

UP COMING EVENTS

Dallas Metroplex Intergroup
Overeaters Anonymous Presents
**The Texas Twelve Step
2012 Convention
February 24-26**

Registration Form and other info at:
<http://www.oadallas.org/Registration>

Region 3 Spring Convention

Recovery in Action

March 30-April 1, Abilene, TX
Hilton Garden Inn 4449 Ridgemont Dr.
Barb: oastepper@gmail.com
Web site: OABigCountry.net/r3



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: serenitytimes@hotmail.com

NOTE: If you would like to have a monthly copy of Serenity Times emailed to you, please send your email address to: serenitytimes@hotmail.com

Finding Direction

I had excessive exposure to religious teachings while growing up, but my steady intake of large amounts of sugar caused buzzed or elated thinking that counteracted much of that exposure...

Until I came into the OA Twelve-Step program at age 34 and experienced food in its proper perspective for the first time, I didn't know I was missing the Good Orderly Direction many in OA were talking about. I became aware of a "Higher Source" than I—one who took care of the world around me. I realized I could tune into that source and receive daily direction. I began to experience a new peace of mind and feeling of oneness with my fellow man and this world. My willingness to let go of self-will, one day at a time, and have "thy will" gave me peace of mind and direction. At times I try to read more into it when activated into "old thinking." I reactivate my willingness and the ability to put it into action when I keep coming back, putting one foot in front of the other, doing the daily things that have worked, taking the Steps and doing the actions. As of this writing, I have been coming to OA for 22 years and following my eating plan for the last 14 and a half years.

— M.G., Wichita, Kansas USA

More Than Abstaining

I have been abstinent from sugars for six months. I am also a type 2 diabetic. In the past two years, I have learned more about the body than I have ever known. After being abstinent for three or four months and learning about the Twelve Steps, I became aware that I have been neglecting my body's health and I need to make amends to my body. I have learned how amazing my body is, and now I have an obligation to care for it in a much more loving manner. It seems strange to face myself, so to speak, and say I'm sorry for harming me in the way I have. I feel awkward and uncomfortable because I thought that in looking at the Fourth Step, I would be "other directed." I am learning that Overeaters Anonymous is more than abstaining from foods that are not beneficial to us. It is developing more awareness and insight into our "make up" and trusting God is working in all of us.

— Edited and reprinted from Looking Up newsletter, OA Tri-County Intergroup, January 2007

I may indeed be very busy, but I won't have a life if I don't put my program first.

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MONDAY

Deer Park (51567)
Open Meeting, Literature 11:30 a.m.
In His Presence Fellowship Church
1202 East P Street (Fellowship Hall)
Deer Park TX 77536
Contact: Bekki S. 409-454-5720

****Channelview**
OA/HOW Big Book Study, 7 pm
Old River Terrace United Methodist Church
16102 I-10 East Freeway
Channelview TX 77530
"O" Building back parking lot Conference Rm 1
Contact: Teri V. 713-865-3668

TUESDAY

Clear Lake (46923)
OA HOW Discussion, 7 pm
House of Prayer Lutheran Church
14045 Space Center Blvd.
Contact: Ramona 409-771-9221

WEDNESDAY

Clear Lake (13244)
Literature (Big Book/12&12), 10 am
Clear Lake United Methodist Church
16335 El Camino Real Rm. 304
Contact: Jean 281-488-2402 or Kay 281-557-3881

****Santa Fe (48068)**
OA/HOW, 8 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-2836

Intergroup Business Meeting
January, April, July, October
Third Wednesday, 5:30 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Kay H. 281-557-3881

**** Baytown (49349)**
OA/HOW 7 pm
Grace United Presbyterian Church
304 N. Pruett
Contact: Ruth 832-838-0901 or
buffum51@yahoo.com

THURSDAY

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

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

FRIDAY

League City (48893)
OA HOW, 7:30 pm
Bay Area Club, Room F
2111 Webster Ave @ FM 270
Contact: Carolyn 281-534-0819

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)
OA 12 & 12, 6 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Eleanor B. 713-851-4012

****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 meetings, please contact Kay H. at 281-557-3881.**

- A new Spanish telephone meeting, Tuesdays 9 pm (New York time) Call 712-432-3900, participant code is 629561#. Check OA website for information.