



Mark your calendars!

Annual Spring Retreat
Houston Metro Intergroup
March 24-26, 2006
Camp Allen

Region 3 Fall 2006 Convention
Hosted by HMI
October 6-8, 2006
Holiday Inn

**L.A. Intergroup Online Audio Files of
OA Speakers**
Check out <http://www.oalaintergroup.org/speakers> to find MP3 sound files of many great OA speakers sharing their experience, strength, and hope!

GBAI Needs Your Service
Galveston Bay Area Intergroup can't work without your help. Help carry the message of recovery by volunteering to be a meeting representative. If you're interested in performing service, send an email to OvereatersAnonymousGBAI@hotmail.com.

Overeaters Anonymous 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 GBAI of Overeaters Anonymous. If you would like to share your story of experience, strength, and hope, we would love to publish it. It is a true act of service! Please submit your story to OvereatersAnonymousGBAI@hotmail.com. The editor reserves the right to edit for space and style. Reprinting of this material is permitted provided proper credit is given the source.

We are so lucky...

We have learned from experience that a wave of peacefulness washes over us after we have successfully finished a task that was difficult to face. Courage has its reward. However, from time to time, and from task to task, we find we need the reminder that peace will come once the loose ends have been tied by us.

Our search for peace was desperate and unending in past years. Our fears overwhelmed us more often than not. Courage was seldom displayed. Tasks were often left half done or not done at all. Challenges went unmet. And peace eluded us.

We are so lucky that the program found us, and that we found the program! We are looking forward, at last, with the courage that trusting a higher power has given us. Peace is ours, now and always, as we go forth with the strength of the program to bolster us. New jobs, new friends, new situations may still elicit our old fears. But their hold on us is gone. We have learned that we face nothing alone. What relief that simple truth brings.

Courage is one of the program's gifts. I will have courage to go forward: to meet the new day, to handle whatever confronts me. Peace is coupled with courage, now and forever.

—From **Each Day A New Beginning (April 2)**

Serenity Times, Publication of Galveston/Bay Area Intergroup
March 2006 MEETING LIST

MONDAY

Galveston (12615)
Discussion 6:30 pm
Westminster Presbyterian Church
5127 Avenue U
Contact: Alma 409-938-0069

TUESDAY

Alvin (45605)
Literature 6:30 pm
Diagnostic & Urgent Care Facility
301 Medic Lane (at Business Hwy. 35)
meeting in cafeteria
Contact: Betty B. 281-482-1234 or
Nancy R. 281-224-4084

Clear Lake LUNCH MEETING
Literature (Step Study) 12-1:00 pm
Clear Lake United Methodist
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)
7:00 PM
Westminster Presbyterian Church
7600 Bayway Drive
Contact: Diane at 281-466-7355

Santa Fe
OA/HOW 8:00 pm
Thelma Webber Community Center
14304 Beriton (East Meeting Rm.)
Contact: Teresa 281-554-283

THURSDAY

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

Angleton (47802)
Frank Stevens Center for Health &
Wellness
140 Hospital Dr. (6:30 pm)
Contact: Claire 979-297-9726 or
Margie
979-848-1030

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

FRIDAY

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)
HOW 7:30 Friday
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 6:00pm
Bay Area Community of Christ Church
Travis at Austin Streets
Contact: Janis 281-337-5769