

Serenity Times

MARCH 2013
www.oagalveston.org

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

Mark Your Calendar



**2nd Anniversary Celebration
for Miracles of OA Deer Park**
1202 East P Street
March 11, Meeting @ 11:30
Luncheon @ 12:30 @ Gringos
On Underwood @ Spencer

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



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

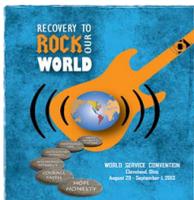
World Service Business Conference 2013
Theme: Searching and Fearless: A Fellowship Inventory
Dates: April 29 – May 4

Embassy Suites Albuquerque Hotel and Spa
1000 Woodward Place NE
Albuquerque, NM 87102

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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Life's Manual

When I was born, I must have been eating somewhere when they handed out the manual to sane living. I was broken and in despair when I arrived at OA. I came from a middle-class, average family. No great traumas or tragedies, but I always felt different, less than. I was the oldest and had a perfect little sister. The women in my family were petite. I was 5 feet 4 inches (163 cm), just huge! I loved sports, but socially I felt inept and clumsy. Even though I became a teacher, an acceptable profession, I was a gym teacher. Again I was the odd man out because most of my coworkers were men. Playing sports doesn't always mean being good at them. By 21 I had torn my right knee. By 45 I needed a total knee replacement. I married a man who convinced me he was the best I could do. Not being a quick learner and thinking I'd be happy if I tried harder, I stayed married for 20 years.

I'd been on every diet imaginable: pills, shots, fasting, liquids, healthy, unhealthy, prepackaged, and my personal favorite, rolling-pin diet (wielding a rolling pin up and down your torso to disintegrate fat!). I had also been to therapy. I would lose 50 pounds (23 kg) and regain it soon after, always making sure to fit into the dress I had hoped to wear. After the affair, everyone watch out, I was eating again! By the time I was 53, I was hurt, miserable and hopeless. I had to do something different and drastic to get me out of my physical, emotional and spiritual pain. I now needed my other knee replaced. I had heard of OA, my last hope. I entered the rooms and for weeks couldn't share. I cried while letting go years of anguish. You amazed me; you knew me because you told my story. It was incredible to see the happy faces you wore by following this program. I knew this was a place of solace and peace; OA would help me if I did what you did. A woman said I needed a sponsor. I agreed. I had heard the suggestions are free, but the ones we don't take are the most costly, so I listened and followed those before me. I went to meetings, learned to do service, called other OAers, read the literature and wrote (my least favorite tool). I practiced the Steps daily. Gradually, I learned I could never be a spontaneous eater. Each meal has a beginning, middle and end. What a concept! No one dies of starvation between lunch and dinner. Now I commit to a food plan; it works. When I came into program, I thought if I lost 30 pounds (14 kg), the sun would shine brighter, I would win the lottery and life would be easy and perfect. Well, I have given away 60 pounds (27 kg) and have maintained it for five years. I am smaller than I was in high school. The sun does shine brighter. I haven't won any lottery money, but I am a winner in life. The true miracle is that recovery helped me find the manual for sane daily living.

My life is far from easy or perfect. I lost my dad to cancer last year, and I had both hips replaced. But I've found a way to live. I accept what comes as my Higher Power's will and plan. The best part of recovery is that I only have to do this for today, one day at a time. As I work my program and learn more, the Manual's chapters reveal themselves in ways I never thought possible. The life I live today is far beyond my imagination or hopes. Thank you for letting me share my story, being there for me and teaching me how to live.

--Debbie H.

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.

The Seventh-Step Prayer

My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen. (Alcoholics Anonymous, p. 76)

We who began working the Steps in order to recover from compulsive eating now find that through them we have embarked on a lifelong journey of spiritual growth. From the isolation of food obsession we have emerged into a new world. Walking hand in hand with our friends and our Higher Power, we are now exploring this world, using the great spiritual principles embodied in the Twelve Steps as the map to guide our way. We gratefully follow in the footsteps of many others who have walked this way before us, and we're gratified to be making footprints of our own for others to follow.

Those of us who live this program don't simply carry the message; we are the message. Each day that we live well, we are well, and we embody the joy of recovery which attracts others who want what we've found in OA. We're always happy to share our secret: the Twelve Steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time. (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 106)

STEPPING OUT: Step 3 Made a decision to turn our will and our lives over to the care of God as we understood Him.

Allowing the Miracle - Voices of Recovery, May 24th, page 145, talks about allowing the miracle to begin with willingness. It cites this passage from the OA "Twelve and Twelve": "In Step 3 we learned faith as we made the most important decision we had ever made, the decision to trust God—as we understood God—with our will and our lives" (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, p. 104).

Step 3 means allowing the miracle to begin with willingness: willingness to submit to God's will and willingness to listen to God's will for my life.

After a long previous day's work, I looked at my day ahead and realized I had no pressing commitments. I decided to devote a chunk of my day (okay, I played hooky!) to the care of my car, which has served me for 17 years. I was willing and prepared! I knew once I dropped off the car for repairs, I would have an opportunity to walk from the upholstery shop to the drug store to a retailer for fruit. I dressed in synthetics for protection from the cold, wet weather; wore sneakers, two pairs of gloves, fleece hoody, hat and backpack; and carried a big bag for my purchases. I picked up my prescriptions, enjoying the cool wind and light rain, and the sounds of the city and trains. I walked to the retailer and realized it wouldn't open for another 40 minutes. I listened to God's quiet voice say, "Two, no three, laps around the perimeter of the store's parking lot." Okay, good idea. I could then reward myself with a treat from the coffee shop before completing my shopping. I loved the laps, but my battle started when I reached the end of lap three. Treat? I didn't want to undo my calm with sugar, fat or caffeine. What I really needed after an hour of walking was a restroom. Okay, good idea. I headed to the coffee shop to use its clean, dry restroom.

I prayed and thanked God for the ability to move my body and for a safe place to walk. God's still, quiet voice suggested I sit outside the coffee shop, read my Big Book and write. Good idea! I wrapped up reading about Step Three and writing in my journal, drank the water stored in my big bag, walked to the retailer and back to the upholstery shop. I marveled at how the morning was "all God." I reaped the benefits and "treat" that day.

— Natalie, Salt Lake City, Utah USA



March Telephone Events

Traditions Workshops

- | | | | |
|----|-------------------|----|-------------------|
| 3 | "Tradition Six" | 10 | "Tradition Seven" |
| 17 | "Tradition Eight" | 24 | "Tradition Nine" |

4–5 p.m. EST, Virtual Services Committee
Dial 1-712-432-5200 and enter access code 4285115#
Stephanie D. 1-727-641-3437; email: vst4oa@hotmail.com

LIVING TRADITIONS: Tradition 3 The only requirement for OA membership is a desire to stop eating compulsively.

I belong in OA I qualify for OA because I meet the requirements dictated by Tradition Three: I want to stop eating compulsively. I really, really want to stop eating compulsively. I feel that my compulsive overeating impairs my ability to experience and process emotions, connect with others, mature and develop spiritually and have a high quality of life. I want sanity, serenity, peace and sobriety. I want freedom from the tyranny of food, and I want to experience my life without having to eat over it. This desire alone is enough for OA membership; the details of my story and situation can never change that. I belong in OA

— Caely F

Serenity Times, Publication of the Galveston Bay Area Intergroup Meeting List 2013

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

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