get too lonely, make phone calls to family and friends. Do not isolate and withdraw from others, and last but not least, get appropriate rest and make time for yourself. Make the time to relax and regroup.
10. **Remember Your Slogans.** One Day at a Time, Just for Today, Keep It Simple, Easy Does it, Let Go and Let God, Live and Let Live

step eleven:

Prayer and Meditation

On Sunday 30th November 2014, the Chermside Sunday group are having a special meeting – focusing on Step 11. If you are not at Step 11, you are still more than welcome to attend and can work the step you are currently at. We will be reading from Voices of Recovery and answering the questions and then come back to share. The meeting is held at Chermside Library, 4:30pm – 6:00pm; please ring the buzzer to the left of the glass doors and we will let you in. Hope to see you there!

2015 Region 10

Assembly & Convention

Assembly (Business meeting): 14 - 16 October
Convention: 16 - 18 October

"It Works If You Work It"

A&C Countdown

We are now officially 12 months out from the 2015 Region 10 Assembly and Convention which Brisbane Intergroup is hosting!

Planning Committee

All members are invited to join the planning committee which will meet each month directly after the normal Intergroup meetings (first Saturday of each month). There are no abstinence requirements for service on this committee and it is a great way to meet new members and do service! Please join us - Tognini's Café, Spring Hill, 11am.

Fundraising

As part of our fundraising efforts, there are plans to have a stall at a car boot sale/flea market with the profits going back into OA. We encourage members to 'spring clean' and to donate any unwanted, clean and working wares to this worthy cause. In keeping with the Traditions, there will be no reference to OA at the sale, so it is as if you sold the goods yourself and donated the profits directly to OA. Any unsold goods will be held over for the 'Bring and Buy' at the convention. Stay tuned for more details!

Literature Hot Spot

WE ARE ALL UNIQUE,
SO WHY NOT SHARE YOUR STORY?

Have you noticed that the articles in Lifeline are sometimes reprinted from previous publications. They are always good, but why do they need to reprint the past? Because we are decreasing in number and not sending our stories to Lifeline so much these days.

2015 Lifeline Story Topics

Tell us your OA story. See the list of Lifeline story topics for 2015 at www.oa.org/lifeline-magazine/monthly-topics/.

Share your experiences of hope, recovery, abstinence, and more in Lifeline, your Meeting on the Go.

For Lifeline submission guidelines go to www.oa.org/lifeline-magazine/writers-guide/

It would be good to see some of those stories coming from Queensland Australia!!

Support your own recovery and Lifeline by subscribing now. Go to www.oa.org then Lifeline and there you will have all the help you need.

Yours in Loving Service,
Noela M. Literature Coordinator

1 2 MONTHS TO GO !

www.oabrisbane.com

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

Editor Email: hilibby@hotmail.com.

Yours in service, Libby P.