

Serenity Times

February 2007

www.oagalveston.org

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

**Upcoming Events:
2007 Spring Retreat**
at
Camp Allen in Navasota TX
Friday through Sunday
April 27-29, 2007
\$170 double/\$230 single occupancy
(includes room plus six meals)
Sponsored by Houston Metro Intergroup
Of Overeaters Anonymous

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

PERFECTION NOT REQUIRED

One night I walked away from the dinner table discouraged, my body sluggish from too much food, and my heart lonely. I'd been abstinent for three and a half years, lost more than 100 pounds, and hadn't felt this way since before I joined OA.

I wasn't eating my binge foods or eating between meals. But the meals were becoming too big. Why?

I realized that nearly six weeks had passed since I'd attended a meeting. And I remembered many phone calls from concerned OA friends that I'd failed to return. I was still reading my literature and writing in my journal every day, but apparently this wasn't enough.

At first I blamed my increased appetite on a new medication. But I had to admit this was only an excuse. I'd been using a recurring illness to isolate myself, and that was leading me back to my old friend and enemy, food.

Dealing with the illness was difficult enough, now I was slipping back into old habits. Did I have the strength to change? Writing in my journal helped me realize that I didn't need strength—what I needed was the willingness to admit my powerlessness, ask for help, and begin anew.

I asked my Higher Power to help me. I committed to attending at least one meeting a week. I began making phone calls. I wrote down my food every day (something I never had to do before) and continued to read and write. Every morning, I turned my will over to my Higher Power, and every evening I went to bed grateful for another good program day.

As I write this, a month has passed. It's now spring. The air is crisp and clear, the leaves are budding anew, and so is my life. My health is only slightly better, but once again I feel connected. I'm going to meetings, using the phone, and staying abstinent.

And best of all. I'm grateful to have a program that allows me to recover even when I'm less than perfect.

-Quincy, Massachusetts

Live and Let Live!

MONDAY

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

TUESDAY

Angleton (47802)
Frank Stevens Center for Health & Wellness
140 Hospital Dr. (7:00 pm)
Contact: Claire 979-297-9726
or Margie 979-848-1030

**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
6:30 pm
Angleton Danbury Hospital
Hospital Drive

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.