

Serenity Times

FEBRUARY 2013
www.oagalveston.org

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

Coming Up



"Joy of Living at a Higher Altitude" April 5-7, 2013 in Houston, Texas

Come soar to new heights and find the Joy of Living as you take a non-stop flight through the twelve steps of recovery safely rocketing into a higher dimension of living feeling Happy, Joyous & Free!!!

See Brochure & mail in or register online at www.oahouston.org
Sponsored by: **OA-HOW HOUSTON INTERGROUP**

FEB 22-24 Dallas, Texas: Dallas Metroplex Intergroup convention, "The Texas Twelve Step," Sheraton Suites Market Center, 2101 Stemmons Freeway; Delia G. 1-469-231-4965; email: info@oadallas.org; Web site: oadallas.org



Unity Day: February 23, 11:30 a.m. PST

Join hands with your fellow OA members to celebrate the unity with diversity that thrives in OA. At 11:30 a.m. PST, members around the world will pause for a moment of gratitude for that which binds us as one but enables us as many. The strength of OA is our Fellowship.

Desert Recovery

OA Region III Assembly & Convention August 16--18, 2013 Tucson, AZ

Reservations at www.oasouthernaz.org

Sponsored by: Southeastern Arizona Intergroup of OA



World Service Convention
Cleveland, Ohio USA
Aug. 29-Sept. 1, 2013
For information, please contact
conventioninfo@oa.org

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One day I woke up and said.... well, I might have screamed!!!! It was back to O.A. for me! I finally began to have an attitude to match the facts. I have an addiction problem when it comes to eating. My weight was my obvious clue; the second clue was I could no longer diet. Then the real big clue was I could no longer lie to myself that tomorrow I could do it and lose the weight! Tomorrow never seemed to work out. I no longer have a daily fight with food.

OA is a spiritual solution for people who emotionally fight food. That love hate relationship that has to go....

--Bekki

Without Abstinence

I would not have the clarity to see the beauty in my world or myself.
I would not be able to hear HP's words or feel his love.
I would despise the person I am.
I would obsess over my appearance.
I would obsess over your appearance.
I would hate my career.
Food would be my God.
I would have no new friends.
I would not want new friends.
My home would continue to be a mess.
My life as I know it today would not be possible.
The Disease Wins!

— Edited and reprinted from *New Beginnings* newsletter, Central Florida Intergroup, August 2001

Unmanageable How?

When I first came into OA, it comforted me to hear that I had a disease and I wasn't to blame: it wasn't my fault. Others suffered from the same illness. It took me years to understand in what ways my life was unmanageable. It wasn't just that I couldn't stop eating some foods or that I ate too much food. I was emotionally immature and had no clue how to deal with people. I couldn't say no, disagree with someone without writing the person off forever or allow others to live their own lives. I now feel that I am powerless over having this disease, but with the power of God, the Fellowship and my support system, I have power over my life and food choices. I can ask God to help me not buy inappropriate food. If I buy inappropriate food, I am listening to self-will and my disease instead of being tuned in to God and my program.

— Lifeline, January 2005

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.

Happy, Joyous, and Free!

I am never too big of a mess for God to redeem and nothing is beyond His ability to restore. Adapted from Joyce Meyer. In my studies this morning I looked at how I also took 40 years to make an 11 day trip. (Moses and his congregation). I did not know God and on the most part did not seek out God. Because of my own faulty thinking I did not move forward unless I was forced by an outside problem to move. Literally, I stayed in the same job for 26 years. My new marriage finally moved me to another job and I almost went into self-destruct. I did not have God, I had food. I ate to stuff down the fear and distress. I taught middle school. I went into a situation that quadrupled my student load. From there I retired and then my mom died a few months later. I just kept eating. From there I moved to Midland, TX not knowing when I would move back to my comfort zone. Then I moved back and 2 weeks later Hurricane Ike took my home and most of my possessions. I am not saying this for sympathy.... I am saying this because I overcame. I finally saw what was the most important thing for me to live out the rest of my life..... my relationship with God. I started following His directions. I left my isolating and computer gaming and I walked into my first Al-Anon meeting. I was very uncomfortable for a few months but I knew that God had spoken to me through my sister telling me to go to Al-Anon and that my whole life would start making sense. From there I went back into Overeaters Anonymous. Two and a half years from my first introduction to Al-Anon.... I look at how far I have come. I have lost 50 pounds. I have 12 more pounds to go to get to 133 pounds. I have improved relationships with everyone in my life. It is not perfect but it is "progress, not perfection". Was it hard to lose the 50 pounds? No, I KNEW I was powerless. The 12 steps work as long as I take them the way they are written and not try to re-create them. God has me working with others. He trusts me.... wow what an honor! 40 years to make an 11 day journey. I learned a lot in those 40 years but if I had to do it over again.... I would have stayed in Overeaters Anonymous 20 years ago.... I am grateful for the courage I did have to go back. I am grateful to people who email me, call me and invite me to help them. I am grateful to God for all this joy I have! Blessings flow from Him.

—Bekki

Inspiration

I work the Twelve Steps in order to maintain my inner peace, the most precious gift of the OA program.

—Lifeline, Nov. 1991

Acting "as if" is not a small thing. It is a supreme act of courage and faith.

—Lifeline, Nov. 2007

New meeting starting January 5, 2013

Overeater's Anonymous H.O.W.

Saturdays at 6:30 pm.
2245 N. Main, Pearland, TX

Join us for the real-solution, not just another "new year's resolution." We know that the yo-yo diet doesn't work, but what does?

The HOW program is worked with Honesty Openmindedness, and Willingness.
Contact, 713-865-1611

A NEW Way of Being

Serenity tastes better than righteousness. When I was younger, I prided myself on how much I cared about causes and about what people thought and how they were. Letting go and letting God means not caring as much about whether I am right, if others agree with me or what others do. This is a different way of being for me. Is my health better or worse? I turn it over to God and follow the guidance I receive. Did my candidate win the election? Which food plan should I follow? I ask for God's guidance daily and do the best I can to follow it. It's like a treasure hunt. This year has been tough. I have learned to identify what is God's guidance by the consequences of not following it. It has led me to finally deal with my compulsion to overwork—at home and at my workplace. I can see now how I have hindered my own healing. It turns out that food and overwork go hand in hand for me—one can trigger the other. I have to turn both over to God daily. All this adds up to more serenity, more joy and less worry. I can trust my Higher Power in all areas of life, and I can trust myself. It's a good feeling.

— Lifeline, February 2005

Serenity Times, Publication of the Galveston Bay Area Intergroup

2013 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

Intergroup Business Meeting

Jan., April, July, Oct.

3rd Monday, 5:30 p.m.

Bay Area Community of Christ Church

Travis @ Austin Street

Contact: Kay H. 281-557-3881

TUESDAY

Santa Fe (52400)

Topic/Discussion 6 p.m.

Rosa May Catching Annex Bldg.

12045 15th (on corner of Hwy 6 and Ave K)

Guest Speaker on 5th week of a month

Contact: Linda 409-457-9517, Laura 281-507-4968

WEDNESDAY

Clear Lake (13244)

Literature (Big Book/12&12), 10 am

Clear Lake United Methodist Church

16335 El Camino Real Rm. 311

Contact: Kay 281-557-3881

THURSDAY

Webster (30093)

6:30 p.m. Up the Street Club

508 W. Nasa Parkway, RM 2 Discussion Meeting

Contact: Chuck B. 281-770-7539

SATURDAY

Clear Lake (12635)

For Today/Discussion, 10:30 am

House of Prayer Lutheran

14045 Space Center Blvd.

Contact: Marcia 281-488-7684

More listings
@
gro.noah