

Serenity Times

A Publication of the Galveston/Bay Area Intergroup of Overeaters Anonymous
WSO 9342 Region III

June 2005

Mark your calendars!

GBAI/HMI Annual
Fall Convention

November 4-6th, 2005 - The Victorian Inn
and Condos in Galveston

Houston Metro Intergroup
Newcomers Information Day
July 23 , 2-4pm
Oasis Club

GBAI Silent Retreat
July 23-25 at the Christian Renewal Center
in Dickinson
Contact: Teresa L at (281) 554-2836

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Serenity Times is a publication of the Galveston/Bay Area Intergroup of Overeaters Anonymous. Material may be submitted for publication at OvereatersAnonymousGBAI@hotmail.com. Material cannot be returned, and the editor reserves the right to edit for space and style. Material published in this newsletter may be reprinted by other groups, provided proper credit

In Our Own Words

*Experience, strength, and hope from
fellow compulsive overeaters*

Laughing at Myself

When I have the ability to laugh at myself, it's a good indication that my humility is where it should be. When I take myself, and everyone and everything around me, too seriously, I fall flat into a big lack of humility. There have been days when I'm so busy controlling and manipulating and people-pleasing and lying that I couldn't possibly laugh. But when I'm abstinent, I'm more than halfway there, and when I pray and ask my Higher Power to remove my defects, I'm already on my way to being able to laugh at myself. And it's important to note that it's not self-deprecating laughter, but rather a clear view of a less-than-perfect me. I'm human and fallible and full of faults—and full of love for myself.

—*Reprinted from Lifeline, January 1998*

The Seventh Step Prayer

My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

- The Big Book , page 76