

# Serenity Times

February 2012  
[www.oagalveston.org](http://www.oagalveston.org)

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

## Mark These Dates

**No Matter What  
It Takes What It Takes!**

**Saturday February 18  
10 AM – 5 PM**

*Presented by Austin Saturday Group #12518  
At St. Martin's Evangelical Lutheran Church  
Austin, TX  
RSVP*

@<http://austinoanmatterwhatconference.eventbrite.com/>

**The Texas Twelve Step  
2012 Convention  
February 24-26**

*Presented by Dallas Metroplex Intergroup  
Registration Form and info at:  
<http://www.oadallas.org/Registration>*

**Recovery in Action Spring Convention  
March 30-April 1**

*Presented by Region 3  
Abilene, TX  
Hilton Garden Inn 4449 Ridgemont Dr.  
Barb:oastepper@gmail.com  
Web site: [OABigCountry.net/r3](http://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

**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](mailto:serenitytimes@hotmail.com)

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## Removing Defects

*I grew up playing football in the empty field next to our house. Empty fields in West Texas have grass burrs. Grass burrs hurt. You can't play football without falling, and you can't fall in a West Texas field without getting stuck.*

*More times than I can remember I pulled myself out of a sticker patch so hopelessly covered that I had to have help. Kids don't rely on other kids to pull out grass burrs. You need someone with skill. I would limp to the house so dad could pluck out the stickers--one by painful one.*

*I wasn't too bright, but I knew this: If I wanted to get back into the game, I needed to get rid of those stickers.*

*Every mistake in life is like a grass burr. You can't live without falling, and you can't fall without getting stuck. But guess what? We aren't always as smart as young ball players. We sometimes try to get back into the game without dealing with stickers. It's as if we don't want anyone to know we fell, so we pretend we never did. Consequently, we live in pain. We can't walk well, sleep well, rest well. And, oh, are we touchy.*

*--Excerpt from He Chose the Nails, by Max Lucado*

When I came to the twelve step program I was covered in grass burrs. I had lost hope of ever getting better; and I was pretending to be okay. At the first meeting I saw myself in other people's stories and in the literature. I began working the steps because I wanted what others had, and said I could have, too. I surrendered to the "skilled one" to do for me what I could not do for myself. By the 3rd Step my obsession with food was removed and replaced with hope and purpose. As I continue to work the steps, God continues to remove "grass burrs" like, self-pity, pride, anger, resentment... and He replaces them with joy, humility, forgiveness, compassion.... When a new grass burr comes up (daily) and God reveals it to me, I promptly and humbly ask Him to remove it. Consequently, I find it very pleasant and exciting to be alive. I'm walking better, sleeping better, resting better, and loving myself, and others better, thanks to my Higher Power and the Miracles of Overeaters Anonymous.

--Traca H

## Tools for Abstinence

♥Help another in his/her recovery; extend a hand, listen. ☺Turn your life and your will over to your Higher Power. ♥Avoid all mood-altering drugs; read labels on all meds ☺Turn loose of old ideas ♥Avoid situations that may tempt you to binge ☺Make lots of new OA friends ♥Read the Big Book ☺Try not to be dependent on another (sick relationships) ♥Be grateful and when not, make a Gratitude List.

These are but, suggestions to put in your own OA Tool-Bag.

## **Serenity Times, Publication of the Galveston / Bay Area Intergroup 2012 Meeting List**

### **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

**\*\*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.