

Mark your calendars!

OA Newcomers Workshop
Saturday, February 4, 2006
2:00 P.M. - 4:00 P.M.
Temple Beth Tikvah Building
12411 Park Shadows Trail, Houston, TX
Visit www.oagalveston.org for directions.

L.A. Intergroup Announces Online Audio Files of OA Speakers

Check out <http://www.oalaintergroup.org/speakers> to find MP3 sound files of many great OA speakers sharing their experience, strength, and hope!

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, hope, and the 12 steps of this program 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 OvereatersAnonymousGBA1@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 is given the source.

Experience, Strength, and Hope

For the past 10 years I have attended OA on a regular basis and have maintained a 25 pound weight loss. During that whole time I have resisted using the word "abstinence" as if it were a dirty word. I have used other words for abstinence such as "food plan", "plan of eating", or "eating pattern." I assumed that if I called it "abstinence" that I would not be able to stick to the plan then beat myself up for failing – again.

All that changed when I attended an OA retreat on March 18th, 2005. The speaker explained that abstinence is more than just a food plan. Abstinence is a state of mind – an attitude that I assume. It is three-fold in nature: physical, emotional and spiritual. She gave all of us at the retreat an abstinence prayer bookmark, which changed my life from that day on.

I have just celebrated 9 months of clean abstinence and read my prayer outloud each morning at my meditation time. I have quit resisting the concept of "abstinence" and claim it for my recovery in OA! Thank you, God! For those of you who did not receive the prayer, I will reprint it here for you to use. Good luck on claiming your abstinence! - Marcia F

Abstinence Prayer

God, today is a new day for me and with you I can handle anything. I ask for your protection in case sometime during the day my desire to eat compulsively becomes stronger than my desire to abstain. I ask for your protection today from anyone or anything that would interfere with my abstinence. I know I am powerless over food and that my life can become unmanageable again. I do believe that you will relieve my compulsion and restore my sanity. Please help me to know your will for me today and give me the willingness to carry it out. I turn my will and my life over to you. Please guide me through another day of abstinence. God, I need YOU.