

# Serenity Times

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

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

## One Year Anniversary Celebration

Miracles of Overeaters Anonymous  
In His Presence Fellowship Church  
1202 East P. Street, Deer Park, TX

Please Join Us!  
Monday, March 12  
11:30 Meeting  
1:00 Lunch at Gringo's

## Mark These Dates

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](mailto:oastepper@gmail.com)  
Web site: [OABigCountry.net/r3](http://OABigCountry.net/r3)



Visions for the Fellowship  
World Service Business 2012 Conference  
April 30 – May 5  
Albuquerque, NM  
Website: [oa.org](http://oa.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.

**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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## Expanding

At the 2011 World Service Business Conference delegates voted nearly two to one to expand the definition of abstinence to address healthy body weight. The Statement on Abstinence and Recovery has been revised to include the italicized words: **“Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.”**

Why is a healthy body weight so important? First, we desire and deserve healthy, useful lives. Second, we *are* the message. If we don't demonstrate that the OA Twelve Steps work, we lack credibility to do the Twelve-Step work vital to each of us and the survival of OA. Using a food plan is a starting point to physical recovery. Using the tools of recovery, including the new action plan, will support us as we continue to work the Twelve Steps. Each of us has the promise of a healthy physical, emotional and spiritual life in OA. Let this new expanded definition of abstinence, which is the goal of recovery, help us focus on our personal abstinence, and help newcomers and OA's growth.

Excerpt— *Stephanie D., Clearwater, Florida*

## Recovery in Ice Blue

In January 1993, a doctor told me I'd probably not see my 50th birthday if I continued to eat as much as I was. I had high blood pressure, a high sugar count and high cholesterol, among other health challenges. It scared me enough to head to my favorite diet club and pre-pay for a year. But I hit up a frozen-yogurt store on the way home. I was so discouraged; my disease had progressed to a point where my diets couldn't even last a whole day. As long as I had only a few years left, I may as well die happy. Looking back, it's sad to think that my concept of happiness just meant more food. Luckily I found OA a few months later!

I've been a member of OA for 18 years, coming in at over 250 pounds. It took about a year to lose over 100 pounds, and I've been maintaining it ever since. My blood pressure, sugar levels and cholesterol are fine today. And I'm about to collect social security. I beat the doctor's prediction, thanks to OA!

In addition to my improved health, I have only one clothing size in my closet. What peace of mind I have knowing that everything fits, year after year! Before OA some nice clothing purchases didn't fit by the time I got home from a shopping trip!

In 2001 I married my wonderful husband and wore a beautiful, ice-blue gown. Every year I prepare a romantic dinner for our anniversary, complete with mood music, candlelight and delicious food (abstinent, of course), while wearing that lovely wedding dress. What fun to relive our wedding day!

I have heard people in meetings say that thin is not well. I agree. A healthy body size may also not be “well,” but it is one-third of well. I enjoy physical, emotional and spiritual recovery today, thanks to OA.

— *Gerri H., Titusville, Florida USA*



*I was encouraged by all the articles in the February 2012 Lifeline Edition; here are just a few articles with excerpts that really spoke to me, there were many more!*

### **The Joy of Maintaining a Healthy Body Weight**

I have divided foods into two groups: those I eat and those I do not. The latter I don't eat just as I wouldn't eat a pencil or a screwdriver. And I don't "clean my plate": when I've had enough, even if only one or two bites remain. I avoid white-flour products and processed foods.

--David e., Las Vegas, Nevada

**Still Works** The focus must be on the solution—not the problem. We have the same problem, but we know the solution: a Power greater than ourselves. The Big Book gives precise directions on how to find this power: "If I focus on a problem, the problem increases; if I focus on the answer, the answer increases" (AA, 4<sup>th</sup> ed., p.419).

Aging abstinely is a gift I cherish. Abstinence has led me back to my Higher Power. Food is no longer my god—it's my nourishment.

--Jeanette R., Crotonon-Hudson, NY

**Beyond Comfort Zone** Sometimes my only goal is to get through the day. But more often I find myself accepting God's invitation to live a more expansive and joyful life. I continue to hear my story at every OA meeting, no matter where I am on my journey. I am grateful to be a member of OA.

Recovery rocks!

--Edited and reprinted from The Heartbeat of Recovery newsletter, Region One, Winter 2008

**What is "Normal"?** What is a "normal" weight when one weighs 115 pounds at age 11? I had to overcome the obsession and compulsion. I am powerless, so where would this power come from? It had to come from the God of my understanding. The way I prayed had to be different too. I realized God was not going to do for me what I could do for myself. So my biggest prayer became: "God, give me the willingness to abstain, be teachable and work the Steps. God, give me the willingness to forgive and to ask for forgiveness. Give me the willingness to accept myself as I am—as I hope to be." I prayed that God's will would be done in my life. I used to attend two OA meetings a week. Now I still study and work the Steps; and I talk, walk and sleep the program. I have done all kinds of service. Today I serve by continuing to sponsor, work online with others and do what I can to keep my serenity, abstinence with peace. I am 100 pounds lighter. What is "normal" weight? Well, it's whatever I'm at today. My marriage is strong, my teenagers have become beautiful adults, and most of all, **I am blessed with a purpose in life.** I had to go through so much to recognize that God does not make junk! I am precious. For today, I am at normal weight. Thank you, OA. Thank you, God.

— Mildred T., Ontario, Canada

Five of OA's best-selling books are now available in popular e-reader and mobile-device formats. The best way to find them is to go to your e-reader store and search by the specific title of the book.

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous \$6.50
- For Today 6.50
- Voices of Recovery 6.50
- Overeaters Anonymous, Second Edition 6.50
- Abstinence 5.75

## **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**

### **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, Kay 281-577-3881**

**Intergroup Business Meeting**  
**Jan., April, July, Oct.**  
**3<sup>rd</sup> Wednesday, 5:30 p.m.**  
**Bay Area Community of Christ Church**  
**Travis @ Austin Street**  
**Contact: Kay H. 281-577-3881**

### **THURSDAY**

**League City (49391)**  
**11:30 a.m. Bay Area Club**  
**2111 Webster Street**  
**Contact: Gina at 409-939-6383**  
**(Call before coming)**

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

### **SATURDAY**

**Clear Lake (12635)**  
**For Today/Discussion, 10:30 am**  
**House of Prayer Lutheran**  
**14045 Space Center Blvd.**  
**Contact: Marcia 281-488-7684**

✓ oahouston.org for other meetings in this area.