



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

Mark your calendars!

Region 3 Fall 2006 Convention

Hosted by HMI

October 6-8, 2006

Holiday Inn

Houston Intercontinental Airport

GBAI Needs You

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.

Spring Cleaning Every Day

Spring has definitely begun in Houston. The tomato plants growing in our garden along side herbs and brightly-colored annuals remind me of how far I've come in the program. Before OA, I only saw things in black and white, so the colorful details that make life so interesting eluded me. Now I find myself immensely grateful for the breeze that's blowing through my window right now, my black kitty gazing outside with her tail in a curly Q, the rich coffee I'm sipping, and the healthy lunch that I just ate. In this moment, life is good, and that's all that matters.

How can I continue to keep my mind open to all that life has to offer? I have to work the steps, and that means I need to do a daily spring cleaning or 10th step inventory. Are there resentments or fears churning beneath the surface that need to be written down and evaluated? Have I harmed anyone recently and owe him or her an apology? If nothing comes to mind, it might be beneficial for me to call on my Higher Power and ask that any resentments or fears be revealed. Maybe there is nothing there today, but if there is, and I do not deal with it, it will inevitably show up in my food tomorrow through overeating or restricting.

I've learned this lesson many times before. Doing a 10th step today is far more important than any spring cleaning I might need to do around the house. It will make or break whether or not I'm able to truly see my beautiful garden or taste the fresh herbs I eat with my abstinent meal. A 10th step inventory can make all of the difference.

— OA Member since August 2003

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Serenity Times, Publication of Galveston/Bay Area Intergroup
April 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
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)
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

**This meeting is not affiliated with GBAI
and is included on our list as a courtesy.
Please call the meeting contact if you have
any questions related to these meetings.