

# Serenity Times

March 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

(This is dedicated with gratitude, to my fellow sojourners.)

### Through You

**I didn't know who I was,  
Nor how I had become me.  
Just knew who I wanted to be,  
And that I certainly didn't see.**

**Through you God showed me love.  
It was all from Him above.  
Acceptance, grace, mercy too,  
Not about what I could do.**

**Through you God showed me wisdom.  
Truth, insight, all from Him.  
Gained desire for His kingdom,  
Decisions now not on a whim.**

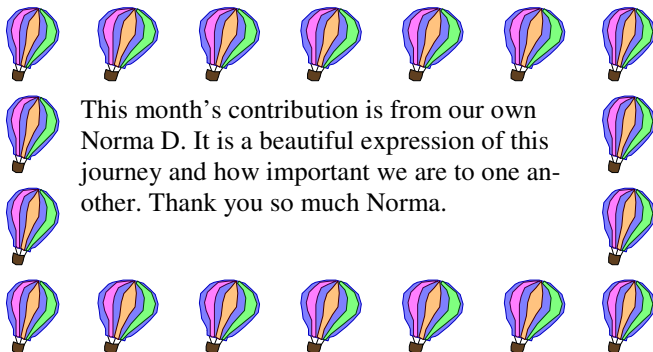
**Through you God showed me power,  
To meet the needs of the hour.  
He possesses all, you know.  
Now I know I'm not the foe!**

**Through you God showed me me,  
The good, the bad, the ugly.  
Through you I came to see,  
I'm as human as can be!**

**Through you God showed me me.  
I'm grateful for eternity.  
Through you I came to see,  
That also you see Him in me!  
Houston TX, Norma D.**

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](mailto:tangedahl@juno.com)



This month's contribution is from our own Norma D. It is a beautiful expression of this journey and how important we are to one another. Thank you so much Norma.

Sharing our experience, strength and hope!

**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.