

Serenity Times

January 2007

www.oagalveston.org

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

Newcomer's Information Day

Sat, January 27, 2007 from 1:00 to 4:00 pm
Chapelwood United Methodist church
Williams Building—Park in Rear Parking Lot
(Williams 101 & Williams 102)
11140 Greenbay Street
Houston TX 77024
Co-Sponsored by:
OA HOW Intergroup & Houston Metro Inter-
group

OA 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. The editor reserves the right to edit for space and style. Reprinting of this material is permitted provided proper credit is given the source.

Please send submissions to: tangedahl@juno.com

Facing The New Year

This time of year you will find yourself encouraged to lose weight, become fit, start anew, make resolutions, go on a diet. The pressure is on.

It may feel like the world is conspiring with your ego to take control over your food. Realizing that mass consciousness is extremely powerful, combined with the fact that we know that our disease is cunning, baffling and

powerful, we would be wise to turn to our Higher Power often during this period.

How do you connect with your Higher Power? What do you do to receive the guidance you need? Think about what it is you do, when you connect, what do you say, how do you open yourself, how is it working for you? Simply make an assessment of what you are doing and how it is working.

The Serenity Prayer's line that states "Give me the wisdom to know the difference," plays an important part here. I need to turn to my Higher Power and not try to do it myself. I must remember I am powerless over this disease, I am powerless over food. But at this time of year I can feel that self-will inside of me wanting to take over. That phrase "self-will run riot," has so much meaning for me about now.

And yet there is a part that is mine to do, so please give me the wisdom to know the difference.

In this regard I am reviewing my Food Plan. I'm asking myself is it working? Am I actually following it? Not too well, so I am making some changes. My Food Plan is three small, healthy meals a day. I am adding to it that I will decide exactly what I am going to eat at a particular meal, put it on the plate (a small plate, by the way) and not think I can go back and add something else, even if it is healthy, to finish out the meal. Also, I plan to see that I have protein at every meal.

Here are some questions that might be useful to ask yourself: How is your conscious contact with your Higher Power? Do you try to do your Higher Power's part and neglect your part? What would help you the most at this time of year? Is there one aspect of your eating you'd like to improve? Increasing attention on that one area, might be helpful. Maybe. Is this your part? Or is it your Higher Power's part? Do you know the difference? Is there one of the tools of the program that would be helpful to use a little bit more?

Be gentle with yourself. Remember, it is progress, not perfection that we desire.

-the editor

Easy does it!

MONDAY

Galveston (12615)
Discussion 5:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Leanna: 713-410-3770

TUESDAY

Alvin (45605)
Literature 6:30 pm
Diagnostic & Urgent Care Facility
301 Medic Lane (at Business Hwy. 35)
meeting in cafeteria
Contact: Betty B. 281-482-1234 or
Nancy R. 281-224-4084

**Clear Lake LUNCH MEETING
Literature (Step Study) 12-1:00 pm
Clear Lake United Methodist
Meets in Youth Cafe
16335 El Camino Real
(Between El Dorado and Bay Area)
Contact: Cindy 281-450-9308

Clear Lake
OA HOW Discussion 6:45 pm (46923)
House of Prayer Lutheran Church
14045 Space Center Blvd.
Contact: Ramona 281-614-1981

WEDNESDAY

Clear Lake (13244)
Literature (Big Book/12&12) 10 am
Clear Lake United Methodist Church
16335 El Camino Real Rm. 220
Contact: Jean 281-488-2402 or Kay 281-557-3881

Baytown (49349)
OA HOW 7:00 pm
Grace United Presbyterian Church
304 N. Pruett
Contact: Ruth B. 832 838-0901 Buffum51@yahoo.com

**Santa Fe
OA/HOW 8:00 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-283

Intergroup Business Meeting

Every Third Wednesday 7 pm
Bay Area Community of Christ church
Travis at Austin Streets in Webster
Contact: Kay H. 281-557-3881

THURSDAY

League City (49391)
11:30 AM
Bay Area Club
2111 Webster Street
Contact: Gina at 409-939-6383

Angleton (47802)
Frank Stevens Center for Health & Wellness
140 Hospital Dr. (6:30 pm)
Contact: Claire 979-297-9726
or Margie 979-848-1030

Webster (30093)
6:30 pm
Up the Street Club
Suite 105, Big Book Study
Contact: Chuck B. 281-332-3238

FRIDAY

Baytown *New
OA HOW 7:30 pm Friday
San Jacinto Methodist Hospital
Alexander Campus
1700 James Bowie
Contact: Ruth 832-838-0901 or buffum51@yahoo.com

Webster (07234)
Literature 6:30 pm (Step Study/12&12)
Up the Street Club
508 NASA Road 1
Contact: Doris 281-486-7080

League City (48893)
7:30 pm Friday
12&12 Study
Bay Area Club, Room F
2111 Webster Ave @ FM 270
Contact: Dinah 281-339-2727

SATURDAY

Clear Lake (12635)
For Today/Discussion 10:30 am
House of Prayer Lutheran
14045 Space Center Blvd.
Contact: Marcia 281-488-7684

SUNDAY

Webster (34237)
WOMEN'S MEETING
For Today/Discussion 6:00 pm
Bay Area Community of Christ Church
Travis at Austin Streets
Contact: Kay H. 281-557-3881

**This meeting is not affiliated with GBAI and is included on our list as a courtesy. Please contact the name listed if you have any questions regarding the meeting. If there are any changes or new Meeting, please contact Kay H. at 281-557-3881.