

# Serenity Times

March 2011

www.oagalveston.org

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

## Upcoming Events:

**Be watching for our Convention  
in Galveston**

**Dallas Convention**  
February 25-27, 2011  
www.oaregion3.org

**Region III**  
**Recovery at Sea Cruise**  
March 20-27, 2011

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](mailto: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](mailto:tangedahl@juno.com)**

## REMINDERS

I was listening to a song and the words were "I've got a winner in you, no way I can lose..." and it made me think of my Higher Power.

It is so comforting to know I don't have to do this alone. I tried for so long. It never worked. But I have a winner in my Higher Power. There is no way I can lose if (and it is a big if) I turn to this power.

It seems to me that our Higher Power is always there and will always respond if we ask. We are not alone.

And all through the day there are reminders of this Higher Power. I want to challenge you to start looking for these messages. It may be in a song like I mentioned. It may be in a book you read, something on TV, a child saying something, the poem you just read, a thought that came to you, a billboard, a friend's sharing, messages from nature. God talks to us all through the day, we need but listen.

In *For Today* (p. 141), it says, "Being a compulsive overeater who is recovering in OA means that I never need to feel alone with my disease. I only have to ... reach out to someone who shares the same illness, the same physical, emotional and spiritual symptoms... who knows what it took to get us here."

No, we are not alone, any more. We have our Higher Power and we have each other and our meetings. I almost always hear exactly the thing I am needing to hear at a meeting. I'll see you there. -the editor

**Just turn it over!**

**Serenity Times, Publication of the Galveston / Bay Area Intergroup  
2011 Meeting List**

**MONDAY**

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

\*\*Deer Park  
Open Meeting, 12 pm  
In His Presence Fellowship Church  
1202 East P Street  
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  
Conference in Office building  
Contact: Cathy 281-838-7939

**TUESDAY**

Clear Lake (46923)  
OA HOW Discussion, 7:00 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, 8:00 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

**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

**SUNDAY**

Webster (34237)  
OA 12 & 12, 6:00 pm  
Bay Area Community of Christ Church  
Travis @ Austin Street  
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 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.