

Serenity Times

February 2010

www.oagalveston.org

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

Upcoming Events:

February 26-28, 2010
“The Texas Twelve Step” 2010 Convention
Dallas TX
More info: www.oadallas.org

March 12-14, 2010
A Place Called Acceptance
Region III Convention and Assembly
More info: <http://www.oautah.org>

March 3-5, 2010
The Principles and Promises Retreat
Sponsored by Big Country Intergroup
Lueders, TX (north of Abilene)
Before February 1st \$85, then \$95

For information about any workshop check online at
www.oahouston.org or www.oagalveston.org

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

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

GROWING PAINS

We ask God to remove the obsession with food over which we are powerless, and then, we consider abstinence to be a gift from our Higher Power. For some of us, abstinence may come with relative ease, once we completely surrender to the fact that when we take the first compulsive bite we are truly powerless over food. We come to accept that in order to grow up, we have to stop using excess food as a crutch. For others of us, abstinence may hurt for a while as our self-will and habits still struggle to retain control. (Self-will can masquerade as hunger, fatigue, fear or any other rationale we use to prove that we are not compulsive overeaters.)

If we have to be uncomfortable for a period of time in order to learn how to face life without overeating, then so be it. The long-term freedom is well worth some temporary pain. Remember, none of us would choose to stay with an overeaters program if the pain of overeating were not far worse than whatever initial discomfort abstinence involves.

When we let go of our obsession with food, we begin to experience the peace and joy of being free from that compulsion. Humility is the key. As we become increasingly aware of our other liabilities besides compulsive overeating, we use the same Seventh Step key to open ourselves to the Power that frees us from these shortcomings, as well. But here, too, the process of growth may involve some short-term pain.

Our growing pains may be experienced as a series of waves, like ocean waves which can overwhelm us with their immensity and power. By maintaining contact with our Higher Power, we learn to ride most of the waves.

When we tried to anesthetize ourselves with food to keep from feeling the pain, our emotional and spiritual growth was arrested. God does not insulate us from hurt. Sometimes we have to feel pain in order to get better. What our Higher Power does is provide us with enough strength, faith and inner peace to be able to roll with the punches and to learn the lessons contained in the unpleasant experiences. Pain is a teacher. It is a warning signal that we are off the track.

Like a splinter which needs to be removed or a tooth which need to be pulled, our defects need to go. If we put our Higher Power in charge of recovery, we can recognize the pain of growth and know that it will not destroy us. In fact, growing pains are part of getting better.
— from *Letters of Hope*, July 1984

Feel the pain and do it anyway!

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2009 Meeting List

MONDAY

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

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

TUESDAY

Clear Lake (46923)
OA HOW Discussion, 6:45 pm
House of Prayer Lutheran Church
14045 Space Center Blvd.
Contact: Ramona 409-771-9221

FRIDAY

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

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

SATURDAY

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

**Santa Fe (48068)
OA/HOW, 7:00 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-2836

SUNDAY

Webster (34237)
OA 12 & 12, 6:00 pm
Bay Area Community of Christ Church
Travis @ Austin Street
Contact: Kay H. 281-557-3881

Intergroup Business Meeting
Every Third Wednesday, 6:30 pm
Up the Street Club
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

**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.