

Serenity Times

April 2007

www.oagalveston.org

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

Upcoming Events:

Overeaters Anonymous
World Service Convention

August 30–September 2, 2007
Loews Philadelphia Hotel
Philadelphia, Pennsylvania USA

SPRING RETREAT
“COURAGE TO CHANGE”

at
CAMP ALLEN
April 27-29, 2007

Contact
Jan K. 713-660-6270 or 713-410-7673
Lucy A. 832-687-1927

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

"When you blame others, you give up your power to change."

• **Dr. Robert Anthony**

For a personality like mine, it was especially helpful to begin the 4th step by what appeared to be taking the other person's inventory (writing down the person with whom I was angry and what they did that made me angry). I was very good at taking other's inventories. I spent the better part of my lifetime blaming others because my life was so miserable. If so and so would do such and such then my life would be better. Today when I hear myself say "if," I know that one little word alerts me to the fact that "I'm Fantasizing" rather than moving "into action" where I need to be.

The blaming game landed me in the hospital with a major depressive disorder. I have heard people say that the 4th step is very painful. That has not been my experience. The 4th step for me is like a life line. It helps me get out of the pain and into taking responsibility for changing the things I can.

Thank God for the process of evaluation given to us in the Steps. The 12 Steps gives me the opportunity to hold my thoughts, feelings, and actions under the light of the 12 Traditions which discipline me in the way that God would have me go. I have changed a lot of my thinking. I have learned that feelings are important to recognize, but I cannot let them be the measure whereby I choose to act (feel and deal). I have learned that action guided by the 12 Traditions will keep me moving in the right direction regardless of what others do. I am powerless over the thoughts, feelings, and actions of other people. I will work hard to let them be who they are.

I don't always like the things with which I have to deal. With the Steps and Traditions, I am much better able to deal with life on life's terms, and I have a fellowship to share the journey.

Kay H., Houston TX

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.